The Reams Biological Theory Of Ionization

Sessions I, II, III, IV, V

Set Forth By Subject In The

ALPHABETICAL REFERENCE MANUAL

AKA

ARM

By

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ALPHABETICAL REFERENCE MANUAL (ARM)

The following material is compiled from transcribed copy of
the teaching from 5 sessions on the Biological Theory of Ionization.

SESSION I	November 3-7, 1975 at Blue Ridge, Georgia taught by Dr. Carey A. Reams.
SESSION I	May 10-14, 1976 at Roanoke, Virginia taught by Dr. Carey A. Reams.
SESSION II	March 15-1 7, 1976 at Blue Ridge, Georgia taught by Dr. Carey A. Reams
SESSION III	April 19-21, 1976 at Roanoke, Virginia taught by Dr. Carey A. Reams.
SESSION IV	October 11-13, 1976 at Roanoke, Virginia taught by Dr. Carey A. Reams.
SESSION V	August 24-26, 1977 at Murrieta Hot Springs, Calif. taught by Dr. Carey A. Reams, assisted by men he was training to teach the course.

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FOUR WAYS TO HELP ASSIMILATE CALCIUM

(The following, material prepared by Stanley and Gertrude Gardner, from studying under Dr. Carey A. Reams.)

The pH will vary until the reserve energy is built up. In the meantime, to work to keep the pH near to perfect will help assimilate calcium. The pH will gradually improve as the digestion improves.

Make a pH test on rising, and again at 10 a.m., 11 a.m., 2 p.m., and 4 p.m. Make a chart and write down the test numbers. After 3 days consider the chart record.

If your chart record shows numbers mostly 5.5 to 6.5, use Plan #1.

If your chart record shows numbers mostly 6.5 to 7.5, use Plan #2.

If your chart record shows numbers mostly 4.5 to 5.5, use Plan #3.

Plan #1: 5.5 to 6.5

800 units of Vitamin D 1/2 hour before meals and at bedtime.
250 units of Vitamin C 1/2 hour before meals and at bedtime.
2 Cal II during meals (breakfast, dinner, and supper).

This plan has the advantage of some Vitamin D, which helps assimilate calcium, and some Vitamin C, which is the knitting agent that holds our body together. If you have Vitamin D & A in the same capsule, then just go by the amount of Vitamin D.

Plan #2: 6.5 to 7.0 7.0 to 8.5

These numbers show an alkaline pH. Take 2 Calcium Lactate during each meal (breakfast, dinner, and supper). And take enough Vitamin C between meals to help reduce the alkaline condition to near 6.0. You need to test to find how much Vitamin C you need. A persistent high alkaline condition, 7.0 to 8.5, shows a real need for a series of colonics to cleanse the colon.

Plan #3: 4.5 to 5.5

This would show a very persistent acid condition. Take Vitamin D 800 units 1/2 hour before meals and at bedtime. And take 2 Cal II during each meal. Increase or decrease the amount of Vitamin D, as needed. Work to raise the pH to near 6.0. Vitamin D helps raise the pH.

Plan #4

If there is a condition of the urine pH continuing too acid and the saliva pH very alkaline, try using Calcium Lactate and Vitamin D.

Cal II and Vitamin D will raise the pH.
Calcium Lactate and Vitamin C will lower the pH.

Run the check-up tests to see what response the body is making. There may be a need to change to a different plan, as the body condition improves.

EQUIPMENT for doing the Urine and Saliva tests.
Universal Extracting Solution (Reagent #1); Nitrate Nitrogen test solution (Sulfuric acid); Ammoniacal Nitrogen test solution (potassium hydroxide); Urea Test Chart; Bromthymol Blue, pH range 6.0-7.6; pH color chart 6.0-7.6; Chlorphenol Red, pH range 5.2-6.8; pH color chart 5.2-6.8; Phenol Red, pH range 6.8-8.14; pH color chart 6.8-8.14; 6 well porcelain plate (spot plate); pipette; cuplet (porcelain crucible); 100 mL graduated cylinder; Refractometer; Solu-Bridge (Beckman Meter) and conductivity cell.

This equipment may be obtained from Nutritional Counselors of America, Inc., 10914 N. 56th St.,, Tampa, Florida 33617; or from McCoy's Center, Hwy 120, Duluth, Georgia 30136. Also, Stanley Gardner, 615 S. 7th Ave., Washington, Iowa 52353, has a Urea Test Chart prepared from his testing experience. It is available for $10.

TESTING INSTRUCTIONS
UREA and pH tests in porcelain plate:

I. One drop of saliva in well #4 and in well #5 for pH tests. Now place the plate on the table and do NOT move.
2. 6 drops of Reagent #1 in cuplet (for urea tests). Use the dropper that is on the bottle cap.
3. 4 drops of Ammoniacal Nitrogen test solution in well #6 (for urea test). Use the dropper that is on the bottle cap.
4. 4 drops of Nitrate Nitrogen test solution in well #3 (for urea test). Use the dropper that is on the bottle cap.
5. Clean the pipette with water and. tissue. Place one drop of urine sample in well #1 and one drop in well #2 for pH tests. Also one drop of urine in cuplet.
6. Clean pipette. Mix reagent and urine in cuplet by squeezing bulb on pipette 120 times.
7. Place one drop of mixture from cuplet in well #3 and one drop in well #6, holding the pipette straight up and down; drop in center of well.
8. Using urea test chart, read well #6 immediately. Write number on record card.
9. For pH, one drop of Bromthymol Blue in well #2 and one drop in well #5. Read with pH color chart. If too acid to read with this chart, then use one drop of Chlorphenol Red in well #1 and/or in well #4 if needed. Write readings on record card.
10. The Nitrate Nitrogen test in well #3 needs about 5 minutes for its pattern to form. If it is not yet ready to read, proceed with SUGAR TEST, and etc. If it is ready, then read it before it disintegrates.

SUGAR TEST: Put drops of urine sample on refractometer to cover the eye on the window, and close the lid. Hold the refractometer to your eye and adjust to fit your vision, so you can see the numbers on the scale when looking toward a light or window. Read where the light and dark meet on the scale. This is direct percent reading of total carbohydrates, or Brix. Write the number on your record card.

SALINE TEST: Connect your conductivity cell to the Solu-Bridge and plug your instrument in (your Beckman Meter should read in micromhos /CM). The Meter should be adjusted for proper temperature (see the instructions with the Meter). Fill the 100 mL graduated cylinder to 87 ml with de-ionized water. Add 50 drops of the urine sample. Put the conductivity cell down in the liquid past the vent hole, but not up to the cap. Move it up and down about 4 times, then hold it so the vent hole is below the surface of the fluid. Take your reading on the Meter, turning the dials till both lights are lit. Multiply this number by .0406. This is your saline reading. Write number on your record card.

ALBUMIN: Hold a flashlight behind the sample jar, looking toward shadowed area in the room. If you see a cloud of particles in the sample, it is 4 M. (If .04 M you could see nothing with your naked eye, only with a microscope. If you see one particle, there are 20,000). 1 M, 2 M, 3 M are a matter of your judgment.

	sugar	pH	saline	albumin	urea
PERFECT EQUATION:	1.5	6.40	6-7 C	.04 M	3
		6.40			3

DIET SHEET

3-Day Fast: 3 oz. of fresh lemon juice, in _____ oz. of distilled water. Use 1 teaspoon of sweetener (honey, dark sugar, maple syrup, blackstrap molasses, syrup, white sugar, etc.) Use a different sweetener each day. Drink _____ oz. of lemon water on the hour for _____ hours a day. Also, drink _____ oz. of distilled water every hour on the half hour for _____ hours a day. The water is so important to proper body functioning. (For amount see WATER in the MANUAL.)

4th Day: Continue to drink the lemon water and the distilled water each day as given above.
After the fast, on this 4th day, you may have 2 eggs.
On this 4th day, simmer/boil vegetables and drink 8 oz. of the broth 2 times during the day.
Drink 2-3 oz. of green drink. Make in a blender or juicer from green leafy things (white clover, grass, comfrey, lamb' s quarter, plantain, endive, romaine lettuce, spinach, cabbage, onion tops, carrot tops, beet tops, etc.) to get the chlorophyll. May add some celery, cucumber, a little pineapple juice, to improve the flavor, but it is the green leafy things you are needing. Continue to drink this green drink each day. It is important to come off the fast slowly. Eat light.

5th Day: Continue to drink the lemon water and the water each day.
Eat a small GREEN SALAD on this day, and each day. May have a little salad dressing. Eat COOKED VEGETABLE 2 times on this day, and each day. Use a great variety of vegetables to give your body a chance to get what it is needing. Simmer, steam, or bake. (Puree vegetables for a very ill person.)

6th Day: Continue to drink the lemon water and the distilled water each day. Eat 2 slices of whole grain TOAST a day. Continue to eat salad and vegetables. You may have 8 oz. of skimmed cow's milk, soy milk, or goat milk. You MAY or MAY NOT have 2% milk. Remember the GREEN DRINK.

After the 6th day, MEAT: you may have FISH with scales, such as pink or red salmon, pike, mullet, fish roe, cod, fresh water carp, sardines, trout, perch, bass, flounder, haddock, red snapper, etc. You may have LAMB, CHICKEN, TURKEY, or BEEF. Soak these meats in a salty brine overnight in a refrigerator, drain. Soak in fresh water one day or more, changing the water 3 or 4 times, until the blood is out. Drain and cut off all fat. You may roast meat at 270° in oven or cook in a crock pot.

Do NOT eat pork. This includes ham, bacon, sausage, ribs, pork chops, jowl, cracklings, crisp pork skins, and other parts of swine, or anything that contains pork fat or lard. Do NOT eat hot dogs that contain pork.

Do NOT eat shell or skin fish. No catfish, tuna, mackerel, oysters, shrimp, clams, or crab. No turtle, rabbit, squirrel, or any other unclean meats. (See Leviticus, Chapter 11.) The frequency of these meats is not right for our bodies, causing loss of energy. Children under 12 years should not eat meat.

CEREAL: Kretchner wheat germ, shredded wheat, oatmeal, cream of wheat, millet, Corn Chex, corn flakes, Wheat Chex, Rice Krispies, etc. Buckwheat as cereal or flour made in a pancake. If you have elimination problems, soak dry cereals overnight in skim milk. Also use 100% bran with all breakfast cereals. Use 1 Tablespoon of flax seed soaked overnight in water (may add some raisins) and eat at breakfast.

FRUITS: Eat a variety of fruits, especially at breakfast. (If you have blood, sugar problems, do not eat fruit after 4 p.m.) Eat a pear every morning, fresh if possible. Apples, bananas, avocados, dates, cherries, cantaloupe, muskmelons, watermelon, pineapple, peaches, oranges, papaya, grapefruit, and etc. Dried raisins, prunes, dates, apples, apricots, peaches (may soak in lemon water for 48 hours or more, in refrigerator; no cooking necessary). Eat a great variety of fruits.

If you have colon problems (as diverticulitis) or pockets needing healing, do NOT eat fruit with seeds, such as strawberries, raspberries, huckleberries, cranberries, blueberries, and etc., unless you remove the seeds.

Foods with GELATIN substances are so good for the colon, such as okra, millet, buckwheat, Jell-O, D-Zerta, Knox gelatin, and etc.

Eat 3-4 EGGS a week. Small servings of aged CHEESE 2 times a week. Small servings of MEAT 2 or 3 times a week. Children and adults may eat soybean meat substitutes. Eat stewed ONIONS 3 times a week if pH is acid. May add mushrooms and eggplant. Eat YOGURT 2 oz. 3 times a week, to aid bacteria in the colon. Eat ASPARAGUS once a week. It has an arsenic that the heart needs. Eat SWEET POTATOES 3 times a week. Eat SQUASH 2 times a week. Eat GREEN BEANS 2 times a week. Eat GREEN PEAS 2 times a week. Eat GREEN CORN 2 times a week.

Corn products are excellent food. Other foods acceptable on this diet, like graham crackers, arrowroot crackers, soda crackers, brown rice, aged cheese, cottage cheese, acidophilus milk, jellies, cayenne pepper, allspice, Mazola and Fleischman's margarine.

Foods not recommended: popcorn, Irish potatoes, butter, potato chips, spaghetti, macaroni, dry beans, dry peas, sea salt, black pepper, spices, chocolate.

BEVERAGES: coffee substitutes, Pioneer, Pero. Do not make a habit of drinking carbonated soft drinks instead of water; it is best to leave them alone. When traveling carry along distilled water. All herb teas, except alfalfa tea; it is too high in Vitamin K, which thickens the blood.

NUTS: No nuts except coconut and pinole [pignoli] nuts. No nut butters. The butters stick to the walls of the colon, and the particles scratch.

ID means once a day; BID means twice a day; TID means three times a day

_____ Dolomite capsules, with breakfast, dinner, and supper. (See DOLOMITE in MANUAL.)

_____ Cal II capsules, with breakfast, dinner, and supper (when pH is below 6.20).

_____ Calcium Lactate capsules, with breakfast, dinner, and supper (when pH is above 6.20).

_____ Calcium Gluconate capsules, for very ill and for children _____ times a day.

_____ Lime Water, in 4 oz. of water, _____ times a day. (See LIME WATER in the MANUAL.)

_____ Min-Col capsules: _____ a day for _____ days, then take _____ capsules a day for years. (See MIN- COL in the MANUAL.)

_____ Vitamin C: _____ units a day between meals. (See VITAMIN C in the MANUAL.)

_____ Vitamin A & D: _____ units _____ times a day between meals. (See VITAMIN D in MANUAL.)

_____ Vitamin E: _____ units _____ times a day between meals. (See VITAMIN E in the MANUAL.)

__1__ Vitamin B complex tablet between meals.

Niacin: start with 25 milligrams once a day; increase as needed to keep getting flush.

Algavim: _____ capsules with breakfast, dinner, and supper. (See ALGAVIM for the amount).

Chaparral: _____ capsules with breakfast, dinner, and supper. (See CHAPARRAL for amount.)

Ginseng: _____ capsules with breakfast, dinner, and supper.

Goldenseal: _____ capsules with breakfast, dinner, and supper. (See GOLDENSEAL.)

Ferro: _____ drops in fruit juice times a day.

Prune Juice: 3-4 oz. at bedtime or morning.

Cranberry Juice: 3-4 oz. each day. (See MANGANESE in the MANUAL.)

Heinz Sweet Pickle Vinegar: 1 teaspoon after dinner and supper, if saliva pH is above 7.00

Rest 1 hour in afternoon, or as directed. Rest is so important to healing. Exercise 20 minutes once a day, outdoors if suitable. K-Min (See K-MIN for directions in the MANUAL.)

This diet is for average size people. Large, small, weak, or very ill will need-some variations. If allergic to any suggested food or if in conflict with your tester's advice or your doctor's orders, then eliminate that food.

ABDOMEN *** Bloating in the abdomen is caused from 3 different things. One is a swollen liver, or chemotherapy liver, gas, or delta cells. You have to determine the cause of the swelling.

ABORTION *** Bring it about by keeping the sugar below 1 for 3 to 5 days, because the fetus requires 300% more oxygen than we do and its only source is through the blood. Never give K-Min. *** Put the patient to bed; have them drink 4 oz. of distilled water or lemon water every half hour. No sweets, starch, fruit starch, carbohydrates, to bring the sugar below 1. Keep it barely above normal for a few days. If they are ordinary, up to 6 months and not too heavy, you can bring it down and bring about an abortion. *** Prevent it by keeping the sugar up with 4 oz. of wine [dry] a day. *** Wine is 12% alcohol; higher than that you destroy the calcium in the blood stream. [lowering the sugar, see UTERUS]

ACHE *** When the mineral is deficient in the organs of the body, then nature is going to place certain aches in your body to say something is wrong.

ACID *** Cationic is acid. *** When you have a high alkaline saliva and you put a highly acid food in your stomach, you burp and you have a digestive problem. It's like putting soda in vinegar. *** High alkaline saliva plus high alkaline bile, then you put acid foods in your stomach, it creates gas and energy. It's trying to digest too quickly. *** When glands swell up in the neck, the body is too acid to accept vitamin C. Raise the pH. *** When the body is acid, you do not give vitamin C or calcium lactate. Use vitamin D, Cal II, liquid calciums, lime water; soda as a last resort. *** Craving for cigarettes and whiskey comes from too much acid in the system. *** In citrus fruits you have an acid ratio to deal with. The Brix is designated as a "b" and the "a" is an acid. Divide a into b to get your ratio. *** The more cationic cells in your body, the more acid your body becomes, the shorter your life is. *** Vinegar and honey, you don't use if you have high blood sugar and acid system. If your body is extremely acid, you should not use sulfured foods.

ADDITIVES AND PRESERVATIVES *** Pay no attention to preservatives or additives in food today. They are safer with them than without. Except ice cream; it's embalmed. Our cold-pressed meats are made out of the waste products of animals. Stay away from junk meats. White bread and white sugar, and what's taken out of it, makes the difference. D-Zerta has a lot of preservatives but I have not found any damage in it. If your body chemistry is normal, this won't hurt you. *** I have not found one case of damage from poison spray. It's only harmful when you abuse the spray. *** A small amount of chlorine in food keeps the bacteria out. Use one drop to 2 gallons of water to kill the bacteria, if you must.

ADHESIONS *** Gas forms in a cell, and it swells to an adjoining cell. The same thing happens over and over until it becomes a mass. Adhesions prevent the blood from circulating, develops a chain reaction. CO_2 gas expands the cell. *** If you have a sore or swelling, use a vibrator on it to circulate the blood. Adhesion is the word to use between cancer cell and perfect cell. Use ordinary diet for adhesions. Also there is a new machine that takes the swelling out of the adhesions.

AGING *** We need a lot more hard mineral nutrient out of our foods than a child. A child needs a great variety, but we need a lot heavier food. *** The energy that it takes at 20, 40, 60, 80 is still true, and the loss of this time in making the same cell is the process of aging. *** When we reach the climax of our energy, we begin to age. *** Any disease you want to name is only premature aging - too rapid loss of energy. *** The amount of time and energy it takes to make one cell is the process of aging. *** Meats that burn up too quickly burn up our body and cells. It brings about the process of aging too quickly [speaking of unclean meats]. *** Differential in the composition of the various organs, age is a factor. *** Age and digestion versus the elements that the age factor interplays in being able to digest certain elements. Why is a child, a child, and not a man? Why is a boy, a boy at six, and not a man able to father children? The digestive juices are too weak, and they can't pull out the heavier minerals. *** It takes twice the amount of energy and twice the amount of minerals at age 40 as it did at age 20. At 40 it's 2x; at 60 it takes 3x; at 80 it takes 4x.

AIR *** The inner space of energy contains moisture, oxygen, nitrogen; and 68-75% of the air is nitrogen. Over each acre of land there is about 35,000 tons of nitrogen in the air. *** Most food comes from the air - 80%. How do these elements get into the air we breathe? What is the main source? What is our earth covered with? Major part covered with water. When the metals come in contact with a salt - corrosion, breaking down. This is taking place in our oceans and our fresh water bodies of water. Corrosion or oxidation is taking place, gases are being produced. If you covered up, painted your skin, you'd die. If you covered up that breathing mechanism. *** Relationships like the rise of the moon and fall of the moon, this affects ionization of the air. We talked about 80% of our food coming from the air that we breathe. On the rise from a new to a full moon, there's less mineral ionization in the air than there is in a full to a new moon. *** The fruit grows out from a seed. So we can liken our soft, fleshly bodies to the fruit and our bone to the seed. The bone works like an antenna; call it an ionizer. The ionizer draws electrons, draws energy out of the air. Atomic particles coming from the atmosphere, the music of the spheres. Frequency programmed by the brain, not just from the food we eat [but] from the atmosphere, the energy that the body receives other than, say, literal food. *** There's a lesser mineral content in the air at the time of the increase of the moon, and there's a greater mineral content in the air on the decrease of the moon. A colder air on these times will hold more mineral than hotter air. *** This is where we get a lot of food then, from the air. *** After you breathe in, when it closes, all these little air molecules start bouncing around inside of these little sacks [in the lungs], and all these tiny little nerve endings start to pick up cationic substances from the air that's bouncing around inside this little sack. *** It's the heat and the sunlight, and the air and the wind, and the motion of the cationic and the anionic energy in the air, that strikes you. This is the reason why it's so important to walk outdoors a mile a day in the open air. *** Yes, you do. You get 80% of your food energy. You are limited to getting 20% of your food that you eat. The rest will be from the air. You may not get all the mineral you need from the air, or the various kinds that you need, but you'll get 80% of your total from the air because only 20% can come from your digestive tract.

ALBUMIN *** A perfectly healthy person, drinking the normal amount of water, should throw out about 400,000 carcinoma cells per quart of urine. These tests tell you whether there is too much

albumin or not. At 4 million we quit counting albumin. Normal is .04 M for 100 lbs. of weight. *** In your first test of the albumin, it doesn't matter how high it gets over 4 million. *** In one liter. A liter is a thousand milliliters, so there's 40,000 drops in 1 liter. Count the particles in those specimens, multiply by 20,000, and you come up with one of these numbers. You can quickly estimate where this is. *** It lets you know if nature is cooperating with you. *** If you have a 4 M, there is no picture. If there is a 4M here, it means none of the numbers are perfect. *** When you have a 4 M, you need 1,000 mil. of vitamin E between meals. *** When the 4M drops down to 1M, it means the energy is 14 [urea] and they are working too hard. *** Pick up cancer on the patient by the 4 M reading. Too many dead cells. That number should be .04 M for 100 lbs. of weight. The 4 M denotes there is a problem in the system. You can treat and replace carcinoma. When you do this, the cells replace many times in the system. You don't treat dead cells. *** You can tell between 2 M and 4 M by counting the particles and multiplying by 20,000 with a beam of light. Put one drop on a microscope and count them. 4 M shows you they are working too hard or are disturbed. It also shows a terrific calcium deficiency. *** Give Cal II TID and a thousand units of vitamin C. You can have perfect numbers and a terrific deficiency. *** If the albumin drops to a 1 M, this number would tumble down to about 5.40 [urine pH]. The patient is getting worse. It can't clear the cells out. Not enough calcium to manufacture the energy needed for their body. *** A 2 M means calcium need, not getting enough potassium to the brain, and are a candidate for brain tumor. *** The albumin will be the last one to clear up because of the cells that's being thrown out. 4 M on the 25th day shows a terrific calcium deficiency.

ALCOHOL *** Pancreas manufactures alcohol. When messages are not going through, it does not manufacture enough alcohol. Control this by using Zest Tonic; it controls body temperature. *** A certain amount is needed to control heartbeats. If the alcohol is made on the exact frequency of the system, the heart rhythm will be perfect. *** If feet are hot and sweaty, then use coffee because the pancreas is producing too much alcohol. Also niacin could release too much alcohol and they get a hangover; and then it causes headaches. *** When you get alcohol in your system, it builds up the density between the molecules of blood, so it can't carry oxygen to your brain, also depriving the liver of oxygen. The only way an alcoholic can get more energy is to drink more, and it preserves the food in his stomach. *** Sugar, starch, and oil - energy is the same. When this energy gets into the stomach, it breaks down into carbohydrate energy; then it triggers off the pancreas and manufactures insulin, counteracts the sugar to keep it from preventing the blood from carrying too small amount of oxygen to the brain. If the second part is working normally, it's going to turn to alcohol. *** As a cation, it starts turning into alcohol. Some people turn too much starch into alcohol and are happy-go-lucky all the time. *** It takes colloids, and it works back against the cationic force. And the glycogen goes over to the pancreas, and it makes alcohol out of it. This regulates our temperature. *** These first two stages are under the influence of what we call stage 3, which affects both of them, and that is heat. Produced by alcohol from the pancreas [3 stages of cell formation]. *** There's a variable. The more alcohol you've got in your system, the greater amount of heat that will produce, and therefore there's condensation happening in a lung. It collects faster than it can evaporate. Then the steam condenses and moisture forms in the bottom of the lung, cutting off the oxygen supply. *** The first thing that comes off of the sugar molecule is

alcohol. Nature follows the line of least resistance. The formula for alcohol is C_2H_5OH. *** We manufacture more carbohydrates in the day then we do at night, or should. Occasionally you'll find a person that does it opposite because the pancreas manufactures too much alcohol at night, or they drink too much, or have a cocktail, or something that upsets the body rhythm. *** Drinking too much alcohol, destroying the liver's functioning. *** Alcohol starts to form in the liver. Dextrose - and other forms of carbohydrate - manufactures alcohol out of it.. *** There are 2 causes of cirrhosis of the liver: either drinking too much alcohol or the alcohol produced by your own pancreas. *** The greatest enemy of alcohol is caffeine. It releases the alcohol quickly and makes the face red. *** Zest Tonic is just like the substance manufactured by the pancreas, alcohol. *** Pure chlorophyll given to a person with high sugar, the pancreas turns this into alcohol and they become drunk. *** When the pancreas manufactures too much alcohol, it makes them sleepy. *** Build up an alcoholic's calciums. *** When the calcium becomes low, they have to have a crutch. Hence, alcohol.

ALGAVIM *** Give for cataracts. *** Made from sea kelp. It is a bromalade [bromeliad], which has tubers that go straight down. Also rich in potassium. Makes vitamin A available to the body. *** Excellent for brain tumor cases. People, almost blind, healed with Algavim. *** For bone cancer, high amounts of Algavim. *** The older and weaker or the lower the reserve energy, the more they need Algavim and Min-Col. These are good to give pregnant women to help restore the body of mother and baby. *** If the body responds, the body will heal of cataracts. Use Algavim 2, 3, or 4 times a day - with meals if you eat 3 times, then 2 at bedtime. *** For potassium, use Algavim and Min-Col *** Algavim has had the salt and oil removed. *** Good for glaucoma. *** Adults take 2 TID, 1 BID for children 4 to 10 years, and 1/2 a day for children under 4.

ALKALINE *** Our livers manufacture bile or hydrochloric acid and it's an alkaline substance, an anionic substance. *** When there is a highly alkaline saliva and you put a highly acid food into your stomach, you burp. *** You get the body alkaline so you can accept vitamin C. *** When you have a pH of 7.40, and when you don' t have enough oxygen, what is the result? What is the result of a weak bile? A loss of energy. *** Tomato plant too alkaline? Not enough resistance. Put vinegar or super phosphate or Epsom salts. *** The more alkaline your system, the shorter your life becomes. *** Use acidophilus only when the system is highly alkaline. *** The liver has to manufacture the alkaline chelate for the bones, teeth, etc. *** I hope to have an alkaline vitamin C soon. I have one now that is good for 72 hours, then it comes apart. *** If you have an alkaline system and low blood sugar, vinegar and honey will help. *** If the body is alkaline, use sulfured fruit. *** Thyroxin can either be thrown out through the kidneys, or go into the blood stream and into the stomach - nausea. *** Loss of energy in body chemistry shows up in saliva pH too alkaline, won' t budge. *** The excessive thyroxin in the stomach affects the digestive juices and a loss of energy.

ALLERGIC *** If allergic to prune juice, change the sweetening every day and give them a lot more fruits. *** There's only one allergy to lemon water, and that's swollen kidneys. *** An allergy is any food, substance, or odor that will cause you to lose energy. *** From the numbers you can pick up allergies, if it is affected enough. *** Allergic to tuna fish. Don't eat it. *** Many people are allergic to white potatoes. *** An allergy is a mineral deficiency or too much of something. Some are caused by a benzene deficiency.

ALOE VERA *** Will heal cuts. One Tablespoon, once a day in carbonated drink, about 3 oz. with 1 Tablespoon of aloe vera. Good for sunburn and bruises as well. *** Give aloe vera in Pepsi. Aloe Vera in carbonated water twice a day for hemorrhoids, and it brings them back to normal. Similar to chaparral. For some it's a laxative.

ALPHA *** An alpha cell is a perfect cell.

ALUMINUM *** Elements or minerals found in the bone, aluminum 2%. *** The brain has more aluminum in it than any other part of the body, just a good trace. *** In the colloids there is sufficient amount of phosphate of aluminum to charge the brain sufficiently to be the beginning of responses to follow the entire nervous system, even to the end of the toes. So the brain is very high in colloidal substance, and that's where it gets its aluminum from. *** Potassium is not an electrolyte and aluminum is. What mineral is responsible for carrying the message from the brain to the organs? It's aluminum, copper, silver, gold, salts.

AMINO ACID *** The function of the liver? It is producing amino acids for the rest of our system. Building blocks. *** We are talking about amino acids being carried in the blood, and each one of these is programmed for every organ or part of the body somewhere, shape, manner, or fashion. *** The liver can take the anionic substances and produce amino acids, cationic. *** The system is programming these amino acids for various organs. The line of least resistance. If the amino acid is programmed for the brain and it goes by the heart, which is easier? For the heart to pull it off or for the brain to pull it off? Boyle's law: Like attracts like. *** The structure is broken away from the food in this reaction in vapor form, gas vapor form carried to the liver. The liver then slows down, by this resistance factor, these elements to where it can add it into the amino acids structure itself. In the manufacture of these amino acids, the liver never finishes completing amino acids; it only starts it. This unfinished amino acid passes through the blood stream. There's approximately 284 glands. If that transformer gland is producing the substance that it is supposed to produce, then this amino acid will take part of it until this amino acid molecule is complete. It passes the various organs. It's a building block. It's an enzyme that's easily put together and easily taken apart. It becomes a little wagon loaded with cations and anions that fit the various parts of the organ. It's been a platelet life added to it that makes it attractive to the respective organs in the body. Whichever organ has the greatest pull for that building block, it snatches it off, the amino acid. Then it forms another amino acid within the organ, which is different from the supply amino acids that has begun to be manufactured by the liver. There really isn't any such thing as a complete amino acid because before the amino acid molecule is complete, each organ is beginning to snatch off what it needs to replace, to ionize, the stole on the end of the nerve where the cell is being replaced. *** In forming the amino acid, you have to first have nitrogen. No amino acid can be formed without a cation of nitrogen. That's the one common denominator. *** The micronage programmed into amino acid will be unique for that individual organ. *** And as these amino acids, 5 billion different kinds of them, are formed in the liver, only 60-70% of the completion takes place in the liver. *** As those amino acids travel throughout the system, electrical attraction draws them to those organs that they are programmed for. *** I think it's very safe to assume that vitamins are amino acids. ***

It takes 18 hours to form an amino acid. That's one of the reasons why you need that little shot of lemon juice and water spread over the day for your liver. *** Amino acid, never complete going in. Delta cells on their way out are complete, but not cells going in. *** 6.40 over 6.40: If we have that, we incorporate the optimum minerals into these amino acid configurations. The atoms will be slowed down as they go through the various organs.

AMMONIA *** People that have urine with strong odor of ammonia have a very high urea, and they are candidate for a pectoris heart attack. It also foams when you make a test. *** The alcohol keeps us from being too hot all the time. When you get too hot, that ammonia gets cold, and the reaction between the alcohol and ammonia controls our temperature.

ANALOGUE *** What is a mathematical analogue? If the logarithm is given, the problem becomes that of finding the number that corresponds to this logarithm. It is called the analogarithm. Biologically, it means we say that like things attract each other. Unless it's on the same frequency, it won' t fit. The energy from the food has to be on the same frequency as we are.

ANALYSIS *** You have a right to do an analysis. There's no law against it. When you have an analysis at your fingertips, then you know how to make them a diet. These analyses that we are doing are more accurate than any that are made. Don't fear anyone who disagrees with you.

ANEMIA AND LEUKEMIA *** 4.40 6.20/5.70 4M 8/8. This is leukemia, which is not enough iron and iodine. It starts with the liver. Replace the iodine and iron in the liver, which is the basic substance for the manufacture of vitamin A. The tongue and gums may be black and blue, or blue streaks in the gums. The WBC at 6,000 and 10,000 – that's normal. You can have leukemia with a minus 6,000 or 10,000. Anemia is an oxygen deficiency. *** When you have a vitamin C deficiency, you have an A deficiency; and when you have an A deficiency, you have an iron deficiency. Hence, they are anemic.

ANGINA *** Angina and pectoris heart attacks can be blotted out of the nation within two weeks, anytime the people demand it. The cause[s] of heart attack are known, and what to do about it. *** The final result is a piece of cholesterol turned loose and plugging up the heart. *** When everything else fails to give you an angina heart attack, use sea salt. *** If you have salt of 48, you could have a major heart attack within a 22 urea reading. Or if you had a high urea reading of 29 and a salt reading of 34, you could also trigger off an angina heart attack. An angina heart attack causes pains in the chest. Angina heart attack is caused by the high salt. *** Is the 3rd lady in the range for a heart attack? Yes, an angina. Her body is retaining too much salt. What kind of salt? About 48 different kinds. *** Vitamin E, 5000 or 6000 units a day. Pains in the chest? Give terrific amounts of vitamin E. *** When a piece of cholesterol comes loose, then it plugs up the heart. This is an angina heart attack. *** When the body retains too much salt, they are in danger of an angina heart attack. *** If you want an angina heart attack, use sea salt. It's possible for a person to have both kinds of heart attacks at the same time. Urea 20-24, minor heart attack. Urea 24-27, if low salt, will be the major zone. Urea 27-30 is the fatal zone, if you have low salt. If you have a urea reading of 29 and a salt reading of 34, you could trigger off an angina heart attack. This kind causes pains in the chest. This kind is caused by high salt.

ANGSTROMS *** Angstrom is the distance of the atoms apart in that lattice movement around the molecule, the seconds it takes to make a complete revolution. A^3 angstroms refers to the distance apart they keep, that distance from themselves. They are not together. You're actually dealing with a figure-8 setup; and this type of movement is around and through, so that is that exchange. Angstrom is the distance the electrons keep themselves apart. These angstroms represent how far apart the electrons are in orbit in the shell of a molecule. *** If you took the brain and spread it out, it would cover about a third of an acre, computed to a size of 50 angstroms.

ANIONIC *** Potassium and calcium, with 39 and 40 [atomic weight], are anionic substances. Always. There's no exception to this rule. An anionic body is not limited by time or space; it can go great distances instantaneously. An anionic body on the frequency that I have given you would be a temperature of 980 degrees centigrade. When we are changed in the twinkling of an eye, we will have an anionic body and can walk through hell without even being hot. *** Anionic food makes growth; cationic food makes fruit. *** The liver can take the anionic substances and produce amino acids, cationic. It changes that from an anionic to a cationic. *** Other health practitioners, noticeably those that work on their spine, help to relieve or increase that energy flow from the brain down through the spinal cord, out to the organs - the flow of that anionic energy. *** These are anionic elements, but when they go into the atomic reactor of the liver, one of the miracles of the creation, it comes out as a cationic enzyme, an amino acid. *** A discussion of the elements, atomic chart. To familiarize you with the isotopes, anionic and cationic isotopes.

ANIONS *** Anionic is alkaline. *** In dealing with a cube and put it on a graph, the angles turn inside out. You make it into a plain surface instead of a square. Like taking a piece of dough and rolling it out; it passes through itself and turns wrong side out. That is the place at which the physical, the cationic, becomes anionic. This is the place at which all the angles become relative. *** Any new cell comes from an anion and a cation. If you calculate the energy of one anion at 250 Milhouse units of energy and you calculate a cation at 750 Milhouse units of energy, you're in a pretty good pattern. The greatest power of an anion that's possible is 499. *** Everyone has a built-in whiskey still. This goes off in heat energy. And this is where those 200,000 anions go off. *** The reason some people can't swim is because the molecules contain more anions and cations. *** When you take "predigested" protein into your system, then it ionizes it, rearranges its anions and cations from one frequency to another. It's the rearrangement of the anions and cations in an atom or a molecule, from one frequency to another. *** Every object is a product of energy, and slowly these things, if it's used or not, is giving off anions. *** Anions 1-499 Milhouse units of power and 500-999 Milhouse units of power form the anions and cations of all substances, all matter and all material, whether it's a gas or whether it is a product, biological or non-biological. How many anions does it take to counteract one cation? The minimum would be 2. The smallest thing the Creator ever made was an anion - a single anion, one Milhouse unit of energy, E_1. One anion may contain anywhere from 1 to 499 Milhouse Units of energy and still just be one anion. *** Atoms do not have the same number of neutrons and protons, or say anions and cations. Based on Boyle's law. *** It's the heat and the sunlight and the air that strikes you (energy through breathing and through your skin).

APPLE CIDER VINEGAR *** A good blood-thinner if you have an alkaline system. If acid system, don't use it. Be sure you know where your body chemistry is before you use a heavy cationic substance.

ARIZONA SALMONELLA *** When you have a test come back and it says 1-2-6, you've got a case of Arizona Salmonella on your hand. There is now 3 cases. One is six years old, and it's gotten no worse. This is caused by trichinosis. *** It is a bacteria, shaped like a pecan. It gets inside the lining of the digestive tract and causes it to swell, and the blood cannot circulate, carrying the digestive juices or the energy from it.

ARSENIC *** It determines the structure of the heart. Arsenic is to the heart what iron is to the liver. *** Heart attacks are caused by deficiency of arsenic. *** If your heart is skipping, you are deficient in arsenic. *** Arsenic collects in the blood, thickens the blood so it can't get through to the liver fast enough. *** One of the trace elements in soft tissue. *** In the heart, arsenic is going to be increased, calcium decreased.

ARTERY *** When the arteries and veins are throwing out massive amounts of dead cells, it has a tendency to thicken the blood, breaking down of cell by cell, that's in the arteries and veins, as they contract back to normal size. *** Sometimes they give oxygen to people who have hardening of the arteries of the brain. *** For oxygen, make a dilute solution of hydrogen peroxide. Keep adding a few drops to a galvanized bucket of hot water and stir until it becomes like milk and put your feet in it. *** Insulin has a tendency to aggravate hardening of the arteries. *** When a person with high cholesterol goes on a diet and that cholesterol begins to drop, these arteries and veins don't necessarily all heal the same from one end to the other. They heal faster in some spots than they do in others. Then pockets form in arteries and veins and blood collects in there, and it can't heal. *** Salt causes a dilation, or loss of expansion and contraction, of arteries and veins. Cholesterol forms in the arteries and veins. If it didn't, the blood would lose its ability to get out to the capillaries and then back to the veins and the heart. *** Insulin will crystallize the arteries and veins. *** An artery is a vessel that goes from the heart out to the tissue. An artery has two different layers of muscle fibers around it. *** If your body does not get rid of the salt out of your system, it's then going to get into your brain - hardening of the arteries.

ARTHRITIS *** When they don' t get enough oxygen to the brain, they will complain of stiff joints or arthritis. If this existed for 10 years, you would expect calcium deposits in the joints and deformed hands and toes. Colonics will help. Also water will help the liver restore its ability to manufacture enzymes. They probably have worms. *** Anytime you put an arthritis patient on a diet, it will make the pain worse for a few days. *** Too much salt causes the cartilage to lose its moisture content. When this happens, it cannot hold the oil content, thus arthritis *** When the body is over alkalin-ized and too much calciums make arthritis. We had a case of acute arthritis. It was not getting enough oxygen into the liver to repair the other cells. *** Arthritis is never a cause; it's only a result of carcinoma cells somewhere else in the system that's not being washed out. That's the inflamma-tory type. There is another kind, when the cartilage loses its oil. For this give high amounts of pantothenic acid - this is B_5 - or Whidden's Royal Jelly. This is the best kind of royal jelly. *** When calcium deposits form, find out which kind they are and use the opposite kind; and these calciums will come out through the skin. *** Using Formula X, rub on, except kidney and bladder areas.

Do not take internally. *** Inflammatory type, most times the water near the ocean aggravates your condition so badly and causes the swelling to be so great until you can' t stand it.

ASH *** Any substance converted to ash does not change the frequency; it is the same thing. The frequency of the ash is the same as the frequency of living tissue.

ASPARAGUS *** Asparagus is one of the finest heart foods there is. A sign that you need asparagus is a heart that skips or is out of rhythm.

ASTHMA *** You will find a key to asthma in the pH readings, either high or low. This is always caused by calcium deficiency. You may have too much of one kind and not enough of 6 other kinds. If the pH is below 6.49 [6.40] and they have asthma, they are deficient in 6 different kinds of calcium. If it's above 6.40, it could be that they're deficient in 5 or 4 kinds. Handle this by calciums. Most of the time they are over-oxygenated. When it's low, use Cal II and vitamin D and lime water.

ATHLETES *** Athletes are one of the sickest people in the nation because they diet, diet, then burning up more energy than they take in.

ATHLETE'S FOOT *** Use Ting. Wash feet in good hot water, 20 or 30 minutes. Dry feet. Put on Ting. Old 97, it's a liquid and really does the job. Get at a drug store.

ATOMIC *** Learn the atomic chart. Hydrogen has the atomic number [weight] of 1 and oxygen has the atomic number [weight] of 16. The atomic number [weight] of one molecule of water is 18. *** When an organ starts to break down, the one that has the greatest atomic weight would break down first. The greater the atomic weight of that organ, and it starts to break down because it doesn't have the elements to replace it, the greater amount of energy will be given off. *** The atomic weight and atomic number are the same. I'm going to refer to specific gravity and atomic numbers as being the same thing. *** 9 patterns that can be formed in the path of the electrons, how the atomic structure will fit together. *** Density is a factor of the atomic particles in those atoms. The greater the density, the greater number of atomic particles.

ATOMS *** A cell is made of atoms. The genes determine what atoms that cell is made of. Frequency determines the structure of an atom because of magnetic attraction. All magnetic attraction of biological substances is determined by frequency. A molecule is made out of atoms. There are spaces between the atoms because of the molecular pattern of energy cannot fit tight together like the pages of a book. *** Iron is heavier than aluminum because of the greater number of electrons in the molecule or in the atom that makes the molecule. An atom is the smallest amount of matter, either compound or elementary, that there is. When we understand how an atom is made, then we can take these atoms and form patterns. These patterns can form kinds. Splitting the atom increases the specific gravity. The specific gravity is the number of electrons in orbit. That determines the weight of any atom or molecule. All atoms weigh the same if they have the same number of electrons and anions. All atoms are the same size under the same pressure and temperature. It's the way the anions and cations are stacked together to make the atom that makes the molecule on the frequency. *** Angstroms, distance of atoms apart around the molecule. ***

Density is a factor of the atomic particles in the atoms. The greater the density, the greater the number of atomic particles, the greater the frequency within that atom. *** These electrons, coming in from the atmosphere, [are] being picked up by the body and utilized in transforming elemental structure or ionization of elemental atoms to help promote their utilization or storage.

ATTRACT *** Boyle's law and Baer's law. The summary of these two laws is that like things attract each other. Remember we're talking about cause and effect. If this is correct, it shows that opposites repel each other, instead of the traditional attract.

BABY *** Even if baby has diarrhea but has hard balls, substances in the stomach, recommend an enema.

BACTERIA *** When a person loses weight and gets very thin, it's worms or bacteria or fungus that's causing it. *** Yogurt is a pre-digested form of protein. When bacteria pre-digests something, it makes the whole thing on its frequency. *** Mucus in the throat is caused by bacteria. When you have a lot of mucus in the bowel, it's nothing but bacteria in the bowel. *** Use yogurt when the body needs a natural bacteria in the colon. Most dysentery is caused because of anaerobic bacteria. Balls of undigested food in the colon serve as incubators for the anaerobic bacteria, and you may have chronic dysentery. *** A fatty wattle comes from eating pork. It's caused by one of the trichinosis bacteria. Most warts are a bacteria. However, there are genetic warts; those are little corns. Tie a thread around one real tight, and it will shear off. There's also Stole's [Scholl's] corn plaster to put on one. *** Arizona Salmonella is a bacteria shaped like a pecan. It gets inside of the lining of the digestive tract and causes it to swell and the blood cannot circulate, carrying the digestive juices or the energy from it. *** Take a cap of cough syrup and swish it around in the mouth real good to kill bacteria, then swallow.

BAER'S LAW *** P for pressure, T for temperature, V will mean volume. Baer's law applies to solids. *** Pressure and volume equal a constant - that's Boyle's law. The same way would apply to Baer's law in a solid. *** The summary of these two laws is that like things attract each other. *** We go back to Baer's law: Like attracts like. We have different organs tuned through the brain to pick up these amino acids with their like milli-micronage. *** We have solid, liquid, and gas. Baer's law applies to solids, and Boyle's law applies to gas; they both would apply to liquids the exact same way. *** Baer's law: "The absorption of light by an absorbing solution depends upon the molecular concentration *c* of the absorbing material. In the thickness of the solution under examination, thus *Id-Ix* exponent *e* to the minus *K/od*. Where *Ii* is the intensity of the initial light, *Id* the intensity of the light after passing through a distance *d* in the solution, *e* is the logarithmic constant 2.72 and *k* is the absorption co-efficient." To make it simple, the first idea is what goes in, and the next one is what comes out, and the end one is what's left in the light.

BALANCE *** Suppose that each of these hydrogen molecules still had 488 Mh and then you joined it with 16 oxygen. What would happen? Each would seek its level down to the balance of the cations.

BASIC *** Changes are brought about by a change in this basic chemical phenomenon. *** Calcium and potassium determine the structure of the brain. Arsenic and phosphate determine the structure of the heart. Phosphate of manganese determines the structure of the sex organs. When you're making diets, all this lies back of it, and all these changes are brought about by a change in this basic chemical phenomenon. *** When the sugar gets down between 1 and 2, the liver is not over taxed in handling carbons that it doesn't need, so other things can take its place. It's in what you call a basic change.

BATHS *** Hot sitz baths for a half hour a day for uterus or prostate trouble. Also for carcinoma and high salt that you can't get down.

BENZINE [BENZENE] (see BERYLLIUM) *** The feet and the ends of the bones are rich in benzine [benzene].

BERYLLIUM (see BENZINE) *** Benzine [benzene], sinus, and feet 2%. *** It's beryllium, symbol Be. "Is not appreciably attracted by acids but suffers decomposition upon fusion with caustic potash." Caustic potash is potassium hydroxide. In peppers and onions, potassium comes in a hydroxide form, and that's what gives you the burning on the tongue. When I was in college they called this benzine [benzene], now they call it beryllium. *** If he stands on his feet very long his feet hurt, benzine [benzene] deficiency; read it in the vitamin C deficiency. Vitamin C deficiency means a benzine [benzene] deficiency, means that the flesh is not sticking to the bones tightly enough, and it actually attaches itself very tightly to the joint. Sinus problems: vitamin C deficiency and benzine [benzene] deficiency.

BILE *** Low blood sugar, body too acid, therefore they are not getting the energy out of their food. They also have loose bowel. Emphysema, not getting enough oxygen to the lung. And the overall picture shows you because of this - they're not drinking enough water. So therefore they are not getting enough oxygen to strengthen the bile, and the cholesterol is building up. Next the system is throwing off a lot of dead cells. You will find streaks in their eyes with cloudiness, and they are tired all the time. Also they would have chest pains because the food was digesting too slowly and forming gas. The pH of the saliva tells you that. You give them calcium so the liver can manufacture a stronger bile of hydrochloric acid, so they can get the energy out of the food. *** The bottom number is the pH of the liver bile. When the bile of the liver flushes the gallbladder and causes that gallbladder to become stretched and that ferments, it will lower the pH of the liver bile more than the saliva, not much, just a little. It's very important to keep the liver bile and the saliva equal. *** The average amount of bile should be 1 pint for 40 lbs. of weight. *** There are a few exceptions of the liver bile being one thing and the urine being something else. The liver manufactures bile or hydrochloric acid; it's an alkaline substance and anionic substance. As this gastric juice ratio of calcium and oxygen decreases in the water, the gastric juice becomes more dilute. The greater the concentration of hydrogen and calcium in the gastric juices, the greater the amount of strength the bile has. *** Something happens to the liver bile when the calcium content becomes too great or too low, because the message is not going through from the brain to tell the liver exactly how much to do and how much not to do. When this happens, the sugar deviates from perfect. A loss of energy is a result of weak bile.

BIOLOGICAL *** If you have weaknesses without a biological cause, then you know it's genetic and vice versa. *** The first number tells you the amount of energy available. The second number tells you that you are getting the exact amount of mineral from the food that you eat - not energy, but mineral. This determines the mineral content that's available to your body, which also has a lot to do with energy. pH is a measure of resistance, not a qualitative measure. *** All the terms that I have given you are the biological definition or view point, how they would have to fit into the biological pattern, because no one else has ever done it before.

BIOLOGICAL CALCULUS *** The way the minerals, anions and cations, combine together to produce a cell that will have a frequency of either 24 or 26. The way we learn to do it is biological calculus.

BLADDER *** Very much salt does not come out with sweat; it has to go out through the bladder.

BLISTERS *** I've seen blisters all through the system, on the skin, on the heart, on the liver, but I've never seen them on the brain.

BLOATED *** Bloating of the abdomen is caused from three things: swollen liver (chemotherapy), gas, or delta cells.

BLOOD *** Adhesions prevents the blood from circulating, develops into a chain reaction. *** Old cells go out through the urine; and when you shine a light on the urine, that's what you see. They are flushed into the blood stream and caught up in the bloodstream and go out through the kidney. *** Apple cider vinegar, a good blood thinner. *** Whenever there's a swelling, adhesion, it slows down the circulation, the blood in capillary action. *** Your pH doesn't have a lot to do with blood thickening. Vitamin K will do that very quickly. *** Blood does not have a frequency; it won' t stabilize. *** Sugar, oil, and starch break down into carbohydrate. Then it triggers off the pancreas that makes the insulin to counteract part of the sugar, to keep it from preventing the blood from carrying too small amount of oxygen to the brain. *** The transformer glands determine whether or not blood is circulating properly through the primary and secondary organs. *** Urea thickens the blood. *** The lower the energy, the greater the difference between the blood and the urine. That should be the same. *** The blood of the body has to be maintained in a narrow margin of pH; otherwise you run into alkalosis or acidosis. *** When they have irregular or light menstrual periods, it's a plain lack of blood; not enough stored in the walls of the uterus to perform. *** Cirrhosis of the liver is one of the causes of high blood pressure; visible factor is small eyes. *** Arsenic collects in the blood, thickens it so it can' t get through to the liver fast enough. *** Blood pressure systolic is the top number. It is the power of the heart pumps to press the blood out to the capillaries. The diastolic is the functioning of the veins in order to get it back to the heart. When the veins lose their ability to expand and contract, you have high blood pressure. *** Lower the salt in the diet, then the blood itself will remove the cholesterol in very small amounts without doing any harm. *** High and low blood sugar have the same symptoms; it prevents oxygen from going to the brain. *** Carcinoma cells go out into the blood and out through the kidneys *** A skin diver goes down too deep and comes up too fast, and he gets what we call the "bends." It's the nitrogen gas coming out of the blood, actually causes a clotting of the blood, a poisoning of him. *** If you do have gas you'll

either belch it, or pass it, or it will go into the blood stream. *** The food goes into the digestive tract and interacts, and a gas is produced, or a vapor, carrying elements with it into the blood stream to the liver. *** Amino acids produced by the liver go out into the blood stream, and by milli-micronage the body knows where to put them. *** Something unique about the blood versus the other parts of the body system: It does not have a frequency. It's carrying literally everything, changing second by second, amino acids programmed for every organ or part of the body. *** Mineral, both the gases through the skin, are routed to blood stream to liver. *** Unfinished amino acid passes through the blood stream, glands; as the blood passes through it, adds to that enzyme, or amino acid, to complete it. *** The same blood vessel that takes blood up to the thyroid, takes it on to the brain. *** The blood that is refined the most, the purest of all, goes to the brain. *** If we've got thick blood in the legs from hypertension or high blood pressure, walk, walk, walk. It's the pumping of the muscles in the legs that starts breaking up this blood to start getting it back up where it needs to go. *** Blood doesn't have a frequency. It's the pH factor of the blood; it's the difference in pH that makes your blood types. It does change sometimes, but it's rather rare. It changes very slowly. The higher the pH, the greater the viscosity; the lower the pH, the less the viscosity, the thinner the blood. The RH factor is the pH factor. *** The energy in the blood comes from the energy lost in digestion of food. *** Dirty or muddy blood has too many delta cells in it, lacking drinking enough water to wash them out, or tired blood. *** The blood does not have a frequency because the blood is not connected to the brain by a nerve. *** Viruses should not be in blood; some bacteria is normal in the blood.

BONES *** Bones affected the most if there is a phosphate calcium deficiency. Finger nails get ridgy, brittle, soft, and lose their color. *** Colloidal substance in the bones determines the hardness of bones. It also determines how quickly bone can be restored. It is the cell structure of bone, what a jewel is to a watch. *** A system low in iron will draw mineral from the bone and they get softer. *** Vitamin A is a vital element in the manufacture of bone marrow. *** If you had no phosphate of calcium, there would be no bones. *** For bone cancer give Min-Col and Algavim in high amounts. *** A colloid is the substance that makes our bones, teeth, solid matter in our bodies. *** The bones contain more phosphate than any other part. *** Nature draws from the bones to supply the tissues to hold us together to prevent cancer a little while longer. *** Use Min-Col for the bones. *** Bones have the most calcium of all the tissues in the body. The calcium found in the bone is equal to 1/3 or 33% of all the calciums. *** Skin is the heaviest organ, bone is the next heaviest, then muscle. 20% of the total body weight would be calcium in the skeletal system. *** Remember this is not a constant, this is a variable. Some people have small bones, some have large bones, some are double jointed. This is a rough average. *** The largest cells in the body are in the bones, the largest and the hardest. The harder the substance, the larger the cells. *** The whole course is devoted to that, how it does it, where the bone starts. *** The bone works like an antenna; we call it an ionizer. The ionizer draws electrons, draws energy out of the air. *** The ratio between the largest cell and the smallest cell. How much larger is the largest cell than the smallest cell? Talking about the brain and bone: Size differential 10,000 to 1. Bone cell ten thousand larger than the brain cell. *** Bone marrow, an ionization chamber. It's equal to the softness of the brain. Bone

marrow has the consistency of cholesterol or an oil. It manufactures, and blood by ionization, not like the cell structure, in the bone marrow, and there is no connection to the brain. *** In a bone the current goes around. The ionization is moving upward in the bone toward the head, and the message is coming in from the head. As these currents rotate, the mineral is in the marrow of the bone, and this rotation process rolls it out. They are not dividing; they're manufactured by this rotation, this electrical charge inside the bone, moving from the feet upward. In the bone they're going downward because it's cationic, but in the marrow the anionic charge is going upward. They are not connected to the brain; they are rolled by the electrical current. *** Before the body begins to lose very much energy it will pull it out of the fingernails, then from the bone, calcium phosphate.

BOWEL *** I have never seen K-Min upset a bowel of itself. However, I'm not saying it isn't possible. *** Olive oil for stool problems: for younger people a couple of times a week, for older people every day, over 40. *** Tell by the urea if they are getting enough energy out of their food. If not, give colonics. *** We're talking about feeding - through the lungs, through the skin, through the bowels, same way. This becomes a source of maintaining reserve energy. *** Min-Col is great for bowel problems, any deterioration.

BOYLE'S LAW *** Boyle's law has to do with three things: Pressure, temperature, and volume. It's referring to gases. Temperature constant in human body, person healthy, ideal range 1. Take a gas in a cylinder and increase the pressure down on it, volume will reduce. If you increase the volume, the pressure would drop. *** Pressure and volume equal a constant, that's Boyle's Law. PV = C. Summary of the two laws: Like things attract each other; opposites repel each other. *** Elements under the same temperature and pressure are the same size. *** Cells under the same temperature and pressure have different size.

BRAIN *** A tumor between the cavity and skull is a dead sea tumor. *** Either high or low blood sugar prevents oxygen from going to the brain. *** When the urea doesn't move, it may mean a brain tumor. *** Sometimes when the numbers don't move they could have carcinoma of the pons of the brain. Pons is that little ball on the end of the spinal column that sends the brain messages to various parts of the body. *** Carcinoma of the brain can be any shape or size. Brain tumor is carcinoma. *** When the liquid from cancer strikes the blood stream and hits the brain, that's it. You're dead. Something lowers the pH so low until the brain burns itself out. *** The more wrinkles in the brain, the more intelligent the person is supposed to be. *** The brain is in two divisions. The central nerve comes down through the base of the spine. The central nerve does not go through the spinal column. Nearly all our problems start with the liver, even in the brain. *** When you have a brain tumor, you work on the potassium, but it depends where in the brain the tumor is. Better than 50% success with brain tumor. *** Salt carries electrical charge, but it will not become a magnet of attraction in which it's necessary to build the brain. *** Calcium and potassium determine the structure of the brain. Urea 3 over 4 [3/4] means a brain tumor. *** Not all numbers under twelve mean brain tumor. When people walk along and fall down, that's a brain tumor right in the top of the head. Can be operated on if you get it early enough. *** Hardening of arteries of the brain are helped by diluting hydrogen peroxide, bathe feet in it, to get oxygen to the brain. *** When sugar and salt both rise, and the person is drinking enough water, they have a brain tumor, or damage to the central nerve so the body cannot respond. *** Sometimes messages are not going through

to the brain properly, so therefore there's a deterioration in all vital organs. I know this by the calcium unbalance. If the message from the brain was going through, these numbers would be different. *** When a child has a potassium deficiency long enough, it causes deterioration of brain cells. Brain cells can be rebuilt if certain vital cells are not affected. *** Our brain is divided in two sides. Each side controls certain parts of our body. *** Strokes come from broken blood vessels in the brain. *** When you get alcohol into your system, it builds up the density between the molecules of blood so that it can't carry oxygen to your brain. *** When the numbers do not do what they're supposed to, the patient either is not doing as told, or he has a brain tumor, or damage to the central nerve or vagus nerve. *** When the urea total is below 12, it may be brain tumor. *** I've never seen blisters on the brain. *** When the message is not going through from the brain, then tumor; and nothing you can do. *** If mineral is present in the foods we eat and if the magnetic attraction furnished by the brain gets to the liver, then the body can rebuild itself. *** The body has to be able to send its messages from the involuntary part of the brain to the vital organs to function. *** The power for the liver to function comes from the brain. *** The brain messages are going through bang, bang, bang, at a high rate of speed, trying to assimilate the calcium when it does not have enough oxygen. *** Insulin causes hardening of the arteries to the brain. *** Potassium must be phosphate form to get into the brain. It will not collect in the brain because it is only that which the liver can turn into phosphate potassium on the right frequency down to the milli-micron. *** 2 M means they are not getting enough potassium to the brain. *** Spleen helps control breathing, and the brain controls the oxygen that goes to the liver. *** The more stable the urinary readings, the higher the energy rating, providing you do not have a brain tumor. *** The entire body is controlled by the brain. *** Carbon in this paired tetragonal formation responsible for insulating or stopping messages from the brain. It works like a lead barrier toward electrons. A message is transmitted to the cell; it's absorbed, programmed, and stopped. *** Carbon atoms become an insulator to make sure this electrical charge is not going either way or back to the brain. If you have this disrupted, then you get a return to the brain, which is pain, a feed back to the brain. *** There is no feeling in the brain. *** If you took the brain and spread it out it, would cover about a third of an acre, computed to a size of 50 angstroms. Colloids. (See PONS) *** High sugar. If the system is throwing off that much, it means there is a terrific deficiency of oxygen to the brain.

BREAST *** When the gastric juices become weak, the energy loss will be greater and greater, the mineral deficiency will become greater, and therefore the weakest vital organs become affected. Sometimes it's the heart, breast, uterus, ovary, lower colon, etc. *** The sex organs, including the breasts, are also rich in manganese. *** Anytime the calciums drop too low and stay too low for too long, a sign there's a manganese deficiency; and therefore you are asking for cancer, carcinoma of the sex organs. *** Manganese is the element that determines the structure in the sex organs. *** The weaker the digestive juice, the less of the heavy minerals it could get from your diet, needed most by reproductive organs.

BREATHE *** If you covered up that breathing mechanism, the skin, you'd die. *** We talked about 80% of our food coming from the air that we breathe. *** As you breathe out, there's like a chain reaction that starts at the top of the lung, moves right on down to the base of the lung. And that

chain reaction is that they all start to open up. They open as you breathe out, from the top all the way down to the bottom. *** I've never heard of anybody quit breathing while they're eating. It's necessary to breathe while you eat. Best time to take a deep breath is early in the morning. Move your pillow out from under your head, stretch out straight on the bed, put your hands above your head, and breathe in slowly, 3 times and no more.

BRIX *** Brix measured in percentage, how many pounds of sugar there is in 100 lbs. of urine. *** The glucose tolerance test is only 50% correct. The lower the reserve energy, the greater difference it makes between your glucose and your total carbohydrate. The urinary sugar will equal the blood sugar average over any 24-hour period. *** 1.5 represents the percentage of sugar. Most people die at 11, and practically all die at 13, if it stays there long enough.

BRUISES *** Bruises are a result of vitamin A deficiency.

BURNING *** pH of 5.20 is where they burn when they urinate, if they stay that way very long. Give 25,000 units of vitamin D, or 400 units of A and D, twice a day, between meals. Then give 2 Tablespoons of lime water twice a day, one at bedtime. Then give 2 Cal II TID with meals. Leave them on the A and D until the pH gets to 6.0. Leave on the lime water and the Cal II until it gets to 6.40. Then give 1000 units of vitamin C twice a day between meals. Give vitamins between meals and your minerals with meals. Suppose they take the lemon water and water and they still have stomach pains when they eat, but they don't have the burning. Then it's either carcinoma or cancer.

CABBAGE *** Cabbage juice, if they can't take lemon water. Give 4 oz. of fresh cabbage juice with 4 oz. of water, twice a day. The second day put them on 6 oz. of cabbage juice and 2 oz. of water BID, and the third day put them on 8 oz. of cabbage juice, pure stuff, BID. I've never seen a case of ulcers that it wouldn't cure.

CAFFEINE *** Caffeine is about the greatest enemy of alcohol.

CALCIUM *** These tests show you whether there's too much calcium or not enough. *** Calcium has 40 electrons in orbit. *** Approximately a quarter of a million different kinds of calciums, and these calciums are divided into 7 different kinds of calciums. One is deadly poison to us. Our bodies use more calciums by volume and weight than any element known. *** Boy and girl use the same until puberty. Then a girl will use 700 [7] times more calcium per day than a normal man. *** Extremely nervous, excitable? Low calciums. Which one? The test will show you. *** The cause of high urea is the lack of calciums in the diet, or lack of oxygen coming in from the lungs to the liver, or brain tumor, or damage to the vagus nerve. *** Anytime the calcium drops too low, the person is in a state of menopause and has little to do with the menstrual flow or period; but if it stays low long enough during the age, it will affect the flow of the menstrual period. *** 7 different kinds: Phosphate of calcium, P_2O_5, oxide calcium Ca_2O_3, calcium carbonate $CaCO_3$, tricalcium, gypsum calciums (lactates), dolomite calciums CaO_2, calcium hydroxide (toxic to people). 6 are essential to life. *** If hives break out all over, the top of the head to the bottom of the feet, all at the same time, it means the calciums are changing and becoming available to you, and vitamin A available to you, and the nerve ends are coming alive in the skin, and you have hives. If it happens to do it on the installment

plan, you might have it for 2 or 3 weeks, a little spot here and there. *** A quick drop in calciums causes hives. *** One type of heart attack causes a quick drop. *** Never give a person lactate if pH is less than 6.20. No buttermilk or acidophilus. *** Our bodies use more calcium than any other substance. Calcium is anionic. Over a quarter of a million different calciums. We add calcium to our diet to keep it from losing carbon, or to replace it quickly with carbon. *** You start to repair a cell with calcium. We use calcium and not carbon because we are organic. *** Calcium imbalance may not be in the cell. *** It's not the cause of loss of carbon in this cell. It is the calcium that's manufactured by the liver on the frequency down to the milli-microns of the organ in which it's located. So it doesn't have enough to replace this worn out cell and the cell stays in too long and thus wears out. *** Calcium and potassium determine the structure of the brain. *** Bones are most affected if there is a phosphate of calcium deficiency. *** Calcium is one mineral you have to be careful about. Keep testing and change their diet every time their body chemistry changes, because they may change every day. *** All MS patients have a calcium deficiency. *** Give high amounts of calcium to alcoholics. *** 4 M on the 25th day, a terrific calcium deficiency. *** When the food is digesting too slowly, it means the gastric juices are too diluted. Two causes: calcium deficiency, and not enough water and oxygen. *** If they have had arthritis in the joints for 10 years or more, you could expect calcium deposits in the joints. *** The calcium ratio in your produce will be in direct proportion to the sugar content. *** Women who have had their ovaries removed are apt to get in a rut. Also when it produces the least too much of estrogen, which goes back to the phosphate of manganese in their diet, the sugar, the calciums, iron, iodine that is in their system, that person loses resistance to say "no" to anything. Depending on their calcium level, do not make fast changes. *** Oxygen and calcium are the factors that make a governor for water in your system. *** At 0% moisture in our bodies, calcium is about 67%. *** A deficiency in calcium would mean low in manganese. *** If blood does not have enough oxygen, it decreases the amount of calcium in the liver. *** If you have a 7.20 over 7.20, it's still possible for a patient to be deficient in calcium because he doesn't have enough of different kinds. When a patient comes in with a pH of 5.00 or 5.40, nervous, the best thing to do is to give 10 mill. shots of calcium gluceptate. *** The weaker the digestive juice, the less of the heavy minerals it can get from your diet. *** If the blood does not have enough oxygen, it decreases the amount of calcium in the liver, and the saliva number goes down. Take right calcium according to pH. Saliva would denote a deficiency in calcium, the top number denotes it first. *** She lacks oxygen and her calcium is passing out into the urine; it's collecting in the liver. Her liver's got calcium but can't use it because it doesn't have enough oxygen. 7.10 over 8.00. *** The liver produces amino acids. We are talking about 3 main elements (nitrogen, calcium, oxygen) and water. These interact. *** Anionic digestive juices and cationic food produce gas or vapor formation. Four elements we're talking about: nitrogen, calcium, oxygen, and water. *** Calcium is the mineral found in the body in the most weight and volume. Calcium is equal to 60% of the mineral. Calciums, all the different kinds of calciums. Bone has the most calcium of all the tissues in the body. The calcium found in the bone is equal to 1/3 or 33% of all the calciums. Calcium is the single most important, in the mineral available by weight and by volume, than anything else in the body. Without calcium there would be no life. Calcium phosphate is the most common form that calcium is found in the bone, a variable 24 to 34% of the total mineral. *** The difference between the tissue is going to be because of the
micronage, in direct relationship to the calcium. *** In the sex organs, manganese is going to be

increased slightly, the calcium decreased slightly. In the heart, arsenic increased, calcium decreased. The calcium would be the variable. *** 7 different kinds or groupings of calcium. 1. Gypsum group: lactate, acetate, sulfates. Yogurt, buttermilk, sour milk, etc. 2. Oxide form includes things like egg shell, oyster shell, dolomite, etc. 3. Gluconate form: sweet milk, yogurt; also, peas, soft vegetables. 4. Hydroxide groups: poisonous all by itself, the only one. An ingredient in lime water. 5. Tricalciums, trioxides, phosphates, and things like this; compounds *** In an orange, a carrot, a pepper - the calciums are different. Various arrangements. A frequency difference. How easily, at that particular pH range, the body can take that calcium. Can't utilize some because their frequencies are difficult to convert. Can't slow them down. *** Milk has a frequency, but within that frequency, the molecule, the gluconate form of calcium, also has its individual frequency. There could be a thousand calcium gluconates. The oritates fit in the gluconates, the easiest of all to utilize. Calcium hydroxide goes into water, a loss of the hydroxyl, the OH. So this changed ion of calcium is available, no longer a poison. *** Calcium helps determine the size of a cell. The larger the cell, the more percentage of calcium you have. *** Anionic minerals: potassium, calcium, and chlorine. *** The greater the calcium deficiency, the greater the overall deficiency.

CALCULUS *** Calculus means to evaluate what is needed to do the job. Biological calculus means it's the method used to find the energy, the synchronization point on a given frequency. Calculus is the process of math used to find elements that will make a molecule on the frequency of either male or female, or any other biological life.

CALLUSES *** Calluses on the feet are caused by improper fit of shoe when they are young. It causes the bone to start a growth. If it's cut out, it just grows back, if the shoe is too tight. It bruises the bone, cartilage forms, hardens.

CAL-MIN *** Cal-Min plus B_2 equals Cal II.

CALORIE *** Figure energy in calories of heat. A calorie is how much heat it takes to raise one gram of water one degree.

CANCER *** Cancer is dead cells. Not enough mineral to replace the cells. *** Breaking down of bones, honey-combed, drawing from bones to supply tissues that hold us together, to prevent cancer a little longer, have cancer of bones. *** Calcium deficiency, menopause, manganese deficiency, asking for cancer of the sex organs. *** Some like a feather, some like a pine tree branch, some like a marble, some like an egg. One 5 ft. long, half inch wide, right down the seam of the colon, started at the rectum. *** Cancer of the stomach: Naptha tablets, the sap of an olive, lemon, and a locust tree, comes from Israel. *** Bone cancer? Use Min-Col like it's going out of style. *** Cancer of the skin, a vitamin A deficiency; generally, they have too much vitamin D *** Cancer of the stomach: It hurts when they eat food because the stomach's stretching draws tension on the extremities of the cancerous area. Ulcers, carcinoma of the stomach; you put them on a regular fast, if they're not a brain tumor case. You pick up cancer by the 4 M showing there are a lot of dead cells. You can't treat cancer; it's already dead cells; but you can treat and replace carcinoma. Cancer is not caused by preservatives in foods. Cancer is caused by a lack of minerals, chiefly calcium. *** In this test you can't tell if it's the pancreas manufacturing insulin or if

they have cancer of the pancreas. If they have real cancer of the pancreas, you can pick that up. Naptha pills, stomach cancer, 1 a day, 2 or 3 a day. Cancer is not caused by a virus or a fungus. *** Whenever you don't drink enough water, when you have a cholesterol problem, the body has a tendency to accept too much vitamin K. And the carcinoma or cancer cells, whichever it may be, get into the blood, and it gets thicker and thicker. *** When your number is .9 6.40 over 6.10 [6.40/6.10] 9 C .04 M 6 over 14 [6/14], the liver is very acid, not getting enough out of food; die of cancer on the installment plan. *** The bigger the cancer, the heat is the same; it's constant. A small cancer gives off the same amount of heat as a big one. *** Cancer of the skin is vitamin A deficiency - too much vitamin D, body alkaline. *** Algavim and Min-Col in high amounts for bone cancer. *** Cancer is only premature aging. *** If a woman wants cancer, give her birth control pills. *** When cells begin to heal, they will have sharp, shooting pains. *** Carcinoma is not cancer. Cancer is dead cells caused by mineral deficiency. *** When they have cancer of the bone, nature is drawing from the bone to save the flesh. *** We can also tell you where cancer will strike, weeks and months and years in advance, because we see that your diet is insufficient in mineral to keep that particular organ functioning normally. *** This is why hate is the beat cancer seed. When it blocks the mineral coming in, it affects amino acid development programmed for cell function, which has a response back to the brain, the central nervous system. Body and mind are related. *** The delta cell is puffed up more than normal, bigger and fatter and fatter and fatter, until it becomes a cancer cell, or an omega cell. No structure in the cell at all.

CARBOHYDRATE *** Any carbohydrate will be picked up on the refractometer; it will read your total carbohydrate. Whether it's honey, orange juice, watermelon, carrot juice, it will pick it up. *** Some people turn too much of their starches and carbohydrates into alcohol and are inebriated all the time. *** The greater the carbohydrate content of all proteins, the greater the specific molecular gravity. *** Carbohydrates produce energy. *** Another source of carbon is found in carbohydrates. *** The sugar test takes into consideration the total amount of carbohydrates. *** There's other carbohydrates in the blood that carries oxygen besides glucose. *** If the blood is carrying too much carbohydrate, then the blood cannot carry enough oxygen. *** In what chemical form does our system store energy? Energy comes from carbohydrates. Even starch has to be converted into carbohydrate form. *** What is the catalyst for carbon and oxygen, for the manufacture of carbohydrates? Phosphate. Carbon comes from the carbohydrates that we eat, also from the carbon in our food. The oxygen that makes the carbohydrate in the cell comes from water and the air we breathe. As the heat of the day comes on, there's more energy. So we manufacture more carbohydrates in the day than we do at night, or should. The phosphate slips in here and pushes them farther apart, because there's room to get in there. As the body cools, this phosphate sneaks out; and then these get closer together and you have the $C_6H_{22}O_{11}$ or $_{12}$. This is the way the cell can manufacture its own carbohydrate, but it's dependent on the natural carbohydrate to a certain extent.

CARBON *** People that contain too much water are lacking carbon. Good source is charcoal tablets or bride's toast. Carbon is the governor for water. When a person is dehydrated, they have too much carbon and lacking in water. The way to get rid of water is to drink water. *** Carbon is in every biological cell. The cell cannot exist without carbon, and that's carbon 12. *** Carbon has 1

anion and 12 cations, and is not an isotope. *** In south Texas there's a high chlorine content in the vegetables, and chlorine displaces carbon and calcium. *** Carbon is absolutely essential for your life. It does the same thing in your body as it does in the soil. It determines how much moisture your body will hold. Charcoal is a rich source of carbon. Another source is carbohydrates. *** All colloids contain carbon. *** The most important biological substance is carbon. *** Carbon has 12 electrons, 12 cations in orbit. Carbon is always a cation. *** In testing human ashes, you only measure carbons in thousands of years of life. *** The difference between iron and hardened steel, the carbon has been taken out. *** One pound of carbon can holdup to 4 lbs. of water at 100% efficiency. In the bone is a lot of dry carbon that isn't holding any moisture. *** This is just dry weight, no water, carbon in liver and less than in bone *** Water is the catalyst for carbon. Within the molecule when it dehydrates, it shrinks down, and when it comes in contact with moisture, it swells up. It sucks itself full of water. Females have more carbon and more water *** The shape of the carbon atom, it's a tetragonal. The two carbon atoms join together to form a "V." These V-shaped double carbon atoms go into a whole series of platelets, stacked up. Shape of these carbon atoms is important; it's at the stole. *** Carbon: a water regulator. Diamond is the hardest form, absolutely dry, not a conductor of electricity. In our cell structure this paired tetragonal formation is responsible for insulating, or stopping the messages from the brain, like a lead barrier toward electrons. A message transmitted to the cell, absorbed, programmed, and stopped. Nine possibilities of energy formation, the tetragonal formation is what the carbon takes on when we're talking about cell structure related to the stole. *** If the sharp stabbing pain is there, knitting taking place; it's periodic, it's not constant. The carbon atom has not taken their specific location in order to provide the insulating effect. *** Phosphate is the catalyst for carbon and oxygen, for the manufacture of carbohydrates.

CARBON DIOXIDE *** When a cell begins to lose so many anions and cations, then carbon dioxide takes its place because it's loosing energy faster than it's taking it in, and the loss of energy is going to be in CO_2 form, carbon dioxide form. As this gas escapes between the cells, water takes its place.

CARBON MONOXIDE *** Intake of carbon monoxide burns the tip ends of these nerves off, dehydrates them [in the lungs]. So carbon monoxide is affecting these little buggers, right there, burning them right off.

CARCINOMA *** Great damage is done by cobalt and radiation. It upsets the entire nervous system. This is the origin of disease. *** Carcinoma of the uterus or prostate gland is manganese deficiency. This is found in cucumbers, squash, green beans, dried beans, English peas. *** When gas forms in the cell, is the beginning of carcinoma. When this happens, it crowds the next cell, and so on and on, and it becomes a mass. *** A lot of things can hurt a stomach that you can pick up, and that is cancer of the stomach or advanced carcinoma of the stomach. It hurts when they eat food because the stomach's stretching draws tension on the extremities of the carcinoma area. Put them on lemon water and water according to their weight and height and sugar content, and so forth. Put them on a fast if they are not a brain tumor case. *** The 4 M denoted that there was a problem somewhere in the system. Unless you see it, call it carcinoma, advanced. *** You don' t treat cancer. You can treat and replace carcinoma, then the cells will replace many times. *** If you test a person and find the uterus is in dangerous position, then keep the sugar below 1 for 3 to 5

days, and it will abort naturally. *** Use hot sitz baths for half an hour a day for uterus, prostate trouble, carcinoma in the lower colon, also high salt that you can' t get down. *** Carcinoma cells will become cancer cells if mineral is not supplied to replace them with. *** Carcinoma is the word for between a cancer and a perfect cell. Carcinoma is like an old tire: It will get you there but may cause you trouble. *** Carcinoma cells get into the blood; you don' t drink enough water to wash them out and the blood gets thicker and thicker. *** Carcinoma is not cancer. Advanced carcinoma means the cells have been in way too long.

CARROT *** When energy level rating is 4 or below, put them on food juices, fruits, milk shakes, blackstrap molasses, and carrot juice all the time while you're giving the lemon water. *** An anemic person will accept carrot juice quicker and faster, and increase the WBC, than any other substance. In advanced leukemia case give 4 oz. a day of cucumber juice and 6 oz. of carrot juice [for a person who weighed only 87 lbs.].

CATALYST *** Phosphate is the catalyst that forms the chelated energy that becomes you or me. Without it, it cannot form. Water is the most perfect catalyst on earth. Chlorine forms hydrochloric acid; it joins with nitrogen. Chlorine is a catalyst in building urea. Phosphate is the catalyst for your sugars, and there is no exception to this rule. Dolomite is only a catalyst to make protein available to you or to release excessive urea. *** The resistance between cationic food and anionic digestive juices produces gas or vapor formation. Four elements: Nitrogen, calcium, oxygen, and water. Water is a catalyst and carrier. *** All electrolytes either have to do with catalyzing or promoting reaction. *** Cell formation, triangular stage, each point put iron, iodine, and oxygen. These are unified with a catalyst, calcium. *** Heat produced by alcohol from the pancreas, with enzyme catalysts, can promote this basic cell formation. *** Water is the catalyst for carbon. *** Phosphate is the catalyst for carbon and oxygen for the manufacture of carbohydrates.

CATARACTS *** Algavim is excellent for cataracts. The cataracts go away without any operation. Also good for glaucoma. Use Algavim 2, 3, or 4 times a day with meals. Algavim makes vitamin A available to your system.

CATIONIC *** Food in the mouth, coated with saliva, an anionic substance, comes in contact with cationic substance in the digestive system. Anionic digestive juices and cationic food. *** The liver can take the anionic substance and produce amino acids, cationic. *** Oxidation denotes energy loss of some type, and this is figured in this heat loss. Without heat loss we cannot have cationic life. Anionic elements, when they go into the atomic reactor of the liver, one of the miracles of the creation, it comes out as a cationic enzyme, amino acid. We are seeing here anionic elements going into a cationic cell structure.

CATIONS *** Cation is the next smallest thing the Creator made. One single cation equals 500 to 999 Milhouse units of E_1. Cationic is written by a "+." The difference between an anion and a cation is the direction in which the electrons travel. Cations travel counter-clockwise. *** When this cation breaks down, it gives off anions. A cation is made out of anions. The more cationic cells in our body, the more acid our body becomes, the shorter our life is. In the garden of Eden it was the breath of oxygen that they breathed in that changed their bodies from anionic bodies to cationic

bodies. *** When you roll out cookies, the dough passes through itself and turns wrong side out. That is the place at which the physical, the cationic, becomes the anionic. This is the place in which the angles become relative. *** Apple cider vinegar is a good blood thinner for those with alkaline system only. Do not give if they are acid. Be sure you know where your blood chemistry is before you use a heavy cationic substance. Every substance slowly gives off ions. *** Anions 1-499 Mh and 500-999 Mh form the anions and cations of all substance. The minimum that it takes for an anion to counteract one cation would be 2. *** When you take a predigested protein into the system, it ionizes it, rearranges its anions and cations from one frequency to another. It's the rearrangement of the anions and cations in an atom or a molecule, from one frequency to another or from one micronage to another, within a frequency without changing the frequency. *** Anionic food makes growth; cationic food makes fruit. *** When pH is high, change to cationic substance. *** Most of the proteins you take in are cationic, but the calciums in the body in the digestive system turns them to anionic protein. *** A difference in the ratio of pull, nature following the line of least resistance. If you have one cation that has 550 Mh of energy and another that has 850, which one is going to pull the hardest? The 850. Put these together, they'll average down to a level half way between the two. *** It's the heat and the sunlight, and the air and the wind, and the motion of the cations and the anions - energy in the air that strikes you.

CATNIP *** Excellent for diverticulitis [colonics]. Catnip tea is also a sleeping agent, makes you relax. Puts you to sleep. Helps get tension out of muscle to relax it, go back into place quicker.

CELL *** Every cell in our body should be exchanged every 6 months. *** Medical books say carcinoma and cancer are the same, but they are not the same. *** Unclean meats burn up too fast; hence, burn up your body and cells. *** When the body does not get enough oxygen to the liver, the liver cannot repair cells. *** A carcinoma cell holds too much moisture; an emphysema cell doesn't hold enough. *** Urea reading should stay high for quite a few months until nature finishes changing the old cells for new cells. *** The only way a carcinoma cell gets out of the body is to go out into the blood and then is flushed out through the kidneys. *** Carcinoma cells, the breaking down of the DNA and RNA factors, are not the cancer. *** When salt settles in muscles and fat, it makes it impossible for the cells to be exchanged quickly enough and you grow old too quickly. *** It takes more energy to replace a cell at 80 than it does at 20 years of age. *** The urea that's in the cells does not over stimulate the heart. It's the soluble urea that affects the heart. *** Nature never repairs a damaged cell. It throws it out completely and puts a brand new one in its place. However, when we hang onto them too long, we grow old too rapidly. *** How a bee makes a honeycomb is like to our cells. *** A cell is made of atoms. Genes determine the atoms that cell is made of. *** Frequency determines the structure of any atom. Log frequency of 24 and 26 would be a human cell. Loss of calcium causes cell to break down. We have a limit on our cell structure, and if it stays in too long it wears out. *** Carbon is in every biological cell. *** A new cell comes from a cation and an anion, and the liver manufactures it. On the male cell there are 24 points sticking out, and this starts the process of making new cells on these points. Female cell there's 26. *** When sugar gets to .8, then energy is replacing cells. *** It's expensive to separate the urea from the cells. The worn out cell does not stimulate the heart until it turns to a salt, then it does. *** For every cell there must

be a nerve. When there is a mineral deficiency, then cancer results. The DNA and RNA factor begins to break down in the cell. When that happens the nerve end dies off, then the cell dies off continually. When mineral is supplied, then the nerve grows back in that area and new cells start to form. The last thing that happens to a cell before it is thrown out is that swells, then decays, because pressure caused the cell to be massed together so tight that vitamin C was pressed out. When that happened, then that area died because the swelling of that cell cut off the electrical impulse to that area that came from the brain, and therefore threw it out because it lost it's ionization. It lost it's electrical ability to function [like taking a battery out of a car]. *** A hormone is a living cell, and they are made of minerals. *** A carcinoma cell is between a dead cell and a perfect cell. Every perfect human being should throw off 400,000 cells in a quart of urine. *** "Pot" incapacitates the lungs' cells. *** In a healthy cell the DNA and RNA factor is giving off its normal amount of energy, and that cell begins to wear out. Its time is spent. The reason that cell is not replaced is lack of mineral, which that cell needs. When this happens, the DNA and RNA factors give off not enough energy; CO_2 gas forms. This expands and cell fills with fluid. The cell is swollen. It restricts the next cell, and you have an adhesion. This is tissue cells. *** If you throw the cells out of your system and do not wash them out, they will give you problems. *** An electrolyte that holds it together makes a cell a cell. *** There's a space in the molecular structure of one cell, and this wave length must be equal to the wave length of our frequency, or even water isn't available to us. *** It's the protein energy in the molecule structure that holds a cell together. *** Every cell in our body is of the same frequency: 24 for male and 26 for female. *** Vitamin C holds the molecules of our cells together. *** When the cell loses its anions and cations, something has to take its place, and that is carbon dioxide. *** If you have high urea and practically no dead cells, you'd be very, very sick [1 M]. *** When the body has retained too much water in the cell structure, you get a high fever and you take an aspirin or go to bed with hot lemonade to sweat it out. *** Cells are built of molecules. *** It is the anionic and cationic structure that gives you the DNA and RNA factor of any cell. *** The energy within a cell does not change direction. *** Anions and cations build a cell by ionization. *** When a cell is replaced, it is done by the energy and resistance of its neighboring cell on this exact pattern. New cells are made because of the resistance between like cells. Cells attract like cells, therefore actually ionize together other cells. *** There are no two cells alike. *** The cell knows by the identity, milli-milli-microns, which particle to pick up out of the energy of the blood. *** The frequency determines the size of a cell. *** Digestion includes the bile working against the foods that you eat and that the electrical energy is not too low or too high in the liver. Therefore, the cells are being made as fast as they need to be exchanged. *** A cell is being built by drawing these particles that magnetize themselves to the cell. *** Albumin will be the last to clear up because of the cells that's being thrown out. *** Get the liver back to the place where it can produce, in order that the manganese can make a new cell, for the candle of life to be lit. *** Everything has to be right for the maximum amount of cells to form on your frequency. *** Energy reaches a climax from age 18 to 60. After that it drops off slowly. The law is the amount of time and energy it takes to make a new cell. *** Low pH is caused when it has lasted so long. Colon coated until the foods can't get through and therefore the cells are starving to death, and they may become cancer cells. *** When the liver is flushing out or withdrawal is taking place, then the old cells are receiving mineral supply, liver is rebuilding, old cells are pressed out into the blood stream. Hence, the blood thickens. *** Take vitamin E. *** When the nerves are rebuilding and cells

replacing, it causes knitting pains. *** The construction of cells is: water, protoplasm, DNA, and RNA, reinforced with mineral. *** The brain is the master computer programming each cell. *** Compare the size of the cell of an orange with the cell of a person, and therefore the electron has to travel faster in the orange to get around a cell, than it does in a person, because the cell is so much larger. *** The cruder the cell, the less variety it takes. The more delicate the cell, the higher the frequency, the greater the number of elements it takes to maintain life. *** Micronage makes a cell stop growing, not get bigger and bigger. Each cell only manufactures its manageable amount of energy, until it reaches its perfect ionization point, then begins to deteriorate. Time to be replaced. *** Cells under the same temperature or pressure have different size. So you've got small cells and you've got large cells. *** A delta cell is one that's already losing energy. Alpha cell production, the perfect cell, is directly related to mineral in the amino acid. *** Every cell in your body has the same frequency. That does not include blood cells. *** No amino acid can be formed without a cation of nitrogen; every cell of the body, that's the one common denominator. That's what helps give us frequency. *** The smallest cells of the body are found in the brain. It has more cells than all the other cells put together. *** The largest cells in the body are in the bone. The largest and the hardest cells are in the bone. The harder the substance, the larger the cell. In a diamond, just one cell. *** The minute we do not have an amino acid programmed for that organ, we see delta cell production. It takes 6 months for a cell to be turned over in a healthy 20 year old, range 1. *** 4 stages of cell formation. First stage, we call an elementary cell formation, the tri-embro-ent stage. Each point of a triangle: iron, iodine, and oxygen; unified with a catalyst, calcium, programming micronage. *** Stage 2: unification of these elements with calcium and water. Stage 3: oxygen, heat, determines cationic life, heat loss. *** Stage 4 relates to our bone. The bone works like an antenna. We call it an ionizer; draws electrons, energy out of the air, atomic particles coming from the atmosphere, utilized in transforming elemental structure, to help promote their utilization or storage. The energy the body receives other than food. *** Each cell has an individual nerve ending, from the brain to a place in the cell, or where the cell is going to be, called the stole. *** Anionic forces put those minerals into those cells, lemon and calcium. *** Bone is the hardest tissue, the largest cells, the most anionic because it has the most calcium. *** Ratio, size differential: 10,000 : 1. Bone cell ten thousand [times] larger than the brain cell. *** Bone marrow manufactures blood by ionization, not like the cell structure. Bone marrow cells divide, but they are not connected to the brain. *** Blood cell is not connected to the brain, so it has every appearance of dividing; but actually they are rolled by the electrical current, very similar to dividing. *** Unless the cell is connected to the brain, it does not have a frequency. *** Isotopes, elements which can be either way, cationic or anionic, cells which can be switched inside out.

CELLULAR *** Nitrate nitrogen [in salt form] causes the heart to beat like a drum. When it comes out in cellular form, it's a soft beat.

CENTRAL NERVE *** The central nerve comes out of the base of the brain but does not go through the spinal column. I have never seen a malady start with any other branch of the system that didn't originate in the central nervous system. *** Out of the central nerve, one goes to each one of the organs. *** When the messages from the central nervous system are not going through to the brain

properly, there is a deterioration in all the vital organs, and this is because of calcium unbalance. *** If that urea does not move, there's damage to the central nerve, vagus nerve, because the message is not getting through to the brain.

CHAPARRAL *** Give chaparral for emphysema. It's a mild laxative. It also has a wonderful healing agent in it, something like aloe vera. It helps replace the cells quicker than anything else. *** 2 TID. Children between 8 and 12, 1 TID. Below that, just 1 a day. Helps cells to heal. *** If allergic to it, use ginseng or aloe vera gel. *** Some chaparral is made out of cellulose, out of the stems. Good chaparral is made from the tea leaves.

CHARCOAL *** Charcoal tablets, or bride's toast, is an excellent source of carbon.

CHELATE *** Any chelated substance is a vitamin. *** A chelation means a molecule or an atom with a claw. It has an extra electron. Chelation makes matter. Chelation causes a molecule to take on an extra electron. Chelation holds cells together.

CHEMICAL *** The basic fundamentals of the differences in the various organs, the softest and the hardest, the chemical composition of the various organs, on an average, and there is a great differential in it.

CHEMISTRY *** About one tenth of one percent of all people that you test, the chemistry will not respond, and this is caused by brain tumor or damage to the vagus nerve. *** It's important to eat as many different kinds of foods as possible, and maybe some of those particles will fit our body chemistry. *** There are 3 branches of chemistry: organic, inorganic, and colloidal. *** You will get a picture when the body chemistry changes. *** When the body chemistry changes, their bodies do strange things. Tell the people what to expect when their body chemistry changes. *** A withdrawal is a body chemistry change from one pattern to another. If the body chemistry is to change, the patient must rest, rest, rest. *** Lemon juice can be converted into some 6 billion different enzymes with less chemical change than any other substance known to man. *** People will tamper with their diet and their chemistry is in a change - "no picture." *** The goal is to work toward keeping the body chemistry perfect enough so that the urine stays almost transparent. *** If the numbers do not change, he is working too hard. *** All phenomenon has a chemical equation and a mathematical expression. *** Some people cannot eat certain foods because it all turns to sugar. Change their body chemistry. *** When a woman can't menstruate, if her PNR line drops too low, she will never menstruate again. If it hasn't dropped that low, change the body chemistry. *** When foods are digesting too rapidly, it creates an energy the body cannot use. Why? It does not make that cell on the frequency. It fails to manufacture a type of energy that fits your body chemistry. *** You can make a quick change in the blood chemistry, but if the change hasn't taken place in the liver, it won't make much difference in your body chemistry.

CHEMOTHERAPY *** Few doctors in the U.S. know how to use it. Over done. European and Canadian has better success, not in such a hurry. *** They do give it by mouth. *** Chemotherapy cooks the flesh, and it won't show up in this test unless the nerves build into it and create an energy loss around that area. Chemotherapy is murder, legalized.

CHILDREN *** Children under 12 years of age need to be tested often. For a child, divide the test time by 2 because a child's body responds a lot faster than an adult. *** Hard to get children to cooperate; many times done by enemas [to bring urea down]. The first one, the normal amount for the child, and then use less and less each time, to try to bring it down. Generally, it's meat that causes high urea. Cut this out of the diet because a child cannot digest meat. Babies don't need meat, *** Babies have heart attacks from high urea [crib deaths]. *** Do not have your children vaccinated. *** I have found children that are breastfed have a high urea because the mother has high urea. *** Children can get all the protein they need from vegetables. *** Start babies drinking water early. Babies should not have a water bath at all. Clean them with oil until they are six weeks old. *** In children, high urea as well as high cholesterol can cause pains in the stomach, but it doesn't in adults. *** If the child has a cholesterol of 20 or more, he will have stomach ache. *** Baby like a skeleton brought to me and nothing agreed with it. I started it on green bean broth and it started gaining. Soy milk agrees with most babies. Cow's milk is too strong for them. Mothers that smoke or on drugs should not nurse a baby. *** When a baby is 2 months old, start them on Min-Col. When a child has hardship with its teeth, put them on T-tina. Get it at the drug store. *** If a child has diabetes, get the parents and child to the retreat house. When the tension goes down, the child will want to do nothing but sleep. *** On bed wetting: Somewhere in the area of the naval there is a transformer gland. Take your middle finger and press gently in on the abdomen until you find that gland, and it will be sore. Don't bruise it, but put a vibrator on it and put the child on a proper diet. Encourage most of the juice to be taken before 4 o'clock, and in 3 to 5 days there is no more bedwetting. *** Children with elimination problems, give 4 oz. of prune juice in 4 oz. of water every morning before breakfast. Give an enema the night before, then give the prune juice. Regulate the juice if it makes them too loose. Dried fruit an excellent food for children. *** Until they are 12 years old, no nuts; no nut butter 'til 8 years. *** It's hard for children 3 or 4 years old to go on the diet. I would make a game of it. Tell stories of little Black Sambo and what he did for his problem. Get their mind ready, then start the program. Talking about high sugar in children, start them out with a small amount of Sugar-all or Sweet'n Low, very little. Those who refuse the lemon, give a little Sugar-all the first day and a little less the next day. The 3rd day they are taking it straight by themselves because little Black Sambo did it. Take away potatoes. And no meat. *** Start with children at 6 months and give 1/2 Min-Col a day until they are 4 years old, and then give them 1 capsule a day for 96 years. They will not have any cavities, if they have a normal diet at all. *** Also when the pH is low in a child, it's not assimilating enough vitamin C. See to it the child has calcium it needs to make vitamin C available. *** Many children are constipated and are hypersensitive, hypertension, and they usually have a digestive problem. *** Look at the child's tongue, and if it's coated it means the liver has a problem. *** When they heal, the tongue, lips, and mouth will have a pink color to it. This is a sign that they are responding to the diet. *** The rougher the tongue, the worse the liver. *** Look at a child's tonsils. If they are swollen, they aren't drinking enough water. These pick up the dead cells out of the system that should be washed out with water. When their tonsils are too swollen, the diet won't help. Use cold and hot compactions, hot baths, etc. For strep throat, let the doctor give them mycin tablets, penicillin, or even shots, but tablets are better. *** Get a child to take green drink by using the blender with agar-agar, Knox gelatin, flax seed, or D-Zerta jello. Get them to drink lemon water by putting it in a bottle. ***

Children should not have meat until they are 12 years old, and no nut butters until they are 8. Feed them soy meat and fruit and vegetables. *** A child above 15 years uses a different kind of energy than one younger than that. A child gets more energy out of their food of a more dilute source. A child needs a great variety, but we need a lot of hard mineral nutrient in our foods. *** Children are the fruit of the womb. *** A child doesn't have the endurance of an adult. Food has to be more delicately prepared for them to get the energy from it. *** Women lose their teeth when they become pregnant because they do not have phosphates for the child. Nature draws from the mother's teeth to supply the infant. Every pregnant woman needs Algavim and Min-Col to help nature restore the deficiency at the time the pregnancy began. I've seen stretch marks on men, women, and children. *** Calcium gluconate for children.

CHIROPRACTIC *** Does the person hold his head to the left or to the right? If so, you can almost be certain one leg is shorter than the other. *** In any of the healing arts, if it's chiropractic adjustment or homeopathic remedies or whatever, if they don't change their diet that made them sick in the first place, it doesn't make sense. *** Every patient in the clinic has chiropractic adjustments. This is a natural part of healing. *** Any time there is tension in the spinal column, give chiropractic treatments.

CHLORINE *** Potassium, calcium, and chlorine are always anions. They never change. *** Any soil that has low chlorine content produces low quality vegetables, so ureate [urate] potash should never be used in gardens. Texas carrots not good; use California carrots. *** The only way to get chlorine out of water is to put it in an open container for 12 hours and it evaporates. Distilling the water will take the fluorine out but not chlorine, but chlorine is essential to life. We distill it because of other substances. *** The three foods that are anionic are calcium, chlorine, and potassium. In southern Texas there's a very high chlorine content in vegetable. *** The secondary elements the liver uses to make 6 billion enzymes are phosphate, chlorine, and potassium. Chlorine forms hydrochloric acid. *** Chlorine is an agent against fungus and bacteria. It joins with nitrogen, a catalyst, in building up urea. Chlorine displaces calcium and carbon, and carbon displaces the sugar. Chlorine, sodium, and silicon are very essential elements in the body. Atomic weight of chlorine is 35. *** Chlorine becomes the agent in our system that keeps the bacteria and fungus from eating us up. *** Chlorine gas doesn't burn them off [nerves in lung cells], but it may affect you in a day or so. It sets up a chain reaction. Chlorine gas isn't going to kill you instantly; you're going to die a day or two later. If in a chamber with no oxygen, it can kill you in less than one minute.

CHLOROPHYLL *** $C_6H_{22}O_{12} + NO_2$ is chlorophyll. This is the greatest pain killer in the world. Use either comfrey, wheat grass, green grass out of the yard, white Dutch clover, lettuce, or dandelion, or spinach. Grind it in a food chopper. Then put in a juicer and strain out the pure chlorophyll, and let them drink 4 oz., 3 or 4 times a day. Good for those who are below and above PNR line. You can buy the raw chlorophyll in the store, and it will keep for 6 months. Give 1 T in 4 oz. of liquid once or twice a day. Fresh is better. Make a lettuce cocktail with the juice and the core; it will make them sleep like a baby. *** Chlorophyll is good to help the liver make enough glycogen for the pancreas to perform. For low or high sugar use chlorophyll drinks. Aloe vera is good too. 1 Tablespoon once a day; put in carbonated drink, about 3 oz. *** Chlorophyll will do

more to control sugar than any other substance. If the pancreas is not functioning and sugar is too high, they will get drunk like on a binge. *** Green drink, this has chlorophyll in it and this will prevent the sugar from accumulating in your system, prevent the pancreas from manufacturing too much or too little insulin.

CHOCOLATE *** Take a person who has high sugar reading off of all white potatoes, whole milk, spaghetti, wheat macaroni. And always take them off of chocolate for most people that are ill, because it plugs up or stops up or inhibits the kidneys from functioning normally.

CHOLESTEROL *** Cholesterol is just fat sticking to the lining of the veins and arteries. Salt causes it to stick. If the veins are expanding and contracting like they should, the fat cannot stick to them. *** The final thing that triggers angina heart attacks, a piece turns loose and plugs up the heart. *** 7.1 C to 17.99 C, very low cholesterol. 18 C to 34.99 C, really beginning to form. 35.0 C to 75.0 C, dangerously high cholesterol, how much is in arteries and veins. Not many over 60.0 C. *** If high in blood, not long until it will be in arteries and veins. *** When you see someone with a high saline reading, you know that in time that will form into cholesterol. When that person goes on the diet, cholesterol begins to drop. *** Whenever you are not drinking enough water when you have this problem, the body has a tendency to accept too much vitamin K. Get them to drink plenty of water. *** An older person can have cholesterol stored in the veins, even though the blood stream is normal. *** When the body isn't using protein, it is over-ionized and not enough oxygen, and it can't assimilate the calcium - weak bile; can't even break down the oils and cholesterol is forming. Cholesterol is the final thing that triggers off angina heart attack. A piece of cholesterol is turned loose and it clogs up the heart. People who have high cholesterol should not take lecithin; it releases the cholesterol too rapidly. *** Salts at 48: Liver starts to manufacture cholesterol. The cause of cholesterol is the body retaining too much salt. Smooth, glistening coating of cholesterol. No relation to what comes in through your mouth and what comes out in your arteries and veins. *** Bone marrow has the consistency of cholesterol or an oil.

CHROMIUM *** We pick up chromium from two sources. One is from the air, and the other from Min-Col. Chromium mainly in the harder, gristle tissues, and etc., of the body.

CHROMOSOMES *** Chromosomes are the two divisions of any single cell. DNA and RNA form the chromosome of that cell. *** When the liver does not join the chromosomes together with manganese, enough manganese in order for it to manufacture the germ of life. The chromosome of cells and the DNA and RNA factor are very much the same, with exception of the mineral that composes the cell which composes the organ.

CIGARETTES *** Morphine that's in the paper that they are hooked on, and then the opium quiets their nerves. *** Calcium helps when you build that up, and one of the first places the nerves rebuild is on the tongue. Then they begin to taste it and they can't stand it. *** If your body chemistry is not perfect, you will crave that which you have too much of. An alcoholic craves his whiskey, and the smoker craves the opium in his cigarette. Build up the calciums for a smoker, and they will find it easier to kick the habit. *** A smoking mother should never nurse her baby.

CIRCLES *** Energy travels in circles. Electron pattern: ellipse and circles.

CIRCULATE *** When a cell loses carbon, it loses moisture; then break down of carbon forms CO_2 gas. When this gas forms, the cell enlarges and it crowds the cells around it, and this becomes a little mass. This is called adhesions. It prevents the blood from circulating, a chain reaction. *** Circulatory system, because the blood is a carrier for your energy throughout the entire system. *** Left ventricle, through the aorta, down abdominal aorta, to kidneys, all along feeding things, into lower extremities, back through liver, back into right atrium, into right ventricle, then to lungs, right and left lung, return to left atrium, to left ventricle. *** Blood circulates in the brain, less blood than any other organ; cleaner blood, has to be more efficient.

CIRRHOSIS *** Not getting enough oxygen into the liver for the liver to repair the other cells. *** When the liver takes in calcium from your food and it does not have enough oxygen to turn that into hydrochloric acid, then it oxidizes in the liver, and you have cirrhosis of the liver. When this happens, the liver cannot make its average amount of volume of bile, so you get less and less digestive juices to digest your food. *** When you have cirrhosis of the liver for quite a long time, the lack of gastric juice will become more dilute and more dilute, and the energy loss will be greater and greater. The mineral deficiency will become greater, and therefore you can find the weakest of vital organs becoming affected. The liver is not getting enough oxygen because the lungs are not getting enough material to repair the lungs with. Around and around you go.

CLAW *** It's the claws that hold man together. When we lose energy, these claws unhook of the molecule.

CO_2 *** This is waste material. It's the final stage of matter going back into the elementary stage.

COBALT *** Much damage is done by cobalt and radiation to the nerve, and it affects the entire nerve. If they get enough, it upsets the entire system. This is the origin of disease. *** Cobalt cooks the flesh, and their bodies do not respond. Some who have had these treatments will increase for so many days, then stop. Cobalt is murder.

COFFEE *** If feet are hot and sweaty, then use coffee because the pancreas is producing too much alcohol. Do not take people off of coffee too quickly, especially if they have a high urea in the first test, because it could result in cardiac arrest. Coffee is more dangerous when it's used than cigarettes.

COLLAGEN DISEASE *** Almost everything's where it's supposed to be. That's why it's so powerfully difficult; it's happening about equal all over. There's an equality of breakdown in the entire system. This is one of the things that pin-points advanced collagen [and leprosy]. *** Collagen disease: 1.8 7.70/7.90 40 C 10/13. You can have a vitamin C deficiency with a high pH the same as low. Another collagen case: 5.40/5.80 48 C 4 M 12/14.

COLLOIDS *** Millet is rich in colloidal cyanide, better than apricot seeds. Min-Col rich in this; it comes from bone meal. *** Cancer of the bone, need of colloidal mineral. *** Bones rebuilt, Min-Col.

*** There are two different kinds. One is a measure of size and the other is a chemical colloid. They are very fine protoplasm-like matter. A chemical colloid is a complete little solar system in itself. It has its own stars, moon, etc. rotating around it. It's a complete solar system. This energy that's in the colloids won't be separated or taken apart. There's just so many colloids and no more. Colloids form our bones, teeth, hair, and so forth. *** Colloidal calcium produces bones, teeth, hair, etc. *** The liver separates that phosphorus and replaces it with a colloid. A colloid is to your system what a jewel is to a watch. A colloid contains sulfur; it is also a complete solar system in itself. There are 66-84 elements in a good colloid. Without colloids we wouldn't have bones, flesh, or anything. Water holds colloids together. Colloids are dust. All colloids contain carbon.

COLI or VILLI *** Whenever the foods can't pass through the colon it's because the coli are 1/4 or 1/2, or more, plugged up. Then the minerals can't get through. The coli are little fingers in the colon. We call them villi now. *** In small and large intestines, tiny little fingers. At the base of these villi, vitamin A is picked up.

COLON *** The higher the pH goes - both the top and bottom, the slower food digests, the longer it lays in the stomach, small intestine, and colon. A clogged colon and a clogged digestive system. Can be too loose or too dry. Cause: People do not drink enough water. *** Use yogurt when your body needs almost a neutral bacteria in the colon. Use acidophilus when the system is high alkaline. These aerobic bacteria are essential to digesting your food in your colon and in the small intestine. Bowel movement with sour putrefying odor has anaerobic bacteria in the bowel. Need yogurt, calcium. Can have low pH and have a ball or two staying in the colon; serves as an incubator for anaerobic bacteria. *** Don't believe diverticulitis pockets or enlarged colon won't grow back to normal. I have seen hundreds of x-rays of colons grossly enlarged. A year later on this diet, look like a brand new one. *** Fiber from raw vegetables prevents undigested food sticking to the colon. Not enough gelatin. Add agar-agar, made from sea kelp from Japan, to fruit juice, Knox gelatin, millet, okra, flax seed. *** High pH, both urine and saliva, goes to stomach alkaline, alkaline to alkaline, about equal caliber. Saliva pretty good guide of what your liver is like. Digestion very slow. Body needs that energy, so holds it in there; tendency to become compact, dehydrated, lodge somewhere - transverse colon, appendix area, ascending colon, descending colon. Most likely in transverse colon. *** Mother brings baby in, test high pH, says has diarrhea. Feel baby's stomach, find balls; recommend enemas. *** Need corn oil in your diet. No oil, hard stool. Yogurt, okra, gelatin, flax, millet.

COLONIC *** If people take colonics, they won't need an appendix operation. Colonics good for diverticulitis. *** This disease is caused by too much salt in the lining of the intestines, which causes pockets; and the food lodges there; and the only way to get it out is colonics. *** Catnip tea made very strong is good for diverticulitis. *** A pear a day keeps the colonics away. *** How often? Once a week for 8 weeks. *** It's safe to give colonies to pregnant women up to two days before delivery. *** There is a time for drugs, chiropractic adjustments, and colonics. *** Start working on the liver and give some colonics to get the bowel working. *** For a diabetic that's gone into a coma, give sugar and give them a colonic. Get water down them if you can. *** People in a coma, we took them to the colonic room and gave them a colonic, and they came out of it. *** If the urea is above

28, do not give a colonic; they might die on the table. *** To decrease vitamin D, give vitamin C, calcium lactate, pickle juice, goldenseal; eat pears for breakfast, give a series of colonics. *** Give colonics. *** Give colonics for high pH, diarrhea, parasites. *** Colonics start flexibility in the colon. It opens these little fingers and spreads them. If you have too much gas, you need colonics.

COLOR *** Color of skin pale, white, or yellow - real yellow, liver not functioning normally. Real white, very pale, not enough iron and B-12. Colored person, skin dull, no sheen, not oily, same as if yellow. If whites of eyes are yellow or orange tint, liver not functioning normally - major liver problem. White skin should have a pinkish flush to really be healthy. Liver spots or freckles: a liver problem; will clear up. *** Urine, the thicker and off-color and the more odor, the more ill anyone is. *** Differentials, difference in color. *** Milli-micronage, color and texture. Light comes in and hits an electron, a certain color will interact with an electron, does not pass on through, bounces off, and you get the color, that frequency that's bounced off, interacting with the electron pattern. Shows us this texture, also. *** Brain, heart, bone, pancreas, skin, or kidney - a different color because of the different elements that make it up.

COMA *** High sugar or dangerously low, same symptoms; prevents oxygen going to the brain. High blood sugar, generally, have severe headaches. *** You lower the blood sugar, almost to a state of coma, fetus will go out. *** Intoxication coma, full of dope, on fast so much released. Drop lemon, just water. *** Diabetic coma, little sugar on tongue. *** Potassium is just as necessary for the brain as oxygen. You may have plenty of oxygen but not enough potassium, and go into a coma. You may black out just as quickly from a potassium deficiency, over a given period of time, as from the oxygen.

COMFREY *** Comfrey makes excellent green drink. Use it in place of bottled chlorophyll, if you have it. (See CHLOROPHYLL.)

COMPLEX NUMBERS *** Decimal numbers compared with fractions: two ways of expressing the same thing.

COMPOUND *** Our body contains what compound more than any other? Water. *** A compound is made up of 2 or more elements. *** The chief compound that produces energy is carbohydrates. *** Any time that you put a compound together, it's got a frequency.

CONSTIPATION *** High pH, indication of constipation. Stool loose or dry, needs water, calcium lactate, pickle juice, goldenseal; eat pears for breakfast, give a series of colonics. *** Cause may be dry cereals, not soaked over night. *** More fiber, raw vegetables, 35% of diet; prevent undigested food sticking to colon. *** Out of fiber comes gelatin, cellulose. Easiest way to solve constipation. Flax seed, okra, millet. *** Colon is not cleaning itself.

CONVERSION *** The digestive system will have to perform in order to make energy patterns on a particular frequency. It's the conversion of the liver making these patterns.

COPPER *** Many times you can take a copper bracelet for arthritic joints or pain in the joints by wearing this bracelet, because it drives all ionization from that part of the body. *** Salt causes varicose veins because the increased electrolysis is great until it is excessive, dehydrating the wall, causing the copper to be given out; and a dehydration, oxidation is taking place there - crystallization. *** Trace elements, not in colloidal, form: Iron, manganese, copper, gold, silver, and etc. So many of them and so small amount they are just called trace [in skeletal structure and soft tissue]. *** In soft tissue, copper .5%. *** Mineral responsible for carrying the message from the brain to the organs, it's aluminum, copper, silver, gold, salts.

COUGH SYRUP *** Cough syrup for an adult: Take the cap, fill it about three-fourths full, put it in your mouth, hold it, roll it around under your tongue real good, lick your lips, then swallow it. If you just take it and swallow it, the bacteria in your mouth is going to be right back in your esophagus again. *** It has done a wonderful job for people who have coughs.

CRYSTALLIZATION *** Salt causes varicose veins because the increased electrolysis is too great until it is excessively dehydrating the wall, causing the copper to be given out; and a dehydration, oxidation, is taking place there - crystallization. The same thing happens to people on insulin.

CUCUMBER *** Cucumber juice is excellent for anemia patients. It is rich in vitamin A. Use the skin and all, wax included if any of it. Leukemia is one of the easiest diseases to handle.

CYANIDE *** If you are in perfect health, apricot seeds are a wonderful food; but if you are sick, your gastric juices are too dilute to digest them. Put them in a pressure cooker to soften them. That will not change the cyanide. The cyanide is what makes laetrile, laetrile. Millet is a colloidal cyanide, a better source of laetrile (B_{17}).

DAMAGED CELL *** Nature never repairs a damaged cell. She throws it out and puts a new one in its place. But when we hang on to them too long, we are growing old too rapidly.

DAY *** If the patient is allergic to prune juice, then change the sweetening every day, and put them on lots of fruit. On 7th day you start them on mineral that we talked about.

DEATH *** Health is a gain of energy. Death is a loss of energy. Never commercialize on the sick or dying. *** When anyone drops below the energy level of 4, it takes a miracle to raise them from the dead. *** When the stomach expands with gas, then it's going to press on the heart, and the heart will skip and jump and finally stop through fatigue; and, of course, death follows.

DEFICIENCY *** The primary place to look for deficiency is in the calcium group. This is determined by the pH reading. The body uses more calcium by volume and weight than any other substance. *** A brain tumor means a potassium deficiency. *** The food is digesting too slowly and the gastric juices are too dilute because of calcium deficiency and not enough water and not enough oxygen. Deficiency in minerals means that the cells in our bodies will not be replaced because there's not enough mineral to make them. The reason a cell becomes a carcinoma cell is

because of injury or deficiency in minerals. *** An allergy is a mineral deficiency or too much of something. Some are caused by a benzine [benzene] deficiency. *** If there is a deficiency in one element, it would affect all the numbers in the reading. A deficiency in one will mean another one is not in proper ratio. *** Take your calciums according to your pH. The saliva would denote a deficiency in calcium, and the top number denotes it first. High or low pH may denote deficiency. First visible symptom of vitamin A deficiency is loss of tone in skin. *** When you have cirrhosis of the liver, generally the lack of gastric juice will become more dilute, and the energy loss will be greater and mineral deficiency will become greater. Therefore, the weakest of vital organs becomes affected. *** You can have a vitamin C deficiency with a high pH, same as a low. *** During pregnancy you need Algavim and Min-Col to help nature restore the deficiency at the time the pregnancy began.

DEHYDRATE *** Fruit that is high in mineral content will dehydrate but not rot. If we have enough mineral content in our system, we will not start to rot or age. That's what disease is, premature aging. *** If it were not for the protein in the honey, you could not dehydrate it. *** When a person is dehydrated, they are lacking in water and they have too much carbon. When they have too much water, they are lacking in carbon. *** Cells in the lungs that do not retain enough moisture and are dehydrated are emphysema cells. *** Varicose veins are caused by the increased electrolysis, which is too great until it is excessively dehydrating the wall, causing the copper to be given out; and a dehydration, oxidation, is taking place there - crystallization. *** The same thing happens to people who take insulin.

DE-IONIZED *** For the salt test you should use de-ionized water. If your water runs 2 or 3 hundred ionization, you'll probably get 6 gallons [with de-ionizer]. If you have ionization of only 20, you'll probably get 500 gallons. The number should be zero [water reading with solubridge].

DELTA *** Delta cell is a cell that has already started to lose energy. *** Any premature aging is brought about by loss of energy. A loss of energy produces delta cells; and if they stay in too long, they may become omega cells. *** Bloating of the abdomen is caused from swollen liver or chemotherapy liver, just plain gas, or delta cells. *** It is the delta cells in the uterus, lower uterus, vagina, and over to the colon, that cause the left leg to swell. *** The last number to come down will be the albumin. Let nature take its time, just so the numbers are moving toward perfect. It's the delta cells, omega cells, the urea particles; it's also any mucus that may be coming out. *** The minute we do not have an amino acid programmed for that organ to be picked up, there's a loss of energy, and we see delta cell production. *** What are we looking at under the microscope when we see two cells dividing? That is a cell that has lost energy, lost its mineral, and is actually going into delta cell formation. *** Dirty or muddy blood has too many delta cells in it, lacking drinking enough water to wash them out, or tired blood. *** What makes it look like a cell divides is the delta cell being pushed out into the blood stream. It gives the appearance that a new cell is dividing, but it isn't dividing, because the old cell that has lost its contact with the brain is caught into the blood stream and goes out through the urine. *** The difference between delta cells and emphysema cells is moisture. The emphysema cell is drier than normal, and the delta cell is puffed up more than normal. Are there delta cells in the lungs? If there is cancer, yes. Or if there is TB or an

extremely bad cold or pneumonia, yes. *** The greater the overall mineral deficiency, the greater the delta cell count. Lack of energy is the cause of delta cells. These tests denote delta cells, lack of energy.

DENSITY *** When you get alcohol in your system, it builds up the density between the molecules of the blood, so that it can't carry oxygen to your brain, and you become intoxicated. *** The density of some people is so great that they can't swim. The water will not support their body. They'll sink like a rock. And they're heavy if you lift them up out of the water, yet they have the same frequency. Why? The molecules contain more anions and cations, more anionic and cationic energy. *** The greater the specific gravity in their bodies, the greater amount of mineral content they need in their diet to maintain their health. *** How does density interplay in milli-micronage? The more density, the faster the electron, the darker the color. Electrons moving slower, light passing through, density factor. Color in our organs. Which is more dense? Brain less dense than heart, liver more dense than heart. In liver is iron, more concentration within that atomic structure, so you have a density, more dense. *** Density within an atom. It tells us the frequency of these minerals are higher, have to be slowed down more. *** There's a difference between muscle tissue and fat tissue. They have different density because of the gases that are trapped within them. *** Density is a factor of the atomic particles in the atoms. The greater the density, the greater the frequency. The greater the number of atomic particles, the greater the frequency within that atom. If the digestive juices are not strong enough, or if there's not enough resistance, then we can' t convert the heavier elements, the more dense elements.

DIABETIC *** The glucose tolerance test at its best is only 50% accurate. Convention at Louisville, Kentucky: "Insulin has been a complete failure. Time to study the effects of diet upon diabetic condition." *** Hyperglycemia, high blood sugar. Hypoglycemia, low blood sugar. *** The lower the reserve energy, the greater difference it makes between your glucose and your total carbohydrate. Rule: The urinary sugar will equal the blood sugar average over any 24-hour period. Your system patterns itself to throw out more sugar at times than it does others. *** Diabetes, high blood sugar, is made by eating too much starches, too many fruits after 2 o'clock in the day. Eat your fruits early in the day when. you need the energy - that is, if you work through the day. Eat a good breakfast and the big meal through the middle of the day, and a very light supper. *** Sugar over 5.50: No white potatoes, whole milk, spaghetti, macaroni. Limit bread to two slices a day. *** We would not be diabetic when given the proper amount of food. I do not believe in hereditary diseases; I do believe in hereditary weaknesses. *** Child that's a diabetic, get to retreat. *** Do not touch patients that are on insulin. Let them alone. Lowering the insulin is a tricky thing to do. *** If skin is dry and parched, too much insulin. If wet, clammy, sweaty, not enough insulin. If too much, muscles pickled with it. They can tell by dryness of mouth, dry tongue. *** The more fat, the more insulin, sugar, devinate [diabinase] they've got stored up. *** They are drinking a lot of water, but they are not drinking it systematically. They've lost their rhythm. This is one reason a diabetic becomes a diabetic. Doesn't wash the cells out; just passes on out through the kidneys. *** The most common cause of enlarged eyeball. *** Chlorophyll will do more to control sugar than any other natural substance known.

DIAGNOSIS *** It is not a system to diagnose anything. A diagnosis is a guess limited by experience. *** You have a right to do an analysis, but you can be accused of diagnosing, and you are not diagnosing.

DIARRHEA *** Low pH under certain circumstances. *** Some people are highly allergic to chaparral and it gives them diarrhea, very bad diarrhea. *** Mother brings baby, says it has diarrhea. Feel of stomach, may find hard balls. Recommend enemas. *** An acute case of diarrhea, use Pepto-Bismol, cheddar cheese; cut way down on water and lemon water for a few days. *** The greater the difference between the urine and the saliva, the faster the food digests. If it does it too quickly, you've got a very good case of diarrhea. *** High pH: diarrhea, parasites. If it's amebic, yogurt is one of the finest things in the world. Also cheddar cheese, also Pepto-Bismol. I would take them off of all wheat and milk products, practically all starches and fats from animals; cut meat way down. I would use corn meal bread or potato meal, providing the carbohydrates allow it. *** Loose bowel, high pH because down in the coli there's a lot of material that's been glued down, really stuck; food can't go through. Just because you've got diarrhea does not mean that you do not have some material in there that looks like vulcanized rubber. *** Dolomite cause diarrhea? One of about 300 cases. Magnesium oxide. The acid in the body is going to take that and turn it to a magnesium sulfate, and you've had it. It will last as long as their body's acid. Take them off of it, off of all minerals. *** Cheddar cheese, corn flakes - no wheat, boiled milk, yogurt, cottage cheese. Use Pepto-Bismol, 1 or 2 teaspoons, 1/2 hour before eating and 1/2 hour after eating, according to the need. *** Diarrhea, alkalitis [?]; and if there is pain in the abdomen, it's colitis. If there's no pain, it is just diarrhea. Cause of diarrhea: Body too acid, food digesting too rapidly, or parasites. Anaerobic bacteria, stool has bad odor. Take off of all wheat products, all meats, all milk, animal milk. Put on cheddar cheese; could have corn flakes, any dry cereal that didn't have wheat; lemonade and water. Complete rest for 2 weeks; no fast, no minerals at first. Test every 4 days. Reason for diarrhea, not enough oxygen. When the pH goes down, the oxygen content goes down. *** There's about a dozen drugs, but none of them as good as cheddar cheese, corn, and Pepto-Bismol.

DIET *** Once you know the kind, you know the diet. Once you know the frequency, you know the diet. *** When you have an analysis at your finger tips, then you know how to make them an intelligent diet; and without it, you do not know. *** If you have a person whose body does not respond to diet, yet they do not have any brain tumor, you know that there's damage on one of the branches of the vagus nerve - between the central nerve trunk, the vagus trunk, and the liver. *** It is not something that people have to stay on the rest of their life. Stick to it closely for about a year, then they can throw it in the waste basket and break the rules for another 40 years. *** Never give a person a diet unless they are going to see it through. If you start on it and stop, your trouble will come back on you like a raging fire. It will do great damage and cut short your life. *** Go by the numbers. If the numbers are going the wrong way, you're giving the wrong diet. If they are going the right way, you're giving the right diet. *** One of the big factors in diet is to slow the person down enough for the body to accept the diet. *** 35% of our diet should be fiber from raw vegetables. *** Structure of various organs, elements, when making diets, all of this lies back of it. Changes brought about by a change in the basic chemical phenomenon. *** You've got to teach them how to eat. *** Don't get hooked on a fad. *** The greater the specific gravity in their bodies,

the greater the amount of mineral content they need in their diet to maintain their health. *** The frequency determines the diet. Once you know the frequency, you know the diet; and therefore, the cruder the cell, the less variety it takes. The more delicate the cell and the higher the frequency, the more, the greater the number of elements it takes to maintain life.

DIFFERTIAL *** Ratio and proportion. Cannot have ratio and proportion without having time. If a motor turns around 100 times and the wheel only turns around one time, ratio and proportion is 100-1. How long it takes one electron to travel one complete circle around one molecule? In male, 24, and in female, 26. Differential, elementary structure of the micronage of an organ. *** In these 5 ranges there are 2,500 differentials. *** Chemical composition of the various organs, or an average, and there is a great differential in it. *** The mineral content, the ratio. In other words, cell differential.

DIGESTION *** The higher the pH, both top and bottom, the slower food digests and the longer it lays in the stomach and colon and small intestines. *** The higher it rises above 6.40, the longer it takes food to digest. *** The unclean meats digest in 3 hours, and it takes 18 hours for the clean meats to digest. When the proteins are not digesting, they are turning to urea, causing the heart to beat too hard, and they are tired all the time. *** Yogurt and cheese are aerobic bacteria and are needed to digest your food in colon and small intestines. *** When a patient comes in with a pH of 8.40, you know they have slow digestion and they need a colonic. The liver gastric juices are too weak and they need acids in their food. *** When the liver does not produce the average amount of bile, you get less and less digestive juices to digest your food. Need 1 pt. of bile to 40 lbs. of body weight. *** Whenever there is a highly alkaline saliva and you put a highly acid food in your stomach, you get gas, and you have a digestive problem. *** The greater the differential between the urine and the saliva, the faster the food digests and the quicker you are going to be hungry again. *** You have worms because the gastric juices are not strong enough to take care of them. *** They don' t have indigestion anymore, they have heart attacks. Acute indigestion can temporally upset the liver. *** Digestion includes the bile working against the foods that you eat and that the electrical energy is not too high or too low in the liver. Therefore the cells are being made as fast as they need to be exchanged. This is the beginning of longevity. *** The weaker the digestive juices, the less of the heavy minerals that it can get from your diet. *** Slow digestion causes fluctuating sugar. *** Anionic digestive juices and cationic food. It takes food 18 hours to digest in a perfect human being. Foods going into the digestive tract interact and a gas is produced, or a vapor, carrying elements with it into the blood stream to the liver. The liver is our atomic reactor for the whole system, interchanging anions and cations, producing amino acids for the rest of our system. *** Why is a child a child, and not a man able to father children? The digestive juices are too weak, and they can't pull out the heavier minerals. If you've got weak digestive juices and the acid side of the pH is too fast, and the body can't pick it up. *** The digestive juices, if they're not strong enough, or if there's not enough resistance, then we can't convert the heavier elements, the more dense elements. *** The lower the resistance, the weaker the digestive juices. The higher the resistance, the stronger the digestive juices. Either the element will not be converted, changed adequately enough, or it will be changed so much, beyond the point of the body being able to pick it up.

DIGITALIS *** If you have a person who has a problem with PAT [articulosis (?) palpitation] and you have a big job making a diet. The pulse beats 140 times a minute. Have the doctor give digitalis [you don't give it] until the heartbeat gets down to 60. At 60 take them off and don't give it to them again until it gets above 100. Then give it until down to 60, then take them off digitalis.

DISEASE *** Practically all diseases begin somewhere in the central nervous system. Naming a disease does not cure it. *** Babies can have a crying disease where they cry for 6 months; nothing you can do. *** We do not treat the symptoms but the cause of the loss of energy. *** Disease begins with a loss of energy. *** Practically all disease starts with the vital organs. The primary one is the liver, the second one is the brain, the 3rd one is the vagus nerve. The secondary are the heart, kidneys, and lungs. *** If you understand disease, you've got to understand how these elements are made in our system. *** When people have acne, I give them the food and correct the condition without naming the disease. *** Loss of energy is the beginning of disease. *** Lack of mineral is disease. Cause and effect. *** The disease of the animal is in the blood. Don't eat it [the blood]; you would probably contract the disease of the animal in the blood. The disease that's in the animal also affects the color of the fat, according to the kind. Chicken fat should be a golden yellow. If it's beige color, the chicken's slightly ill. Beef tallow should be almost snow white, or that animal is diseased. In fish the fat is black, and you just have to know your animal. *** All disease begins in the vagus nervous system.

DIVERTICULITIS *** Very strong catnip tea is good for diverticulitis, and a wonderful thing to make you sleep and relax. *** No bread; it's doughy. *** Colon trouble, no nuts except coconut, boiled peanuts, or pinole [pignoli] nuts. No black pepper or nutmeg, no popcorn.

DIZZY *** Sometimes some sweeteners will cause the pancreas to produce more insulin. The more you take, the more it produces. So it's quite a job. If he begins to get light headed or dizzy, take him off of everything a few hours. Let him eat some food [raisins].

DNA *** A carcinoma cell is a cell in which the DNA and RNA factors in the cell are beginning to break down. *** In a human cell there are two factors, DNA and RNA. The DNA cell is the anionic, and the symbol is the negative. The 3 anionic foods are calcium, chlorine, and potassium. The difference between the cationic and anionic cell is the direction in which the electrons travel. *** DNA and RNA form the chromosomes of the cell. *** The chromosome of cells and the DNA and RNA factor are very much the same with the exception of the mineral that composed the cell which composes the organ.

DOLOMITE *** There's many different kinds of dolomite, and dolomite calcium is not available to people, not available to the system at all. Dolomite is composed of approximately 65% calcium oxide, 35% magnesium oxide. These two molecules are together, yet they are separate. When nature breaks down, or separates the magnesium oxide and the calcium oxide, the digestive system rejects both of them. Magnesium in its rejection runs into undigested protein or urea, and turns it into heat or electrical energy, causes it to pass out of the body, evaporate. *** Never give it to anyone with a potassium deficiency, a brain tumor case. *** What will lower the urea? Dolomite. The magnesium releases nitrogen. If you have cattle that have urea poisoning from the drinking water, give them Epsom salts. That will lower it almost immediately. Pretty drastic for people. ***

Dolomite is not available to anyone. It is only a catalyst, not available to you as a calcium you can consume and use. It is a catalyst to make protein available to you or to release excessive urea. *** Many kinds are very hard, like granite. Other kinds that are soft found a mine out in the desert in California, one of the purest brands of dolomite. Dolomite comes from a sea shell, dry land sea shell. When we don't get results, what kind of dolomite are you using? *** Heart beating softer, you know the dolomite is working. *** Dosage: child 4 or older, 1 a day if the urea is 10-20. If that doesn't bring it down, use 2 a day. Ten years or older, adult dosage. If in school, use 2 BID. An adult, use 2 TID. *** The digestive tract will separate the calcium from the magnesium oxide; the magnesium oxide then will release the excessive protein and let your heart beat a lot softer and easier where you won' t be so tired. Dolomite will pass out through the bowel without even becoming available to you. *** The calcium and magnesium molecule, that's what dolomite is. And when it comes into the presence of nitrogen in protein form, it turns that into a gas form, passes out through the urine, or electrical energy. *** Never give dolomite when the urea is below 12. Cause of diarrhea? One of about 300 cases. About 1 out of 200, it keeps them awake at night. If the body is acid, it may take that magnesium oxide and turn it to magnesium sulfate, and brother, you've had it. You need two bathrooms, one at each side of the house! It will last as long as the body is acid. So take them off of it, off of all mineral.

DRUG *** Drugs don't cure anything. I am not against the intelligent use of drugs, but I am against the abuse of drugs. *** A person that has been on drugs for a number of years, either by doctors - and 80% are given by doctors - or self-administered drugs, if the Creator turned them loose all at once, it would kill the person. With low energy rating, if given lemon water it would release enough drugs to kill them. *** Why do drugs work well for a while, and then they cease to do any good? The body will build an immunity. They accumulate, they stop up, they preserve, they hinder. *** Dry heaves. Generally that is caused because of drugs stored up in the body. *** You'll have to take them off of it [lemon water] and put them back on. *** Warning: People that's been on dope, on 3-day fast, enough drugs released they go into a coma, an intoxication coma. Sometimes need enemas to wash these drugs out of their system, stored up, or they'll die. *** There are times that people need drugs [penicillin, for pneumonia]. *** People come with a terrific high amount tied up in the nervous system. Remember this, drugs never heal. May relax you so diet that fits your body chemistry can help you. *** By the tests you're going to see that they're on drugs. *** Sometimes they go through 3 or 4 rounds of withdrawal because the body chemistry protects you. If you turn loose too much of the drugs and foreign matter in you at one time, it would kill you.

EAR *** [Tests] will show you astigmatism in the eye or ear or an ingrown toenail. *** When there is a zinc deficiency, the ear drum is most affected. There's more of it in the ear than anywhere else. *** Ringing in the ears is caused because there's infection, or a loss of energy; and it's the wave lengths that strike the anvil of the ear that give tone. Formula X, just drop in ear. Rubbing alcohol is the other; just drop in ear.

EFFICIENCY *** As we look at the amount of efficiency from the food, because of the digestive juice's strength, then we begin to see what elements are not being picked up and what elements are of major concern in every organ. Then we'll determine what organs are being affected or

where's the delta cell production. *** If you lose energy, to be in range 1 you have to pick up the exact same amount to maintain it. Otherwise he starts drawing from reserves and he goes down.

ELECTRICAL *** Nitrogen, the electrical attraction in matter. It is the electrical energy in the molecular structure, the protein energy, that holds it together, that makes a cell a cell. *** The lower the ionization of the body, the less ability to magnetize the elements in your food. It loses part of its electrical force. *** Two things determine the energy we get out of our food: 1.) strength of the gastric juices, 2.) electrical energy. *** A message from the brain is an electrical form of energy. This electrical form of energy finds a transformer there and this is called a collector, and the name of it is protein, nitrogen. *** The spirit of life in a cell is the electrical charge - 110 volts [sperm or ovary cell for life to take place]. *** And as those amino acids travel throughout the system, electrical attraction draws them to those organs that they're programmed for. Electrical attraction, or electromagnetic energy, that draws them together, because they take the path of least resistance, because they fit perfectly.

ELECTRICITY *** $E_1 = MC^2$ $M = E_1 + E_2$ $E_2 = E_1 – MC_2$. These are definitions. Matter is heat plus electrical energy. Electrical energy is the substance between heat and matter. In relative energy you can define electricity. *** Electrical current travels at 486,000 miles per second, ordinary speed. Electrons of atoms and cells in your body traveling somewhere near that amount of speed [486,000 miles per second] or you'd fall apart. *** All life exists on 110 volts of electricity. *** When a cell loses its ionization, it's just like taking a battery out of a car; it's lost its electrical ability to function because the protein content dipped too low, temporarily.

ELECTRODE *** If you do not rinse the electrode before you test it in the next solution, it's TNT. No telling what it will be. Be sure to give it a water bath first. You can use the same water bath over and over quite a few times. Generally, if you rinse it in water that has a small ionization, just out of the faucet, and then give it a slight sling, it will throw it off. Then you'll get a zero on de-ionized water. Electrodes sell for $40 each.

ELECTROLYTE *** Protein is a building block, an electrolyte. It's a magnet to draw things together on a frequency, a binder, a holder. *** What is an electrolyte? Any substance or metal that conducts electricity. *** Increase of salt in the system increases the electrolyte. In other words, it lowers the pH. *** How does protein work in the body? The electrolyte. Salt helps carry the electrical charge, but is not a magnet of attraction necessary to build the brain. *** It is the electrolyte that holds the cell together. *** Nitrogen, an electrolyte, holds things together. Nitrogen, an electrolyte, a carrier, a magnet, draws into its path certain patterns, or elements, whatever is attracted to its magnetic field; then protein molecule is built. *** Everything that goes on in your system is related to amino acids. They are the electrolytes in your system. All electrolytes either have to do with catalyzing or promoting reaction. *** Sodium, by itself, is not an electrolyte; it has to be combined with sodium chloride. There has to be a balance. You have to have an anion and a cation within the electrolyte system. Electrolytes in your system are hydrogen, potassium, but nitrogen is the important one. Aluminum going to the brain acts as an electrolyte.

ELECTRONS *** The difference between an anion and a cation is the direction in which the electron travels. Anion clockwise and a cation counter-clockwise. *** The word chelate means an element with an extra electron. *** An electron is the shell or the outer orbit. *** What is the difference between an anionic cell and a cationic cell? Direction in which the electrons travel. *** The greater number of electrons within the molecule, the greater the specific gravity. *** Each electron travels approximately 486,000 miles per second around the shell of this molecule. *** What determines the focus point of a metal, of an element? How many electrons in the outer shell. *** The atomic number is the same thing. The number of electrons in orbit determines the specific gravity. *** How fast are the electrons rotating in a dead body? Slowed down or speeded up? Speeded up, energy is lost at a very rapid rate, going back to dust. *** Why is iron heavier than aluminum? Greater number of electrons in the molecule, or in the atom which makes a molecule. Pretty much the same. *** The Islets of Langerhans, they can actually add to or subtract from the number of electrons in orbit. *** The pancreas can change the number of electrons in orbit. *** That is energy, the number of electrons in orbit. 2-1/2 times that would be your energy throughout the sugar. *** So you think about little figure eights, down through, all different for each electron, various portions, up and down, across-wise; and they will distort in that direction and they'll also interchange. You'll have electrons moving here that will go into this lattice work and back here, that's how they make their circuit of this molecule, this over-all pattern. Angstrom is the distance the electrons keep themselves apart. These angstroms represent how far apart the electrons are in orbit in the shell of a molecule. *** Light comes in and hits an electron, a certain color will interact with an electron, does not pass on through, bounces off and you get the color, that frequency that's bounced off, that is interacting with the electron pattern. Electron micro-graphs, you can really see the texture. Things that look so smooth, when you see the way the electrons' bombardment interacts with the electrons in the molecule, bounce back, and show you just like the surface of the moon, in different materials. It's beautiful, things you can see. A picture from an electron microscope is an electron micro-graph. *** The more density, the faster the electron, the darker the color. Electrons moving slower in window glass, lets light pass through easier, less concentrated, the density factor. *** Compare the size of the cell of an orange with the cell of a person, and therefore the electron has to travel faster in the orange to get around a cell than it does in a person because the cell is so much larger. *** The liver slows down these elements to where the electrons can link up, the patterns that they link. *** The bone, an ionizer, taking electrons and fitting them into this frequency programmed by the brain. From the atmosphere the ionizer draws electrons, energy out of the air. *** The ionization effect that the bone has in taking electrons from the air.

ELEMENTARY SUBSTANCES *** All elementary substances in molecular form, in their singles under the same temperature and under the same pressure, are the same size. If that were not true, it would be impossible to set a standard of weights.

ELEMENTS *** An element is a substance in which practically all atoms are very, very similar, like iron, copper, zinc, gold, and etc.. About 110 all together. *** The word chelate means an element with an extra electron. *** A vitamin is a product of a hormone, and a hormone is a product of element. *** We're going to find out what these deficiencies are and attempt to replace those elements in a form that they can be used and digested to increase their energy. *** Different organs

are composed of different elements. *** Working perfectly, it must have all the elements necessary to manufacture some 6 billion different enzymes. *** An element is a substance in which all molecules are similar, very similar. *** Approximately how many elements would you ordinarily find in a good, wholesome, chemical colloid? 66 to 84. You cannot take them apart. *** There's approximately 110 elements known now. There are only about ten more, and that's all. There's only 120. *** What elements produce energy? Oxygen and hydrogen. *** The elements that we use ordinarily in our diet, about 16 common ones. *** Energy is broken away from the elements in the stomach in gas form. *** The food going into the digestive tract interacts, a gas is produced, or vapor, carrying elements with it into the blood stream to the liver. *** The more delicate the cell, the higher the frequency, the greater number of elements it takes to maintain life. *** The patterns that the electrons link, in relationship to the number and the combination of elements, from light to heavy, will determine which organ they are being tuned to go to. *** The elements have the variable frequency, but in the compounds it's equal. Every cell has the same, because of the nitrogen. *** So this is the conversion factor that comes in taking our elements from the food we eat into the system. It goes from a solid, through a vapor, into a gas. It has to go through a liquid form in order to get to a gas. So as it goes, the elements are the same size, under the same temperature and pressure. If the digestive juices are not strong enough, or if there's a not enough resistance, then we can't convert the heavier elements, the more dense elements. *** The molecule, being made up of atomic structure or different elements and converting to a gas form, goes into the blood stream to the liver. *** An atomic reactor is something that is converting elements to energy, and energy to elements. In the liver then, we have unification taking place of these slowed down elements that the body has absorbed. These converted frequency elements start joining up in various patterns - we call them micronage - dependent on the frequency. *** Different color of organs because of the different elements that make it up. Begin to see what elements are not being picked up and what elements are of a major concern in every organ. *** These are anionic elements. But when they go into the atomic reactor of the liver, one of the miracles of creation, it comes out as a cationic enzyme, amino acid. We see anionic elements going into a cationic cell structure. *** Anytime you put a compound together, it's got a frequency. Anytime you have an element together, it's got a frequency but it's not stable.

ELIMINATION *** If you have a patient with dry stool and a colonic isn't possible, and you need quick results, use Feen-A-Mint. It carries the water through the bowel and makes the bowel very watery. Sometimes a glass of warm water first thing in the morning helps. For hemorrhoids, agar-agar is a vegetable gelatin. No black pepper or fruits with small seeds. Use aloe vera gel, 1 T in carbonated water, or Spike twice a day; will bring hemorrhoids right down to normal.

ELLIPSE *** The pattern energy travels in the electron pattern: ellipse and circles.

EMPHYSEMA *** [When healing] liable to take pneumonia because new tissues in lungs are so tender, as a baby, and straining to the nth degree to supply enough oxygen to keep you living. *** An emphysema cell doesn't hold enough [moisture]. It's a dehydrated cell. *** Algavim. People with emphysema, it's a must. It makes vitamin A available in your system. *** pH at 5.20: This person has emphysema, not getting enough oxygen to the liver. Not getting enough oxygen to

strengthen the bile. *** An oxygen deficiency. Dilute a solution of hydrogen peroxide, soak the feet in it, warm water, bedtime. You can make it raw, right out of the sulfuric acid. Keep the water churning; keep adding just a few drops every few minutes until the water becomes like milk. Put the feet in it; let it boil. [Use a galvanized bucket.] Sometimes just one time makes a lot of difference. *** Chaparral for emphysema, a mild laxative, a wonderful healing agent; helps replace the cells quicker than anything else. Not like a cancer cell because it's dehydrated. *** An emphysema cell does not give off a CO_2 gas in the lung. It's a different type of deterioration. I've seen spots big as a quarter, half dollar, 75 or 85. Two cases, 95% of lungs were gone. No oxygen coming through, yet both people got well. *** Deficiency of calcium, don't feel like taking enough exercise, energy below 50. Generally don' t breathe deep enough. Tired. If condition lasts long enough, lungs not in use, emphysema sets in. *** "Pot" shows up on the tests. Generally shows up emphysema. It affects the lungs first. It's a terrible thing because it is a smoke that incapacitates the cells of the lungs. Incapacitates by a drug, doesn't give off enough oxygen, blood doesn't circulate, and emphysema. *** Whenever you find a calcium that's real stubborn, you have an emphysema case. It's stubborn about rising because the liver's not getting enough oxygen to assimilate calcium. One thing I highly recommend, and that's a harmonica. You've got to have the calcium, and you can' t get the calcium without oxygen. *** A person that has advanced emphysema, it's many times more difficult to get their body into withdrawal. Sometimes takes two or three weeks to get it to change. Try your best to get the people that are very ill to breathing. ***Cancer, emphysema, leukemia, or any other disease - only premature aging, too rapid loss of energy. *** Suppose the person has a terminal case of emphysema, cancer, omega cells, and nature starts to send nerve ends into that deteriorated place, into that decayed place; then sharp shooting pains, like lightening flashes, a short circuit of the nerve ends, a circuitry problem. Two points of knitting is so great, until it follows back that nerve a short distance. The resistance is kicking back up the nerve. *** Nicotine tar starts to coat the ends of the nerves, and sometimes they look so black, and the term for the tissue is emphysema. And what's the difference between delta cells and emphysema cells? Moisture. The emphysema cell is drier than normal; the delta cell is puffed up more than normal. Think about the lung losing moisture. That's mainly what's happening. The moisture's being lost, that's why they get dryer. *** Collagen disease. There's a very rough case of emphysema here. They are not getting enough oxygen for the body to assimilate and manufacture vitamin C. *** One of the finest things in the world for emphysema, a harmonica, or sing.

ENEMA *** When a baby cries, examine its abdomen to see if there is any ball in its abdomen. Easy to massage that ball and get it working out. An enema helps a lot.

ENERGY *** There's two kinds of energy in people. There is the reserve energy and there is the energy that we use. These two types of energy are different things altogether. *** Any day anyone does not take in more energy than they use up, that is the first day of their illness. *** We measure energy from 0 to 100, and 4 is the PNR line, the point of no return. This energy level can drop in a matter of seconds, in the 90s to 0, or may take a few years to drop slowly, on the installment plan. *** The lower the reserve energy, the less real life you have. *** Most doctors cannot find illness until the energy level drops below 30. *** So a single anion equals one Mh of energy, E_1. We have two kinds of energy. Heat is E_1, E_2 is electrical. *** If a person is gaining energy, they are getting

better. If they are losing energy, they are getting worse. Just as simple as that. *** The lower the energy rating, the faster your urinary readings will vary. The more they jump around, the lower the reserve energy. And the more stable they are, the higher the energy rating. *** Every day that he ate unclean meat, his energy went down; and every day he didn't eat it, they went up. *** The lower the energy, the more dilute the gastric juices. *** Whenever we get to relative energy, we are no longer dealing in angles. And the rules you had drilled into you no longer apply, because you're dealing in arcs and circles. All circles are not exactly round. Dealing in this energy circle, remem-ber you start at a point, then you come back to that point. When you are dealing with the electron of a cell, you are dealing with relative energy. No longer dealing with angles, but with circles and cycles. *** In the 4th dimension is where the transition is made between the angles and the arcs of energy. Whenever you are dealing with the first, second, and third dimensions, you are dealing with angles. You start to put this graph on this with all these angles, the block turns inside out. You make it into a plain surface instead of a square surface. *** The lower the energy, the more unstable these readings are. The higher the energy, the more stable they are. *** When the numbers are at .8 [sugar], then the energy was replacing cells and they're in withdrawal. When the urea goes down fast and it's not a brain tumor case, then you know they are work-ing too hard. *** They're burning up more energy than they are taking in. It's got to stay above 12 [urea] in order to take in more energy than they burn up. After the dead cells get out, they can gain energy with [3/3] 3 over 3, but not when all the numbers are out, not when they've got a 4 M. It should be back up to 40 [reserve energy] before they work. *** A mineral deficiency is the beginning of a loss of energy, and a loss of energy is the beginning of illness. *** When a patient's tongue starts to get pink, know that he is increasing in energy. *** The greater the number of units of anionic and cationic energy within the molecule, the greater the specific gravity. In calculating energy all cationic substances in molecular form, in their singles under the same temperature and under the same pressure, are the same size. An anionic substance in compound form has a variable amount of energy. *** All illness is a loss of energy; they burn more energy than they take in. *** If a person's body responds with an increase of energy for 30 consecutive days, they have a good chance of getting well. Find out why the loss of energy and the effect it has upon the body, and you have the key to recovery. An anion has 250 Milhouse units of energy, and a cation 750 Milhouse units of energy. If you put an anion up against another anion with 499 units of energy, it would level off somewhere about 250 Mh of energy. *** You will get a greater amount of energy when you put together an anion and a cation. *** Cells are made of minerals. So we test to find out what the deficiencies are and to replace those elements in a form they can be used by the individual to increase their energy. *** When the urea is in a certain place, you know he's not getting enough energy out of his food. *** A person with a brain tumor will have an energy level of 16, 12. It'll be a low energy level. Those numbers can't sustain life very long. *** Whenever we take into consideration figuring energy, you need to figure temperature and time. We work on problems of energy and diet, biological energy and its application. *** Calcium affects the pH, and this affects the energy we get out of our food. *** Chelation affects the, or causes the molecule to take on an extra electron, and this is what energy is. *** The mathematical formula for energy, $E_1 = MC^2$, is any and all kinds of energy. E_1 equals matter turned to heat. And the second one is matter equals heat energy plus electrical energy.

Convert those two or combine those two, and you have matter. Electrical matter equals the difference between heat energy, E_1, and matter. That's the energy that holds things together. *** A saliva of 7.10 and a urine of 5.80, the foods are causing the calcium of the urine, which is an overall guide, that the gastric juices are becoming dilute and cannot precipitate the energy. No matter how much vitamin C you take, it still cannot take out of that food the amount of energy needed. *** The amount of energy that's in one molecule of sugar $C_6H_{22}O_{12}$. Figure it all cationic, which it is. *** The lower the energy, the greater the count of carcinoma cells. The lower the energy, the greater fluctuation of energy. The higher the energy, the less fluctuation you have. The lower the energy, the more unstable the body chemistry. *** Energy is made by building up and tearing down. Energy is always a loss. Ionization is always harnessing energy, putting it back together. *** A rock, a house, grain of sand, a person, etc., all are products of energy. A loss of anions is a total loss of energy. *** Anything that is accumulating more energy is either growing or becoming more healthy. By applying the rules, you can come up with gain or loss of energy. *** Cations and anions tear each other apart, and we live off of the particles that they lose. *** Oxygen and hydrogen are elements that produce energy. Carbohydrates, fats, and starches are the compounds that produce energy. *** You can have cationic or anionic energy; the conversion between the two is energy. *** There has to be about .8 of a gram per day of energy taken in to keep your reserve energy about normal. *** 1.5 Brix: This number denotes that you are getting the right amount of oxygen and the energy production is at a maximum. And it denotes that your vitamin C is above 4,500 mil. per gram of blood. *** When a cell is made on a frequency that does not fit your body chemistry, it cannot be used. *** A new born baby girl will have energy of about 8 on a table of 0-100. *** Reserve energy stabilizes the numbers. *** The energy reading on this one, 34. You've got a 50-50 chance. *** Boyle's Law applies to a gas, and Baer's law to a solid. It's just a different form of energy, or matter, being a part of energy. *** When energy is released, it is in gas form. *** Unclean meats digest faster and release a tremendous amount of energy. *** Feeding through the bowels, same way. This becomes a source of maintaining reserve energy. *** Do you see at this point, how this equation is beginning to zero in on where there is a greater loss of energy? You're beginning to see why a lack of mineral means a loss of energy? *** It takes twice the amount of energy and twice the amount of mineral at 40 as it did at 20. *** Generally, you can get more energy from vegetables than you can from meats. *** At 20 years old, you use *x* amount of energy, divided by time. But when you're younger than that, you burn up a lot more energy exercising, jumping, running, and playing. Children burn up more energy, give up more energy, and they tire out quicker, because their reserve energy is lower. *** There's three states of matter, and matter is energy. You have solids, liquid, and gas. *** From the atmosphere, the energy that the body receives, other than, say, literal food. *** The lower your energy, the more effect the food has upon the color of the urine and the stool. *** The person that's out in the open air a lot gets more energy through their skin than they do through the lungs.

ENERGY LOSS *** If you give dolomite when the urea is below 12, that will take your energy down. *** Many times cancer is aggravated by a virus or fungus, but it is not caused by it. Many times the body has enough resistance for the cancer to get well, if you will kill the virus and fungus through some means, but it doesn't have enough to fight the virus and get well.

ENID [ENoD] *** We have a field of calculus that is called enid (ENoD], and this is the division of calculus that is the art that an architect uses to draw the picture of a building, bridge, a railroad, or a motor - anything else that's to be built or made. That is the enid [ENoD] plan. What I'm trying to get you to see is the enid [ENoD], the picture of the results of energy whenever it's expressed in geometrical patterns. *** The enid [ENoD] of geometrical pattern of a biological phenomenon is the micronage.

ENZYME *** A vitamin and an enzyme is the same thing. Calcium, a product that our livers use to manufacture some 6 billion kinds of enzymes necessary to keep us healthy throughout our life. *** Take care of the liver and it will take care of you. It manufactures some 6 billion different enzymes necessary for a healthy life. It does not manufacture all of these enzymes at the same time. *** Everybody would have worms if it were not for the fact that the liver manufactures enzymes that were constant enough to kill them. *** What is an enzyme? A product of a hormone. It's also a vitamin. *** A hormone is a living cell. *** The lemon juice, when it goes into the system, can be converted into some 6 billion different enzymes with less chemical change than any other natural substance known to man. *** An enzyme and a vitamin are one and the same thing. No difference. Each are the product of a hormone, and a hormone is a living cell made from mineral. *** Help the liver. Restore ability to manufacture enzymes *** Working perfectly, it must have all of the elements necessary to manufacture some 6 billion different enzymes. *** Our liver manufactures chelated enzymes or else it wouldn't fit our frequency, couldn't build us. *** This synchronization takes place in the liver. How many enzymes does the liver manufacture? About 6 billion different enzymes. *** We are talking about 6 billion enzymes, or amino acids. In any one 24-hour period, if we are in perfect health with an energy rating according to our age, the liver manufactures approximately 5 billion per day, amino acids. *** Fresh lemon is a dilute hydrochloric acid. The liver can use it for a base for forming some 5 billion different enzymes a day with less chemical change than any other natural substance known to man.

EPILEPTIC *** I learned in that test the little fellow did not have epilepsy, he had low blood sugar; and you cannot tell the difference in a seizure, whether it's low blood sugar or whether it is an epileptic seizure. 80% of the people today that are classified as epileptic are diabetic seizures, low blood seizures. And if you correct that condition, you should see the change that comes in their life. *** I have never seen a child under 6 or 7 years old that had a real epileptic seizure. Epileptic seizures are caused because of a short circuit in the transformer nerve just above the right ear. There's a short circuit there before the messages go to the pons of the brain; it brings about a seizure that is not a diabetic seizure. *** The reason they're taking it, they think they are epileptic; and it may be low blood sugar.

EQUATION *** The perfect equation: 1.5 6.40/6.40 6-7C .04M 3/3. Sugar, pH, saline, albumin, and urea. That is the perfect equation. It doesn't matter whether they are an infant baby or an octogenarian. *** In 1931, that's when this equation came into existence. *** I started working on what a perfect equation should read like, and this is a part of the equation that I came up with. I had a lot more to the first equation than this one. I have dropped off a lot of the parts of it because it was repetitious. *** [Too much or not enough.] There is a happy medium, the perfect equation. *** This is the frequency, perfect equation of a human being, a perfect human being. *** Any change in one number in the equation, even a decimal, means a change in the meaning of all the numbers in

the equation. *** Keep in mind the test results, the perfect equation, the differential, the cause, the symptoms you can see, what to do about it, what should be done - things to carry in your mind the moment you see an equation. *** No picture: 1.8 5.40/6.10 3C 4M 2/4. *** Time, date, age, and all, has nothing to do with the perfect equation. 1.5 tells you the exact amount of oxygen to the brain. No loss of energy, regardless of work that day, to replace all that you burnt up that one day. It shows that your body is functioning perfect, if rest of numbers are perfect. Energy production is at a maximum and vitamin C above 4,500 mil. per gram of blood. No parasites. Tells you the frequency. This is how the body should throw off if it's operating perfectly. Denotes the amount of potential energy available per pound of weight. Second number tells you you're getting the exact amount of mineral from the food you eat, the mineral content of your body, both numbers [pH]. The next number [saline], your electrolytes, are perfect, so your mineral content is being taken out of the foods. Therefore you're getting the correct amount of energy on the frequency. First 3 things denote that your digestion is perfect, the electrical energy is not too high or too low in the liver; therefore the cells are being made as fast as they need to be exchanged. These 3 factors put you together, the other 2 take us apart. A normal loss, how fast the cells should be exchanged all the time. *** There is no other reason for that to be the perfect equation except the micronage.

ESTROGEN *** Alcoholics. Another reason is that the system will manufacture too much either estrogen in women or testrogen [testosterone] in men. And at that time it seems to lose something in the system that it's got to have, some kind of a problem. That person is going to get hooked on something. Build up the calciums, so that it manufactures the correct amount of estrogen and testrogen [testosterone]. If this estrogen rises a little higher still, it manufactures until too much, then that person becomes a vegetable. They become schizophrenic. Get the calcium back to available to the system. *** [Some people turn too much of their starches and carbohydrates to alcohol.] It also has a terrific amount to do with the production of estrogen and testrogen [testosterone]. Whenever a man is a little bit lacking in testrogen [testosterone] or a woman is lacking in estrogen, they become hypochondriacs (depressed) and very difficult. And if they go low enough, they become absolutely insane, uncontrollable, and cannot control themselves. Even though the ovaries, the organ that produces, is still in, and especially the women that have had the ovaries removed, are apt to get into this rut, that they do not have enough estrogen, and consequently they become very, very difficult to work with and to live with and to be around; and they are a misery to themselves and a problem to society. Also when it produces the least bit too much estrogen, which goes back to the phosphate of manganese in your diet, the sugar, the calciums, the iron that is in your system, as well as the iodine, that person loses the resistance to say "no" to anything. They get hooked on something, may be alcohol, cigarettes, whiskey, wine, anything in the world. It takes a real amount of recognition of yourself to get yourself out of that rut. You need help. Those people with still more estrogen or testrogen [testosterone], they become either a vegetable, absolutely helpless. This affects women more drastically than it does men because many of the men become psycho cases, schizophrenic, but also absolutely insane, because they cannot get a diet that will control this. B_3 is one of the finest things to start people on. You must go into it slow so that the body will accept it. If their calcium level is too low and they're mighty nervous, or if they have a digestive problem, go slow to start with.

EXCHANGE *** We're not just dealing with a little solar system, we're actually dealing with this type of a figure 8 set-up, and this type of movement is round and through, so that there is that exchange. Isotope is a charge, the charge is reversed from inside to out; cations and anions exchange, just like pulling it out.

EX-RAY *** Ex-ray [X-ray]? That all depends on the person using it. About 99% of the people that take ex-rays [x-rays] of tissue do not know how, because they use too much radiation of light. *** So many technicians do not know how to take tissue pictures because they use too much radiation. Also, there's quite a lot to taking an ex-ray [x-ray] because different people's bodies have different amounts of mineral content, and there's a variable, and a lot more trouble, because you lose the picture of the bone structure, and then you've got to know exactly where that part of the body is on the ex-ray [x-ray] table in order to see the picture. It's quite easy to take a bone shadow picture, but it's very difficult sometimes to take a tissue picture. As soon as you tell someone that they have this or the other, they've got to run to some ex-ray [x-ray] and tell you that you did not know what you were talking about. There's not enough radiation to the body by ex-ray [x-ray] to do any damage, today.

EYE *** High blood sugar always causes the eye ball to expand, enlarge, dilate, become larger; and if it is just long enough, it will lead to serious eye problems and blindness in some. *** In each eye there is approximately 80 miles of blood vessels. These blood vessels are more delicate than the ones in your brain. And these blood vessels, when there is trouble in the body, dilate. If you will take the picture of the eye, write down the numbers, then you will know whether or not nature is co-operating or whether nature is rebelling. That is the purpose of the eye test. It's only a verification of the cause and effect. *** A lot of children sit around the television sets and by the time they are school age, their eyes are so damaged by the brightness of the picture until they can pass the eye test in a matter of seconds. But after looking at the page for 4 or 5 minutes, the whole page goes blank to them; they can' t see anything. And they end up in the transitional class, meaning that they are semi-idiots. *** In each eye there are approximately 80 miles of blood vessels, if they were stretched out end to end. *** Arteries and veins. The arteries go over and down through the eye, and the veins go from the right to the left in the eye. It makes some difference to us whether the eyes are dilated by the arteries, impurities in the system, or of the veins. It lets us know how well nature is protecting you. Before it gets to the eye, the impurities should be taken out by the kidneys. When it isn't taken out by the kidneys, it dilates the blood vessels perpendicular in the eye. If it is taking out some of it, then it dilates it the other way, and sometimes you have it both ways. It let's us know how well nature is co-operating with us. *** The eye reading has no bearing at all on the energy reading. The eye reading only let's us know whether nature's co-operating with you or not. *** I've seen people dying with cancer and their eyes perfectly clear. No sign of blood vessels, any enlargement of blood vessels. Eye strain has no effect on the vessels; it does on the nerve in the eye and the retina, but it does not in the pupil of the eye. I would suggest that you discourage contact lenses because I haven't seen anyone that wore them long enough that it didn't cause some trouble. *** Diabetic. Once in a while you'll find another cause for an enlarged eyeball, but that is the most common cause of enlarged eyeball in anyone. *** One of the dangers of high blood sugar pregnancy is its effect on the mother's eyes and also on the child's eyes. It's born with weaker eyes than would be otherwise. *** This is the zones [Ranges?] I'm interested in: the A, and

the B, and the C zones. The blood vessels in the eyes are like a screen, they go both ways through the eye. Pluses or minuses, it means that there's a whole lot of it in there, exaggerated. It's stacked up, it's piled up. It's very prominent. It's almost got a bloody color to it, very red. Slightly clouded like a fog, red or yellow. *** Algavim, if any type of eye problems; 2 TID usually for one year. *** Not anything that you can do. Going to have eyes that are enlarged or bulging or pear shaped; you're going to see that in the eyes [brain tumor]. *** Also you show quite a large list of eye numbers, which shows that nature is throwing out a lot of carcinoma cells. *** There's about 80 miles of blood vessels in each eye. They are more delicate than anywhere else in the system. The least trace of dead cells or carcinoma cells thrown out of the system, if you do not drink enough water, dilates those delicate, delicate blood vessels in your eye. And if those numbers are way out and those blood vessels are very small, shows nothing wrong, nature is not co-operating; you're taking in and not giving up the dead cells. The body is not assimilating the minerals that it needs to replace the cells. *** Eyes twitching, low calcium. *** Cirrhosis of the liver: visible factor -small eyes. The eyes look too small. Even in the final stages of it, the eyes seem entirely too small - the ball itself. Doesn't usually affect the vision at all until the last week of life, or such a matter. It's generally the high sugar that gives large eye balls.

FACTORS *** There are 6 factors that we need to understand the theory of ionization. These are: water, mineral, weight, age, frequency, oxygen. Oxygen is the element that makes it possible for the basic change in your body. We get this through water and air.

FAST *** Regardless of how many days a person is on a fast, that number of days to break the fast. Also whenever they start back to eating again, eat a very, very light diet to start with, very light. *** If you have a person that's overweight, way overweight, we suggest that you put them in a place where they can be put on a 6-day fast of lemon water and water under supervision and guidance, and then on a 3-day light diet. Then another 6-day fast and shrink their stomach; and take as many days to break the fast. By that time their body can take the nutrient out of the food they're eating. Often the numbers change after the fast and light diet [3-day fast, 3-day light diet], so do not put them on the supplements until after that. Sometimes it takes a 4-day fast because they're in withdrawal the 4th day. If they're still in withdrawal, still sick to the stomach - still vomiting, stomach rolling, headache - let them go another day. *** Been on dope, on fast enough drugs released they go into a coma, an intoxication coma. Take them off lemon water. Give just water, sometimes enemas to wash drugs out of their system, stored up, or they'll die. *** It's a good idea to fast once a week if you are overweight, after the numbers get straightened around. *** If their energy level is below 16, do not put them on a fast. If it's below 25, sometimes a day and off a day, or miss a meal. If getting weaker because of the fast, stop it.

FAT *** You will find people with fatty wattles. It comes from eating pork. It will not show up in the test because it's not giving off any energy *** Fatty tumors they call them, not a tumor, a wattle. It's just fat. I've seen many of them go away. Caused by one of the trichinosis bacteria. *** Carbohydrates, fats, and starches produce energy. Fats differ from carbohydrates in that they don't crystallize. *** There's a difference between muscle tissue and fat tissue. They have different density because of the gases that are trapped within them. Fat has more oil trapped in it. *** The

disease that's in the animal also affects the color of the fat, according to the kind. Chicken fat should be a golden yellow; and if it's a beige color, the chicken is slightly ill. Beef fat, unless it's almost tallow, is snow white; it should be snow white or that animal is diseased. In fish the fat is black. *** The cell can manufacture its own carbohydrate to a point. If this were not true, you couldn't use your own fat to survive on. Fat does not store sugar as such; it stores it as fat. And the phosphoric acid in the stomach mixes it up, spreads the cells out wide enough so when it gets over to the liver, it can put them together in carbohydrate form in each molecule.

FEET *** The feet and the ends of the bones are rich in benzine [benzene]. *** For diverticulitis, enlarged part of vein or artery, put them in bed, prop up their feet, put hot and cold compacts on their legs, some kind of radiant light on their legs. All this helps, but when you have one that's very serious, you just have a fifty-fifty chance. *** When people have a copper poisoning, the skin turns yellow and they have scaly feet.

FERRO *** When a person needs iron, give them Ferro. It' s the most natural. Anytime you give iron or blackstrap molasses or Ferro, the stool will be black. *** Ferro is a very good thing to use, but that depends on how anemic. Suppose you couldn't get Ferro, what is the next thing that you'd use? If you need it badly, I would suggest B_{12}.

FEVER *** When you have a fever, your blood increases. It throws more water in the blood than it would ordinarily retain. So you take an aspirin to throw the water out of your system; or drink hot lemonade, go to bed, cover up, and sweat it out.

FIBER *** One of the causes of sluggish digestion is lack of fiber in the diet. Out of fiber comes gelatin. Fiber in food forms gelatin. Flax seeds, millet, okra, are good. *** What in food forms gelatin? Fiber. Certain amount of the fiber has gelatin in it. If the gastric juice is not strong enough to take the gelatin out of the fiber, the pH is going to go up. It becomes sticky [gluten]. *** At least 35% of our diet should be fiber coming from vegetables; will prevent constipation, undigested food from sticking to the colon.

FINGERNAIL *** What organ would be most affected if there was a phosphate calcium deficiency? Bones is correct. What would be the red light to let you know that something is wrong there? The fingernails. Ridgy or brittle or very soft or beginning to lose color. *** Another sign of anemia is blue fingernails. When you have anemia, you also have an oxygen deficiency, which brings about the color.

FIRE *** Chelation holds matter together. A tub full of wood, it's chelated solid wood, a block of wood. You can burn it in the fire. The fire is an anionic substance that unhooks the chelation that melts the chelated cation that releases it into heat, smoke, and electrical energy.

FLUID *** If you have a lack of mineral in your diet, the first thing that happens is the DNA and the RNA factors, somewhere in that cell, an open space, air gives off a CO_2 gas. This expands the cell. And as this happens, it fills with fluid and the cell is swollen; and it restricts other cells and you have adhesions. This CO_2 gas will escape because of the pressure. *** They have a new instrument on the market to take swelling out of tissue. *** Chocolate causes the body to retain too much fluid.

FOAM *** People with urine that is strong with odor of ammonia have a very high urea and are candidates for a pectoris heart attack. It also foams when you are making the test. The more foam, the higher the urea.

FOCUS *** The focus point of a metal is determined by how many electrons are in the outer shell.

FOOD *** As many different kinds of foods as possible, in order to get as many different forms of mineral as possible. And maybe some of those particles will fit our body chemistry. *** Our saliva is 6.40, and we eat foods that are cationic, even more acid than the saliva. And our saliva, as we chew our food, wraps around our food that we are chewing, becomes saturated with saliva. And we put it in our stomachs with a pH of 6.40. And then the digestion starts very, very gently. *** Take the agricultural course, learn how to evaluate foods. All carrots are not alike, and all wheat is not alike. Difference is the mineral content *** The greater variety of foods that you eat, you're safe in a great variety. *** I do not know of any food that somebody does not have an allergy for. *** The more dilute the gastric juices are, the softer and better prepared should be the food. *** Eat a good breakfast, and the big meal through the middle of the day, and a very, very light supper. *** Most people should not eat foods at bedtime because it releases too much energy and causes restlessness. *** It tells you whether the person is eating too much meats, whether their diet is rather a narrow form of diet, or too much of this or too much of that, the cause of high urea. Any person who has a great wide variety of foods in their diet over a long period of time, you will not find the same problems in the urea. *** Combinations of foods, there's a little bit of truth in it. Only a little bit. Fads. I have not been able to bear out any of those things in laboratory work testing people. Do not mix celery juice and pear because they neutralize each other. You come up with almost zero. *** What are the three foods that are anionic? Calcium, chlorine, and potassium. *** What foods are rich in potassium? Hominy, tortillas, banana, some in sardines. What mineral? Algavim is rich in potassium. *** Today most of our foods are safer with the additives in them than they would be without them. *** You must remember one thing about foods. All foods do not contain the same amount of minerals. *** You know the reason the urea is here, is because he's not getting enough energy out of his food. *** Does it make any difference which calcium? It affects the pH. It affects the amount of energy we get out of our foods. *** Man needs more variety of food than anything else in the world. *** About how many pounds of food does a person weighing 100 lbs. eat in a day? Roughly speaking, about 3 lbs., if a person is healthy. *** Growing children and boys, especially about 20, use more food at that age than most any other age, and many times it's because of the poor quality of food. If that food is top quality they would use such a little of it that you'd think they were starving to death. The greater variety of food that you can eat, as a general rule, the safer [for mineral content]. *** Foods classified as anionic and cationic foods: Lemon, anionic food; all the rest are cationic. *** Foods we eat, in our stomach churn and churn trying to compress it. Resistance between anions and cations give off energy in chemical form of carbon dioxide, separates the water; water collects minerals in colloidal form, other in form of energy patterns. *** Right amount of raw food, gelatin, keeps the bowels open. *** In the mouth, food coated with saliva, an anionic substance. Anionic digestive juices and cationic food. *** Unclean meats digest faster and release a tremendous amount of energy. *** The food going into the

digestive tract and interacts, and a gas is produced, or a vapor, carrying elements with it into the bloodstream to the liver. *** We have the cationic food going into the digestive system, anionic digestive juices. Nitrogen, calcium, oxygen, and water, iron, and iodine. The structure is broken away from the food in vapor form, carried to the liver. *** So this is the conversion factor that comes in taking our elements from the food we eat into the system. It goes from solid, through vapor, into gas. *** As we look at the mineral content of soft tissue and hard tissue, as we look at the amount of efficiency from the food, because of the digestive juices' strength, then we begin to see what elements are not being picked up and what elements are of major concern in every organ. *** 80% of our food coming from the air that we breathe. On the rise from a new moon, there's less mineral ionization in the air than there is in a full to a new moon phase. This affects our healing capacity, fast or slow. *** The bone has a part in taking electrons and fitting them into this frequency programmed by the brain. Not just from the food we eat. *** Carbon comes from the carbohydrates that we eat and also from the carbon in our food.

FORMULA X *** Formula X is a product we haven't given a name to. It' s made with raw rosin (resin?) from the pine tree and a bacterial culture of a protein mullein plant. We put these together in wood alcohol. It has a great healing agent but the mullein has to be run through a culture and into enzyme form. *** Good for pain, ear problem. Shake good and put a drop in ear, hold head sideways, put cotton in. For arthritis, rub on, except kidney and bladder area. Do not take internally. On a swab and dab on tooth for toothache, abscess on outside of jaw, help swelling down. Some allergic to it, swell. If put on burn, let air get to it or blister.

FOURTH DIMENSION *** This is the dimension in which the transition is made between the angles and arcs of energy. You make a square surface into a plane surface. When a cancer cell loses its ability to hold itself up and loses its oxygenation, collapses - it's the fourth dimension. [Cube turns wrong side out; anions become cations, cations become anions; the cause becomes the effect.]

FREQUENCY *** Once you know the frequency, then you know the diet. *** Our Creator made males on a log frequency of 24, and the females on a log frequency of 26. The time it takes one electron to make one complete round in its molecular circle. *** Frequency is the number of wave lengths in a given distance. *** Without resistance, or very little resistance, the ordinary speed of electrical current, which is the wave lengths, travels at 486,000 miles per second. That's what holds us together. *** This is the frequency, perfect equation of a perfect human being: 1.5 6.40/6.40 6-7C .04M 3/3. *** Frequency is the kind, micronage is the species. The way the anions and cations are stacked together to make the atom that makes the molecule on the frequency - that is what micronage is. *** The frequency upon which a human being lives. *** Everything has its number, right down [to] the frequency, micronage, milli-micronage, milli-milli-micronage. No two things exactly alike. *** An electrolyte, it's a magnet to draw things together on a frequency. *** It is the oscilloscope instrument that gives us the frequency of the pattern. *** Unless the alcohol is made on the exact frequency of the system, then the heart rhythm is not quite what it should be. *** Frequency determines the structure of an atom. Why? Magnetic attraction. All magnetic attraction of biological substance is determined by frequency. A log frequency of 24 and 26 would be a human cell. *** In this measurement of energy we do not deal with angles; but in

the measurement of frequency structure, we are dealing with angles. *** It's still a cell, but it's lost its ionization, its electrical charge. It's no longer held together on the frequency. *** What deter-mines the frequency of a kind? The liver adds to, takes on, and changes around the substances that we eat in the manufacturing of the enzymes on the frequency that we are going to need it for, the various organs. *** It is the electrolyte that draws the elements that make the frequency, which makes the kind. *** Every cell in that body will be on that frequency, whether it's the toe nails or the teeth, the hair, the brain, the heart; all of them different, but all on that frequency. The blood does not have a frequency; it doesn't stabilize enough to form a permanent pattern that you can pick up the energy from to determine the frequency. *** [cell breaking down] That water that forms in there will not be on your frequency; it's losing its energy. *** The frequency, that is what determines how much energy you need. *** It's the chemical structure of the molecule that makes the frequency. And what is the chemical structure of a molecule? It is the frequency. *** We have some 284 glands in our body, and all these glands are ionized on a little bit of a different ratio that makes our body frequency what it is. *** Energy comes from the elements that make the frequency on which we live. *** Do you know that all ovaries and all sperm are on a definite frequency and only like frequencies attract each other. Unless those two frequencies are constant, they cannot join or equal or synchronize. *** When you can understand that the micronage and milli-micronage and milli-milli-micronage synchronize into one frequency, you can see how impossible it would be to cross the kinds. Smell energy from a rose. Difference in odor, the frequency. *** The magnetic attraction of that organ, collecting the energy from the food that fits the magnetic attraction of that frequency. Like things attract each other. A process of eliminating the things that won't fit the frequency pattern. *** Our livers are made in order to form that energy from our foods, on the line of least resistance, or frequency, down to the milli-micronage. It does the first manufacturing of frequency energy that there is in our whole system. *** Foods digesting too rapidly, it does not make that cell on the frequency, micronage, milli-micronage, milli-milli-micronage. It fails to manufacture a type of energy that fits your body chemistry. It's got to be right for the maximum amount of cells to form on your frequency. Otherwise they form on heat, or acids, undigested minerals that pass out into the urine or through the bowel. *** Then when you take this predigested protein and it gets into your system, it ionizes it, rearranges its anions and cations from one frequency to another. *** Frequency of males .0000024; frequency of females .0000026. *** After frequency: Micronage, difference in species and organs within the body; milli-micronage, color and texture. *** The brain is the master computer for the frequency and everything else, programming each cell. *** The density within an atom tells us that the frequency of these minerals are higher, have to be slowed down more. *** The more delicate the cell, the higher the frequency. *** Food of varying frequency going into the stomach. *** All amino acids have the same frequency [micronage]; they have a different milli-micronage. *** Every cell in your body has the same frequency, and it's nitrogen that allows it to have the same frequency. *** The elements have the variable frequency, but in the compounds it's equal. *** The greater the density, the greater the frequency; the greater the number of atomic particles, the greater the frequency within that atom. *** Atomic chart, notice the chronological particle make-up. The higher the frequency, the more the body has to slow that frequency down, or adjust it. *** 4 stages of cell formation equals, or is a result of, frequency. *** 4 stages come together in a frequency, a measurable frequency, and this is

a result of the plating. *** Anytime that you put a compound together, it's got a frequency. Anytime you have an element together, it's got a frequency but it's not stable. I think of frequency as something that's stable. *** The blood doesn't have a frequency because the blood is not connected to the brain by a nerve.

FRUIT *** Your fruits should be eaten early in the day. If you have low blood sugar, it's all right to eat them anytime.

FUNGUS *** Many women suffer with fungus of the vagina. It comes from pollen in the air. This will show up on the numbers on your card. Many times when you see the picture there, see the energy loss, then you can say, Do you have itching of the vagina or an irritation there? K-Min will knock it out. Take 2 TID with meals for 12 days - same as worms - then one with each meal until the bottle is taken. *** The individual that's going downward on that geometric scale and they're losing weight, getting very thin - it's worms or bacteria or fungus, something on that order that's causing it.

GALLBLADDER *** Whenever the gallbladder is stretched too big, the bile stands in the gallbladder too long. It will ferment. It will lower the pH of the liver bile more than the saliva. Not much, just a fraction. It's very important to keep the liver bile and the saliva equal. *** Is there any white material in the stool? If there is, it's a malfunctioning gallbladder. The first thing you can do for a gallbladder is olive oil on their salads. These tests do not readily pick up gallbladder problem. Generally the foods do not digest properly, sick at the stomach, nauseated a little, enough to be annoying, just a general sick feeling all the time. Notice closely the bowel movement, and if there are white flecks in the bowel movement that look like ashes, white ashes, then it's a gallbladder problem. *** For gall stone problem, 1 Tablespoon olive oil every day or on each salad. *** If the gallbladder has stones in it, they are more like little sand stones. A normal gallbladder will hold about 2 to 4 ounces; this is the size of a normal gall. Little stones will form in that, and that tube between the gall and the small intestine below the stomach is quite small. And the fluids from the liver collect into the gall itself and gallbladder. Then as you begin to swallow food or get hungry, it begins to flow more and more rapidly into the small intestines, and then it rises up into the stomach, churns and pumps it into the stomach, and it begins to digest the foods. Now, if the gallbladder gets stones in it and has not been enlarged very much, one Tablespoon full of olive oil twice a day on green salad will dissolve any gall stones I've ever seen. Pompeian is a very good olive oil, and it will dissolve that in just a few days. Once that gallbladder gets to the point that it holds up to 32 ounces, I've seen them that large - up to a quart, there's nothing in the world to do but to have it removed, and it certainly is necessary. But up to 8 ounces, you can get it to retract itself and go back to normal. That gallbladder stretches; it's very, very thin; it won't give off any energy. You will not pick up the gall bladder, but you will pick up the indigestion; and by deduction you will draw a conclusion: It is the gallbladder. *** Any little ashy looking white flecks in the stool, then it's gallbladder problem. If a gallbladder is really in rough shape it will show up in the numbers, but sometimes it's just started. It takes 3 or 4 days to zero in on the gallbladder.

GAS *** If you keep on getting your body out of rhythm, it will throw it into utter confusion, and that can cause gas. Or a complete change in your dietary plan can cause gas. There's more than one cause of it, but primary cause of any substance creating too much gas is that you need a colonic. The next thing could be that your pancreas is not manufacturing quite enough alcohol. Cold hands, cold feet all the time, those people are generally troubled with gas. Or foods digesting too slowly gives you gas problems. In the colon. It's generally a need for a colonic. *** Whenever we have high alkaline saliva, high alkaline bile, and we put acid foods into our stomach, it creates an excessive amount of gas and energy, and we burp. It just doesn't digest like it should. It's trying to digest too quickly, not longer but too quickly. Therefore it's just gurgling out of you. *** Lack of mineral in your diet, cell giving off not enough energy, air gives off a CO_2 gas, gas expands this cell, fills with fluid, swollen, restricts next cell, and next, and next, and you have adhesions. CO_2 gas will escape because of the pressure. *** The molecule lost a little bit of the perfect synchronization, loose energy, gas forms, expands, moisture collects in that cavity. *** When this cell has met its climax of growth, time to be exchanged, gives up one of these little ions of energy, another and another. Next thing you've got a little hole. It's going to fill with gas, and this gas is going to go off taking off more of these anions and cations of which the cell is made from to start with. *** [swollen abdomen, bloating] One cause is a swollen liver, or chemotherapy liver, just plain gas, delta cells. *** Mercury, when they heat the mercury, it's in the gas form that it does the damage [dentists, affects their mental level.] *** Boyle's law referring to gases. *** What would happen if someone was suddenly put outside the Van Allen Belt? Explode. The gas starts coming out. Skin diver goes down too deep too fast, gets a "bend." It's the nitrogen gas coming out of the blood. *** When you have a wide space, an acid urine and alkaline saliva, the person can be expected to complain of gas. *** In our oceans and our fresh water bodies of water, corrosion, or oxidation, is taking place; gases are being produced. Mineral bath, one way to feed your system; the gases through the skin, bloodstream, to the liver. *** The structure is broken away from the food, in vapor form, gas vapor form, carried into the liver. *** Three states of matter or energy: solid, liquid, and gas. *** The molecule being made up of atomic structure, or different elements, and converted to a gas form, going into the bloodstream to the liver. *** Take the mineral supplements with the food, middle of the meal, because it will explode and mix with the food and won' t create so much gas.

GASTRIC JUICES *** The lower the energy, the more dilute the gastric juices. And the more dilute the gastric juices, the softer and better prepared should be the food. *** Everybody would have worms if it were not for the fact that the liver manufactures enzymes that were constant enough to kill them. It is perfectly possible for anyone to have worms if their gastric juice becomes dilute enough. *** [Lecithin] Very difficult oil to digest, takes a very strong solvent to dissolve it, questionable for people who have dilute gastric juices. *** When the gastric juices are too dilute, not breaking down like they should be broken down, that causes gas. *** A person whose food is digesting too slowly simply means that the gastric juices are too dilute. Calcium deficiency, not enough water and oxygen. *** You may have plenty of gastric juices to digest the food but the mineral content isn't in it. If the gastric juices are too dilute, it will not get the mineral out that is there. *** If a person is healthy, then it means that gastric juice is strong enough to absorb the minerals from the food, according to the age, sex, and weight. *** What determines the energy we

get out of our food? The strength of the gastric juice and electrical energy. *** If the gastric juice is not strong enough to take the gelatin out of fiber, the pH is going to go up. *** When you have cirrhosis of the liver quite a long time, generally, the lack of gastric juice; will become more dilute and more dilute, and the energy loss will be greater and greater, and mineral deficiency will become greater, and the weakest of the vital organs becoming affected.

GELATIN *** Constipation: undigested food sticking to the colon and to the digestive tract. They do not have enough gelatin in the diet today - Agar Agar, millet, okra, flax seed, Knox gelatin. *** In our American diet, we do not eat enough gelatin in our foods today. We used to have soup bones. We had stew with bones in it. Out of these bones came a gelatin. When our diet is lacking in gelatin, then as undigested sticks, becomes very sticky like dough, and it sticks to the colon. You can have a person with an absolutely clean colon today, and all jammed up tomorrow, because they are not eating enough gelatin. One of the causes of sluggish digestion is not enough fiber in
the diet. Out of fiber comes gelatin. Cellulose - one of the easiest ways to solve a congested colon and constipation problem. *** Gluten is sticky. Opposite is gelatin. Your system has the ability to change oils into gelatin or to assimilate it. Certain amount of fiber has gelatin in it. If the gastric juice is not strong enough to take the gelatin out of fiber, the pH is going to go up. It becomes sticky. Low pH is caused when it's lasted so long until the foods can't get through. The cells are starving to death.

GENETIC *** A little girl 9 years old, 72 years old in the rate of energy she's getting from her food. Brought about by an alcoholic great-great-great grandparent. If you have these witnesses without a biological cause, then you know it's genetic. If you have these problems without a biological cause, then you know it's genetic, and vice versa.

GERM *** There's such a thing as a cell forming and the spirit of life being in it, which is the electrical charge - 110 volts - that it takes place and is into existence. And it is the liver not joining the chromosomes together with manganese, enough manganese in them in order for it to manufacture the germ of life.

GINSENG *** Ginseng is a laxative but it does not have the healing agent that chaparral has. If you put them on ginseng, also put them on aloe vera gel.

GLANDS *** So we are limited by our glands, but plants are not limited by glandular action. Therefore they live on a very, simple frequency, and we live on a very complicated frequency. *** The pancreas makes thyroxin. It goes to the thyroid gland and it adds potassium to it, and that's old fashioned grand-ma's soap. *** Pressure points, bed-wetting, from the naval of the child there's a zone something like this, somewhere in this zone there is what we call a transformer gland. Find that gland. It will be sore. Put a vibrator on it, the naval; it's on the right hand side. It is a gland that controls the blood flow at the neck of the bladder. Menstrual cramps: Find the gland under the arm from the breast to ovary. In the crotch, glands on pelvic bone, vibrator. *** So we have approximately 284 glands in our body, if all are present. *** Synchronizer called glands. Acupunc-ture glands, if you like. They are controlled through the spinal column. The acupuncture glands,

or transformer glands, determine or let you know whether or not blood is circulating properly through the primary and secondary organs. When the glands in your neck swell up, it's a vitamin C deficiency. *** We have 284 glands in our body, and all of these glands are ionized on a little bit different ratio. That makes our body frequency what it is. The more of these glands that are removed or undernourished, the more energy we will lose and the less resistance we will have and the more ill we become. *** Unfinished amino acid, like the frame work of a house, passes through the bloodstream. If you could see a gland, it looks like a little ear syringe with a tube on it; and out of this tube it is manufacturing a substance. As the blood passes through it, it adds to that enzyme; and as it travels through the body, that transforming gland is producing the substance that it is supposed to produce. Then this amino acid will take part of it, plate it onto this amino acid molecule until it is complete. *** So there are these 284 glands in the body, as the body reaches maturity, that will add to it what it should have, to make what you might call a complete amino acid. *** If we have 240 [?] glands and 23 organs and all the different functions of those glands, I would say that 6 billion is a very conservative figure for the possibility of arrangement for the functions that have to go on within the body. *** A gland is a transformer; it can ionize or enter into ionization. It's like a swelling in the bloodstream. As the blood goes through that gland, it breaks down into all those tiny capillaries and then it comes back on the other side. The blood circulates around through there, picks up ionization, picks up mineral or amino acids coming in, and coming out a little bit different from than when it went in. There's a specific transformer gland for the brain, for the testicles, for the ovary, etc. *** 60-80% of the building of the amino acid occurs in the liver, but the other 20-40% occurs in the transformer glands.

GLAUCOMA *** Diabetes, enlarged eyeball; and I have a suspicion that it might be the very beginning of glaucoma. It might be, I don't know for sure, because estrogen and testrogen [testosterone] also have a bearing on that. Also, so does vitamin A have a bearing on that. So I'm not going to say that it is the cause, but I do think that it has a connection there.

GLUCOSE *** An allopath does not measure the total sugar, just measures glucose. Glucose is only one kind of carbohydrate, only one kind of sugar. The glucose tolerance test, at its best, is only 50% accurate. *** When a doctor gives you a glucose tolerance test, they are measuring glucose only - just glucose, nothing else. Glucose is only one kind of sugar. What does glucose do in the pancreas? It makes insulin. It's one of the products for making insulin. They only talk about glucose in the blood, but also there's other carbohydrates in the blood that carry oxygen besides glucose.

GLYCOGEN *** The pancreas manufactures alcohol from the glycogen made in the liver, and that's what controls our body temperature. *** The liver makes a material called glycogen, goes over to the pancreas; the pancreas manufactures thyroxin. *** High or low sugar, chlorophyll is a wonderful thing to help the liver make enough glycogen for the pancreas to perform. *** The glycogen goes over to the pancreas, and it manufactures alcohol out of it. The alcohol keeps us from being too hot all the time. It's the ammonia. When you get too hot, that ammonia - ammoniacal nitrogen, that bottom number - is what controls our temperature.

GOLD *** Trace elements found in bone: Iron, manganese, copper, gold, silver, and etc. So many of them and so small amount, they are just called trace, 2%. *** Minerals responsible for carrying the message from the brain to the organs, it's aluminum, copper, silver, gold, salts.

GOLDENSEAL *** Goldenseal may be taken when the pH is above 6.40. Goldenseal is a blood purifier, and it also helps to dilate the kidneys. Generally about 30 days will be sufficient. Sulfur in goldenseal. A person 80 to 140 lbs.: 1 BID. Sometimes you need more than that, depending on what their problem is. From 140 lbs.: 2 TID. The lower the energy rating, the more goldenseal will be needed, providing the pH is above 6.40. *** Goldenseal for anyone with high urea; blood purifier, helps the kidneys to throw off dead cells without overloading the kidneys. Do not give with low pH; give with high pH and high urea. As the urea drops down, you can drop it down to one at each meal. *** It contains sulfur, a special kind of sulfur. It's a blood purifier. Generally, do not give this to patients with a low pH. Once in a while I will, providing the patient has a high carcinoma count. But I also give a pretty heavy dose of calcium to try to get it back up. Goldenseal will also dilate the kidneys so bigger particles can get through them. *** Take goldenseal, pickle juice, things of that nature to get more energy out of foods. *** Goldenseal will help the kidneys throw these cells into the blood and will strengthen the heart. Goldenseal is from the root of a plant; has quite a bit of sulfur in it but does not give a sulfur effect in the body. We used to use sulfur tablets, but goldenseal is far superior to the sulfur itself; sulfur is too toxic. It causes the kidneys to do a better job of straining the blood.

GOVERNOR *** Carbon, it is the governor for how much moisture your body will hold and needs every 24 hours, how much moisture your body holds. It is a necessary element. *** Carbon, what does it do? It determines how much moisture anything can contain - a governor for water.

GRAM *** Through this entire course we are dealing with one gram. *** So, therefore, figure energy in calories of heat. One calorie is the amount of heat that it takes to raise one gram of water one degree [centigrade].

GRAPH *** A graph is the beginning of forming of geometrical lines into any picture. This is the field of polynomials, converting math in mathematical terms into objects.

GREEN DRINK *** The finest way to control high or low blood sugar is by the use of green drink. If you give green drink - especially the pure raw extract, chlorophyll - [to someone] that has high blood sugar, it is going to inebriate him almost instantaneously. Intoxicated because nature starts to change that sugar into alcohol, a sign that you're getting the desired results. Put them to bed and tell them to expect their head to go spinning around and around. *** You use green drink whenever you have a pancreas malfunctioning. It's a good thing to use anytime; but when they have a high sugar or low, the pancreas is malfunctioning. *** Spinach is excellent. Green beans is excellent. Any ordinary green grass, oat grass, wheat grass; white Dutch clover is the strongest one that I know, but it is rough. *** $C_6H_{22}O_{12} + NO_2$: green drink, protein; it's green drink. It has chlorophyll, and this prevents the sugar from accumulating in your system. It prevents the pancreas from manufacturing too much or not enough insulin. You make this from comfrey, lettuce, green

beans, dandelion leaves, etc. *** When the blood does not carry enough oxygen, then they are forgetful. Give them green drink. If sugar drops below 1, use honey and also green drink.

GROUNDAGE *** Groundage is a worm that gets in the foot. Something like a ring worm, only he doesn't go round and round - just crawls all through your feet under the skin.

GUMS *** Leukemia patients usually have gums that are black and blue, or they have blue streaks in the gums. These are signs of anemia.

GYPSUM *** It is possible with high pH to be calcium deficient because they do not have enough of different kinds of calcium. Phosphates will not change your pH to amount to anything; and then your lactates, gypsum group for instance, are the only ones that bring them down [high pHs]; and the others lift them up.

HEADACHE *** When the feet are extremely hot and sweaty, then use coffee because the pancreas is producing too much alcohol. Also the niacin could have released too much alcohol in the system and they have a hangover, which causes severe headache. Sometimes it does that. *** With numbers like this: 5.40 7.60/7.10 9C 4M 8/4, ask if they are on insulin or devenates [diabinase] and how long. Then ask if they have headaches. If they say "No," this goes down slowly. If "Yes," then it goes down rapidly. Headaches because there would not be enough oxygen to the brain. They have fluctuating blood sugar. They are tired and have soreness of the joints, arthritis. *** A headache is a sign that something is going wrong.

HAIR *** When they have worms, the hair has no luster. *** Every cell in the body will be on the same frequency, whether it's the toe nails, teeth, hair, brain, heart; all of them different but all on that frequency. *** Losing hair: vitamin A; and also the skin is not absorbing enough oil. You need to examine the scalp under a very fine power magnifying glass, up to 20 power, and see if there's a hair coming out of each pore. There are genetic problems wherein that the pores enlarge in size; and yet he might have 6 hairs on top of his head, and there's only 6 pores. A hair can't come out just anywhere; it has to come out of a pore. He might have 6 per square inch, or 10 or 12; but if there's a hair in every pore, there's nothing you can do about it. If there's a lot of pores without a hair in it, you can do a lot of things about it. Use Johnson's Baby Oil and rub it gently into the scalp each night, gently for about 15 minutes, with a very soft baby brush. The young hair that comes out is very brittle, and it will break off easily.

HARD *** The largest and the hardest cells are in the bone. *** Bone is the hardest tissue, the largest cells, the most anionic because it has the most calcium. Teeth would be harder than bone, then fingernails.

HEAL *** The arteries and veins don' t necessarily heal the same from one end to the other. They heal faster in some spots than they do in others. Pockets will form in the arteries and veins, and in the veins especially; that's where it is dangerous. Then this blood collects in there, and it can't heal then because the blood is coagulated and some of the cholesterol also; and that is what phlebitis is. *** On the rise from a new to a full moon, there's less mineral ionization in the air than there is in a full to a new moon phase. And this affects our healing capacity, fast or slow.

HEALTH *** We're dealing with the human body where the temperature is constant, if a person is healthy - no disease, the ideal range 1. *** Without heat loss, we cannot have cationic life. As long as it's a balance - we are talking about stage 1, as long as the outgo is equal to the income, then you have stability, and you have health, and remain in stage 1. But the minute that the outgo is greater than the income, then you are losing in that reserve energy, going downhill.

HEART *** The heart is rich in arsenic. *** Vitamin E thins the blood, therefore taking some load off of the heart. *** When the stomach expands with gas, it closes the valve at the top of the stomach, and you can't burp that gas out. Then it's going to press the heart and the heart will go to skipping and jumping, and finally be so pressed that it will stop through fatigue; and of course death is inevitable. *** If it were not for that vagus nerve going to the vital organs - the heart, the lungs, the stomach, the pancreas, the liver, the sex organs, and etc., they could not live. *** The reason they're tired is that the proteins are not digesting but turning to urea, causing the heart to beat too hard each time, day and night. *** In the arteries and veins cholesterol forms. If it didn't, you'd die a lot quicker because the blood would lose its ability to get out to the capillaries and back to the veins, to the heart. *** When he was between 10 or 11 years old he had a heart murmur, and the doctor gave him high amounts of arsenic and he's been sick all his life - 80 years old, walked with two walking sticks, bent over, and he couldn't straighten up. *** Many people, especially 50 and above, have heart skips. It's quite common for people whose diet is deficient in arsenic. And you get arsenic from asparagus. *** If you have had a real heart attack, a real one, the heart rhythm will never be the same again until the heart repairs itself. And it will have skips and the rhythm will be out. But once it comes back, grows up, and restores itself, it will be perfect again in its rhythm. An athlete's heart is an enlarged heart. The primary cause is that strenuous exercise or athletic programs; hard work during youth causes athlete's heart. Keep weight and exercise in proportion to the size of the heart. What causes heart attacks is either the body retaining too much salt or not digesting the urea, proteins. Those are the only two causes of heart attacks. There are no more. *** Goldenseal will strengthen the heart. *** In the back of your head there's what's called the local nerve part of the brain. Locomotion. The automatic part of the brain, which controls the breathing, the rhythm of the body, the lungs, the heartbeat, and. etc. *** A certain amount of alcohol is needed to stimulate the heartbeat. Unless the alcohol is made on the exact frequency of the system, the heart rhythm is not quite what it should be. It's not absolutely perfect. *** What elements determine the structure of the heart? Arsenic is one; Calcium, always; and phosphate. *** Heart pacer - I've never seen a case that you could not get the rhythm of a heart back when you got the chemistry back. A pacer gives you the same pace, 24 hours a day. The heart's not supposed to beat like that. It's supposed to beat slower through the night; and if you get in a hurry, faster; or if you get excited or something upsets you, it's supposed to pump faster; and it doesn't. *** Dolomite - the digestion will separate the calcium from the magnesium oxide, and the magnesium oxide then will release the excessive protein and let your heart beat a lot softer and easier where you won't be so tired. *** The cells, the urea that's in the tankage, the worn-out cell does not overstimulate the heart until it turns to a salt. *** Pulse in the 40s and irregular. Send them home and advise to eat some asparagus. On the back of the hand, high veins standing up: danger of cardiac arrest, heart

failure, congestive heart failure. Going to need digitalis. *** A lot of asparagus because it's one of the finest heart foods that there is. *** Urine thick, off-color, odor, more ill, strong odor of ammonia, very high urea: a candidate for a pectoris heart attack. *** Secondary [cause of maladies]: the heart, the kidneys, the lungs. *** One of the signs that you need asparagus is a heart that skips or a heart that's out of rhythm. Those are the two that use asparagus for a heart that's out of rhythm or has skips. *** If the heart's skipping, you are deficient in arsenic. If the rhythm is bad, you can have a heart attack. Might think it is indigestion but they had a heart attack because their rhythm is off. *** Know what the pulse rate is before going on a fast. A normal person will have steady normal beat during withdrawal. *** When the urea cells decrease, the heartbeat will be softer and softer. Then you know the person is gaining energy. *** Low calcium and fear cause the heart to speed up. Some people can sleep on one side or the other and cause the heart to speed up. *** Vitamin E to thin the blood because the carcinoma, the cancer cells if any, fill the blood at such a rapid rate, it thickens the blood and overworks the heart. *** The urea thickens the blood, and the heart beats hard. *** Palpitation - give digitalis until down to 60. It will not help if palpitation is caused by ptomaine poisoning. *** The whole heart will have the same micronage, but two people won't have hearts with the same micronage. That's the reason they won't fit in transplants. *** The heart beats harder on the nitrate nitrogen than it does on the ammoniacal nitrogen. The top number is more dangerous than the bottom. During this program when the urea goes up, it's not forcing the heart; it would be on the first test. A different kind of salt. *** Cirrhosis of the liver for a long time, gastric juices become more dilute, mineral deficiency greater, weakest of vital organs affected, sometimes the heart. *** Color of various organs: Density. Brain less dense than heart, liver more dense than heart. *** Mineral deficiency is your determining factor of whether or not a cell will replace. For this reason, we can predict heart attacks weeks and months and years in advance. *** In the heart, arsenic is going to be increased, calcium decreased, wherever they fit in from the softest to the hardest tissue. *** There's 4 divisions of the heart. Two of them are called atriums, and they' re on the top of the heart. The other two are called ventricles, and they are on the bottom of the heart. The most powerful side of the heart - the left side, the left ventricle, that's where the thickest muscle is. *** The tissue that are called toughest. The heart is a real tough organ.

HEAT *** Team up a cation with 500 Mh units of energy, and team it up with another with 999 Mh of energy, and they'll seek their level about 750. When these two extremes start to level off, energy is going to be given off. You won't end up with 750. You'll probably end up with 560 to 600 because there is a loss. This loss called heat. *** Heat is energy in anionic form or electrical form. Two kinds of energy given off by its seeking its level. *** Energy loss, heat. *** Produced by alcohol from the pancreas. It takes one drop of the alcohol produced by the pancreas, about 47% strength, to control the proper heat in the body for 1/2 hour. Oxidation denotes energy loss of some type, and this is figured in this heat loss. Without heat loss we cannot have cationic life. *** Heat loss is one of the ways of energy loss during this process of unification of these elements. When you lose heat, you're losing energy. *** The person that's out in the open air a lot gets more energy through their skin than they do through the lungs. It's the heat and the sunlight, and the air and the wind, and the motion of the cations and the anions, energy in the air that strikes you.

HEMOGLOBIN *** Prune juice is very rich in iron and calcium. It's also in concentrate form, and therefore you begin to build up the liver, the hemoglobin in the blood. In other words, you're reinforcing the liver.

HEMORRHAGE *** A woman in perfect range should never have hemorrhage during her monthly period. It should be clear fluid.

HEMORRHOID *** I have seen more cases of hemorrhoidal condition brought under control with a solarama board than most anything else I have seen. Discourage the eating of dried grains, nuts, black pepper - in the raw rough state it causes bleeding, or sunflower seeds, sesame seed, caraway seed, as long as the hemorrhoidal condition exists. Works best when the person's head is to the north and the solarama in the foot of the bed. *** For hemorrhoids, NO-NO black pepper, anything that's harsh, hard: Sunflower seeds, sesame seeds, strawberries, or figs, raspberries. The best thing to use is aloe vera gel. One Tablespoonful in carbonated water or Spike, and twice a day; will bring hemorrhoids right back down to normal. Then use the solarama board. Ginger ale burns like fire. Take K-Min once every 6 months. *** Min-Col is a great thing to take whenever you have a bowel problem, any bowel deterioration.

HEPATITIS *** The bacteria kind, the roughest of all. You can have two kinds of hepatitis, one the bacterial kind and one that isn't. But generally, pregnancy will do a great thing for hepatitis, that is, for the women, of course.

HIVES *** When the body chemistry is completing the change, they may break out in hives. Keep up the lemon water and water; [in] just a few days they will be over their hives. If the hives break out all over, the top of their head to the bottom of their foot, all at the same time, it means the calciums are changing and becoming available to you, and the vitamin A becoming available to you; and the nerve ends are coming alive in the skin and you have hives. But if it happens to do it on the installment plan, you might have it for 2 or 3 weeks, just a little spot here and there and yonder. But you won't have it in the same spot twice. Use Ting; get at any drug store; excellent thing for itches. A quick drop in calcium causes hives.

HORMONE *** All enzymes or vitamins are the product of a hormone. A hormone is a living tissue. *** A vitamin is a product of a hormone and a hormone is a product of an element; so you say, a product of a mineral, it is the same thing. *** An enzyme is a vitamin and a vitamin is the product of a hormone. A hormone is a living cell. *** What is a vitamin? What is an enzyme? Each are products of a hormone. What is a hormone? A hormone is a living cell. What are living cells made of? They are made of mineral.

HYDROCHLORIC ACID *** The liver manufactures a hydrochloric acid called bile. Hydrochloric acid is an anionic substance. I don't know how the name "acid" ever got hooked to it, because it should be called a hydrochloric base. *** Lemon juice is the only anionic substance, the only natural hydrochloric acid on earth that I know of. *** The only reason everybody doesn't have worms is the liver gastric juice, hydrochloric acid, is so strong and gets so much energy out of the food that it prevents the worms from actually getting into your system. *** When your liver takes in calcium from your food and it does not have enough oxygen to turn that into hydrochloric acid, then it oxidizes in the liver and you have cirrhosis of the liver. The liver, then cannot make its average amount of

volume of bile. *** Our liver manufactures a substance called bile, or hydrochloric acid, and it's an alkaline substance, an anionic substance. *** Why is chlorine important? Forms hydrochloric acid. *** The more dilute the hydrochloric acid, the lower the reserve energy. *** The fresh lemon is a dilute hydrochloric acid. The liver can use it for a base for forming some 5 billion different enzymes a day, with less chemical change than any other natural substance known to man.

HYDROGEN *** Hydrogen is 1. *** We have hydrogen, one anion and one electron. *** But in dealing with all elements with exception of hydrogen, never forget to add 1. That part makes the difference, that 1. *** Hydrogen has one anion and cation. *** We know that hydrogen has the atomic number of 1 and oxygen has the atomic number [weight] of 16. What is the atomic number [weight] of one molecule of water? 18 is correct. *** Hydrogen is cationic here [in sugar]. Hydrogen is an isotope; it is basically an isotope. *** What elements produce energy? Oxygen and hydrogen, just two. *** If it were 6 and 6 what would you have? Hydrogen. Why? A ratio of one to one, and the line of least resistance.

IDENITITY *** Under the milli-micronage, we have milli-milli-micronage, which is identity [no two things alike].

ILLNESS *** Illness is the loss of energy. The day he fails to take in more energy than he burns up is the first day of illness. *** Anytime anyone lost more energy during any 24-hour period than he took in, that day was his first day of illness. So illness is a loss of energy, health is a gain of energy.

INDIGESTION *** Indigestion goes with cold hands and feet. *** Take 4 oz. of Angie dry champagne and sip slowly.

INSONNIA *** People with high urea generally complain about insomnia; they can't rest or sleep at night, creates nervous tension. When the numbers start to get right, they're nervous. A temporary thing that happens when their body starts to regain energy.

INSTINCT *** When you get your body chemistry anywhere near normal, you'll just have an instinct to know when you need lemon. When you feel like you need some lemon, go get it. Don't put it off. This will be true of other foods as well.

INSTRUMENT *** A new instrument on the market that does a marvelous job in taking swellings out of tissue. I will probably have more information on it soon.

INSULIN *** If they are on insulin, find out how much and for how long. Insulin itself is a salt, and it is one of the most dangerous of all salts. It will crystallize the arteries and veins faster than any other salt that there is known. And when the arteries and veins begin to crystallize, the person is in serious, serious trouble. At retreat, we have to send them to a hospital for re-adjustment on their insulin intake. A person on insulin or orinate [orinase] or devinate [diabinase], whenever their blood sugar begins to lower, the pancreas begins to function. The pancreas makes more insulin and the blood sugar is lowering; and they have too much insulin in their bodies, and it's very difficult to re-pattern this, to wash it out at equal levels and lower the insulin intake at the same time. The symptoms of not enough insulin are clamminess, sweatiness, moist palms, moisture on their necks, moisture on their limbs. Give high amounts of distilled water. Person in a coma, that is lack of

insulin. *** Do not take a person off of insulin. Give them a diet so they can take themselves off. *** Vitamin C is not available without insulin, and insulin is an enemy of vitamin C. *** You have low blood sugar because the pancreas is manufacturing too much insulin. *** 2.20 sugar, could be a case of high blood sugar, providing they were on devinate [diabinase], orinate [orinase], or insulin. Insulin is a salt. It's a very constant salt. It's a very dangerous salt. It crystallizes the arteries and veins in your system. Finally crack open like dried lips and start hemorrhaging; very difficult to stop. *** The danger in insulin is that you get the system to where it doesn't need the amount it's already got there; muscles already pickled with it. They've got too much insulin, skin is dry. Don' t treat persons with it, unless they know how to regulate it. Most of those drink too much water to start with; and you've got to start with the lemon and the liver and the systematic drinking of water. *** On 20 units of insulin for two years; and that's forcing the sugar down but it's not getting the person well. *** Be careful because the body stores up insulin, just like it stores up salt in the muscle; and this thing drops, then you've got a person that has too much insulin when they're not even taking it anymore. Then they'll go into insulin shock. Symptoms of insulin shock: Dry skin; very dry, dry mouth; dry lips. Put a little sugar on the tongue. *** On this test you can't tell whether it's the pancreas manufacturing too little insulin or if they have cancer of the pancreas. If it's just the liver not manufacturing enough glycogen for the pancreas to manufacture insulin, then you can't tell whether they are taking insulin or whether it's a supply of insulin manufactured by yourself. *** It's easy to get them off the devinate [diabinase] or orotate [orinase] than it is the insulin itself. The insulin has a tendency to accumulate in the muscle or fat in the system, like salt. In fact, insulin is a salt; in its primary state of extraction, it is a salt. It therefore has a tendency, where a person has a too high salt already, to aggravate the condition of hardening of the arteries, veins, and etc. *** How long have they been on it? Insulin is a salt. It gets stored up in the muscles, the fat, the tissues. Anytime you lower the insulin, danger of coma, because this stored up insulin will become available because of the enzymes the liver manufactures. Put a teaspoon of white sugar in their mouth. If the sugar level is too low, it will raise it; if too high, it won't make that much difference. Give colonic; get water down them. Get them to hospital for readjustment of their insulin. Saline solution, if too much; but if sugar is too low, give succose [sucrose]. *** Chlorophyll will prevent the sugar from accumulating in your system, prevent the pancreas from manufacturing too much or not enough insulin. *** Sugar at .9: Put him on lemon and water. Test 2, 3, or 4 times a day, to see that the sweetener he is using is not causing the pancreas to produce more insulin. Sometimes, if he begins to get light headed or dizzy, take him off of everything a few hours and tell him to eat some food, different kinds of food. Chew some raisins, slowly. Try honey; try blackstrap molasses, maple syrup, or sorghum, or date sugar. Find something that won't cause the pancreas to flush. *** Going to break down into carbohydrate energy. It's going to trigger off the pancreas that manufactures insulin, counteract the sugar, part of it preventing the blood from carrying the right amount of oxygen to the brain. *** If low blood sugar, it could trigger off the pancreas to manufacture an over abundance of insulin and cause you to have low blood sugar [too much heat, too much alcohol]. *** What is it in all foods that turns to energy quicker than anything else? Sugar. Exception: body chemistry not producing enough insulin. Change the body chemistry. Withdrawal: [change from] one body chemistry to another. *** Insulin as an enzyme being produced by the pancreas. It is an amino acid. *** Insulin manufactured by the pancreas. *** Chlorophyll used by the body, a regulator for the manufacture of insulin. *** The first thing that comes off of this sugar molecule is alcohol, nature following the line of least resistance. Next thing that comes off is insulin,

still following the line of least resistance. If you've got too much insulin the malady is low blood sugar. If you've got too little, high blood sugar.

INTESTINE *** The higher the pH goes, both top and bottom, the slower food digests, and the longer it lays in the stomach, small intestine, and colon. *** Salt causes the digestion organs - stomach, small and large intestines, to become enlarged. It causes the intestines to lose their elasticity and diverticulitis pockets to form. Too much salt.

IODINE *** Liver is rich in iodine. *** Carrots that are grown in Indiana, Illinois, Ohio, Michigan, only contain about 2 parts per million of iodine or iron. Consequently those states are called the goiter states because a deficiency of iodine makes goiter. California has about 200 parts per million per gram of iodine, carrot juice. *** Leukemia, anemia: not enough iron and iodine. Replace iron and iodine in the liver, the basic substance for the manufacture of vitamin A. *** The thyroid is rich in iodine; and if it does not get the iodine, the liver's going to take its part first; and if it does not have enough, then it's going to cause carcinoma cells of the thyroid gland. *** Foods rich in iodine: Carrots, fish, kelp with the sodium removed/Algavim, parsley, very rich in it. *** What foods do we get iodine out of? Kelp, celery, most all vegetables, quail meat the richest of all, onions, most any kind of seeds. *** Forming of amino acids: Nitrogen, calcium, oxygen; and water as a catalyst and carrier. You might add iodine and iron next. *** Iodine, one of trace elements in soft tissue. *** First stage in cell formation, triangular stage. Each point of a triangle put iron, iodine, and oxygen; they are unified with a catalyst, calcium.

IONIZATION *** "Radium cocktail" in which you can give them up to 45,000 microcuries per day to help them get back the ionization of their bodies. I've had marvelous results with it. I've been working on it for about 10 years, and it's an excellent thing to do. *** What is it that makes the atoms pull together? It's the ionization that gives them the attraction. Rule: All resistance forms a line of least resistance. Like things attract each other; unlike things repel each other. *** The lower the ionization of the body becomes, the less ability it has to magnetize the elements that are in your
in your food. It's lost part of its electrical force. *** Cells built by ionization. Primary necessity for ionization to take place: Water. Ionization sprouts a seed. *** $E_1 = MC^2$, $E_2 = E_1 - MC^2$, $M = E_1 + E_2$. This process is known as ionization. It is the difference in resistance. *** Collecting the energy from the food that fits the magnetic micronage of that frequency. Like things attract each other, and like things manufacture each other - ionization; not exactly manufacture, collect. *** The liver's got the calcium and can't use it because it doesn't have enough oxygen. The system is over-ionized.
*** What about the ionization? Re-arranging, and therefore old cells receiving mineral supply; liver rebuilding, supply for rebuilding cells, old cells pressed out into bloodstream, and etc. *** Relation-ships like the rise of the moon and fall of the moon, this affects ionization of the air. On the rise from a new to a full moon, there is less mineral ionization in the air than there is in a full to a new moon phase; and this affects our healing capacity, fast or slow. *** The bone works like an antenna. We call it an ionizer. The ionizer draws electrons, draws energy out of the air. *** The origin of ionization is the brain. *** Bone marrow - an ionization chamber. *** The energy we get from the air we breathe and absorb through out skin, or the ionization effect that the bone has in taking

electrons from the air, is related to this in the point that the lesser mineral content is in the air at the time of the increase of the moon, and there's a greater mineral content in the air on the decrease of the moon.

IONS *** Hydrogen is known as the simple element. It has one ion and one electron. This is the basic principle for calculating energy. *** The action of the liver separates sulfur from the rest of the ions. Every substance gives off ions. *** Every substance slowly gives off ions. *** Gall stones can be dissolved very easily. You find the opposite ion in olive oil.

IRON *** The liver is rich in iron and iodine. *** Iron is 55. *** The difference between iron and hardened steel is the carbon is taken out. *** Soil in Indiana, Ohio, Michigan, and Illinois is low in iron. *** Pregnant women should have iron so the muscles can stretch during delivery and not tear. *** When you give iron, blackstrap molasses, or Ferro, the stool will be black. *** When the patient is pale, that means low iron. There is another tell-tale why she needs iron, and that is salt. *** The most natural iron is Ferro. Prune juice is rich in iron. *** Anemia is not enough iron and iodine. *** Iron has an atomic number [weight] of 55 and it has a very high magnetic attraction; and when they get this iron with this kind of magnetic attraction, it doesn't adhere. After the 7th day you could give them some iron; or if this drops down very low, give some blackstrap molasses for sweetening. *** Suppose you test a teenager and she has a manganese deficiency. It would mean she is in the early stages of anemia. Anemia means lack of iron. *** Then there's iron, with one and 55: One anion and 55 cations for electrons. *** Arsenic is to the heart what iron is to the liver. It's a food. *** If you have a loss in iron in a person's liver, how would you get the iron back into that person? Ferro is an excellent way. Beets. *** Iron deficient - plain lack of blood. *** A and iron: They got to be in sufficient amounts. You may have sufficient amounts of A and not enough iron, or too much iron and not enough A, and it would not be available to you. *** This would be a case of anemia in which you would need iron to build it up, because you have a C deficiency. When you have a C deficiency, you have an A deficiency; when you have an A deficiency, you have an iron deficiency. *** The liver has more iron in it than anything else. More elements concentrated within that atomic structure, so more dense. *** Amino acid formation in liver: Nitrogen, calcium, oxygen, and water; add iodine and iron, next. *** In bone, trace elements not in colloidal form. Iron, manganese, copper, gold, silver, and etc. - so many of them and so small amounts, just a trace, 2%. *** In soft tissue, iron 4%. *** First stage of cell formation - triangular stage. Each point of a triangle: Iron, iodine, and oxygen. These are unified with a catalyst, calcium. *** If you have too much iron in the system, it turns the stool black. Taking Ferro will turn the stool black.

ISOTOPE *** An isotope is an atom in which the nuclear displaces with the electrons; they change places. They turn wrong side out; they follow the line of least resistance *** Nitrogen is an isotope. It has 14 electrons either in orbit or as a nuclear. *** An isotope element is one that can change from anion to cation according to the greatest magnetic pull. It's like the 4th dimension. It can turn inside out. Hydrogen is also an isotope. If nitrogen is a cation nitrogen, it is also an isotope. Then there is oxygen, one and 16, an isotope. *** Hydrogen has one anion and one cation; it is an isotope. Nitrogen, one anion and 14 cations. If it is a cation nitrogen, it is also an isotope. *** Oxygen, one and 16, an isotope. *** An isotope is one in which the anion and cation change places.

It will move for the line of least resistance. Any substance that the nucleus can either be anionic or cationic, in other words, change places. Sometimes you'll find it on one side, sometimes you'll find it on another. *** Isotope, the cations and anions will interchange with each other. That's the way they maintain their integrity. *** Isotope is a charge; the charge is reversed from inside to out, cations and anions exchanged, just like pulling it out. *** Isotopes, those elements which can be either cationic or anionic, cells which can be switched inside out. Hydrogen, oxygen, nitrogen.

ITCHING *** Itching of the vagina – pollen. Use K-Min. 2 T, 12 days, then 1 TID until the bottle is empty. *** People with itches, jock itch, and itches on their bands, and so forth: Ting; get at any drug store; excellent for itches. *** Itching of the rectum means they have tape worms a yard long. *** When they have knitting pains, there's a lot of itching goes with it.

JOINTS *** Malfunction in any of this can cause pain in the joints, pain in the muscles. *** Aches and pains originate with a mineral deficiency in which the liver is not getting the substance that's needed in a form that it can use them. *** pH is 7.60/7.10. They've got soreness in the joints – arthritis. Suppose this condition existed 10 years, maybe less, what would you expect in the joints? Calcium deposits. Probably deformed hands or toes, and so forth. Great pain - inflammatory arthritis. [see ARTHRITIS]

KIDNEY *** The only way carcinoma cells can get out of the body is through the muscle, the blood stream, the kidneys, and the urinary tract. *** Cause and effect. It will show you kidney damage. *** The only way for carcinoma cells to get out of the body - from the dermis, from the epidermis of the skin outward; inward is to go into the blood and be thrown out from the kidneys. *** Goldenseal is a blood purifier and it also helps the dilation of the kidneys. *** "No-No" chocolate for most people that are ill, because it plugs up, or stops up, or inhibits the kidneys from functioning normally. *** [swelling of the legs] You have to have the numbers to go by, but the kidneys are not functioning normally. *** Before it gets to the eye, we're so wondrously made until the impurities should be taken out by the kidneys. And when it isn't taken out by the kidneys, it dilates the blood vessels perpendicular in the eye. *** Old cells do not go out through the intestinal tract. They are flushed out into the blood stream, and they're caught up in the blood stream and they go out through the kidney. *** Kidney problem: pinole [pignoli] nuts have turpentine and very good for kidney problems. Watermelon and watermelon juice, every day until the problem clears up. Trouble urinating. *** Secondary [organs]: Heart, kidneys, lungs. *** Give vitamin E to thin the blood, so the kidneys can throw out the worn out cells into the urine. *** Watermelon is excellent; pinole [pignoli] seeds, pine tree seed, a few. A tablet at health stores called Watermelon. Do not use chocolate. *** Allergic to lemonade - swollen kidney. Stop lemonade. After few days, try bicarbonate of soda; let settle. See if they can drink it without causing swelling. *** Insulin, after long period of time, causes hardening of the arteries in most delicate organs, like kidneys. *** Back hurts, kidney feels swollen - take off of lemon, double water. After a week or two, start back on one ounce of lemon to 39 oz. of water. Ask: Have you eaten any chocolate, drunk tea as Liptons, Meslie [Nestea?], or Far Eastern, or carob. Legs swelling, generally more vitamin E. If sugar is low, put them on watermelon instead of lemon, back and forth until you get the liver rebuilt. *** Vitamin P out of watermelon juice - one of the finest things in the world for kidneys. If you get the kidneys to working

normally, the whole system will work better. *** After the blood gets down the abdominal aorta, it goes to the kidneys. That's the dirtiest blood in the body, before it gets to the kidneys. After it comes out of the kidneys it's been cleaned up. The dirtiness went into the urine, and you get rid of it, if your kidneys are working. *** After it's gone through the whole body, then gets to the kidneys, the waste products are getting to the kidney. *** Tissues that are called toughest - the kidney, about the same specific gravity as the heart. A real tough organ. *** Thyroxin can either be thrown out through the kidneys, or go into the blood stream and into the stomach, causes nausea. *** Kidney stones. Too acid too long, pink stones may form; too alkaline too long, blue stones may form. Change the pH to dissolve the stones.

KIND *** Once we understand about how an atom is made, then we can take these atoms and form patterns. These patterns can form kinds. People are one kind, in the image of the Creator. Sheep are another kind, regardless of how many varieties of sheep there are. *** Once you know the kind, you know the diet. *** You can't compare one kind of produce with another kind - different ratio of mineral content. You have to compare it with its own kind.

K-MIN *** Way underweight, looked like skin and bones - full of worms. Gave her the K-Min, which we use for worms, parasites. *** Won't do any harm, if it doesn't do any good. Itching of the vagina from pollen: K-Min is the finest thing.*** Girl running temperature for 6 years. Picked up bacteria in Italy or Haiti. K-Min, over it in one week. *** K-Min, you do not give to pregnant women. *** K-Min for worms and parasites. Also, in fall of the year a lot of women troubled with itching of the vagina because of pollen. Don't know anything that will clear it faster *** Adults: dosage 2, TID for 12 days, then 1 with each meal until all are taken. Anyone not having a sheen in their hair should have K-Min. About 80% of the people have worms *** Do not give to pregnant women. For children: 1/2 capsule a day for 45 days, about once or twice a year. 4-10 years, 1 capsule a day for 45 days. Don't miss a day or worms will hatch out; and when you've finished, you've got another crop of them. *** Do not give K-Min whenever the energy is below 30 or 25, the reserve energy. It knocks the energy down 3 or 4 points. It takes the worms apart by ionization. *** Worms out of eyes, nose, K-Min will knock them. *** Strep throat, use K-Min. *** Certain types of bacteria that K-Min does not work on. These are paramecia and etc. that it does not work on. *** K-Min works for ringworm. Make a paste with K-Min and olive oil, and rub on. Itching of the rectum will denote round worms or tape worms. Rub nose: Pin worms. Trichinosis worm comes out of the nose. If the liver bile is strong enough and the person in good enough health, never have worms of any kind. [children, digestive juices not strong enough to kill them.]

LACTATE *** Do not give calcium lactate when the body is acid. *** Never give it with 6.40 pH or lower. It will aggravate the condition. *** The lactates are the only ones that bring the pH down, the gypsum group. The others lift them up.

LAETRILE *** It's the cyanide that makes the laetrile, laetrile, and it makes vitamin C available to your system. If your body is acid, would taking it do any good? It takes from 20 to 30 days to take effect. It is also expensive – B-17 and B-1. *** Unless this product has the picture of a Christmas tree on it, let it alone. Steam nuts before you eat them. *** The minimum an adult should take is at least 2 tablets, one between each meal. B-17 makes vitamin C available. Laetrile, a dollar a tablet.

LAW *** We are learning not to treat symptoms but the cause of the loss of energy. As far as I know, there is no law against it. And as far as the attorneys that I have employed, there is no law against it. So we are operating by the Bible, by the laws of the Creator, by the laws of physics. *** We cannot do anything except to make the correction, and the great Physician will put it together by the laws that He has made. It is our duty as doctors to teach individuals how to obey those laws. *** The energy within a cell cannot change directions, it's a law. Law: The amount of time and energy it takes to make one cell, it is the process of aging.

LAXATIVE *** A pear a day will keep the colonics away. Sauerkraut, watercress, beets and beet tops, okra are all wonderful laxatives. *** Pear is one of the finest laxative fruits that there are, but you need a great variety, different combinations of fruits. *** The foods that are natural laxatives are beets, beet tops, watercress, okra, pear, Jell-O - either vegetable Jell-O or animal Jell-O. Especially okra.

LEAD POISONING *** Lead poisoning can be the first cause of leukemia. *** Lead collects in the liver.

LEGAL *** I would like to tell you something about law and diagnosis. You have a right to do an analysis. There's no law in the U. S. about doing an analysis. But you can be accused of diagnosing, and you are not diagnosing at all. The 4th amendment of the constitution of the U.S. says, Two or more people have a right to make a contract or agreement between themselves, without the interference or harassment by the government. If a person comes to you for help, you form a verbal agreement between you and them. And any profession that requires a law to protect it is a bad profession. In 1887 the drug industry in this country resolved to do away with all forms of the healing arts except drugs. They wrote the text books and they said to the doctors, You name the malady, we'll tell you what to do for them. The law says that anything administered to cure a disease is medicine, a drug. That's false. Are you trying to tell us that the Medical Practice Acts should be done away with? Yes, I'm telling you that. No other country has it at all. They don't protect anybody except the drug industry; and the power to license is the power to destroy. In other countries you register. You show why, according to your registration, that you should be allowed to practice, or diet, or physic[al] therapy, or any other form of the healing arts; and then it's up to you and the patient. If you do a good. job, well and good; you can make enough to live on. *** You change their diet and they follow it for 6 months. They even look younger than their years. Now, this is the kind of thing that it is against the law to do. It is against the law to tell anybody that. *** Legal words to use when making a diet. You say, I want you to know that I am not a medical doctor. I am trained in dietary work in this field and I am obeying the health message as it is written in the Bible. Do you understand this? Get an attorney. Try to find one that is health food orientated. Have them sign a paper. Do this for everyone or do not test them. Find a church that will sponsor you, or make one. Form a corporation and work under a corporation; it's very hard to put a corporation in jail. If you pay one fine and plead guilty, they'll never get off your neck.

LEGS *** You have to have the numbers to go by, but the kidneys are not functioning normally. [swelling of the legs.] *** For diverticulitis [pockets in arteries and veins] put them in bed, prop up

their feet, and put hot and cold compacts on their legs, some kind of radiant light on their legs. All this helps, but any time you've got one very serious, you have only a 50-50 chance. *** For swelling of the legs, generally give more vitamin E. *** Cirrhosis of the liver for a long time, mineral deficiency greater and greater, weakest organs becoming affected. If a leg has been bruised. Disease strikes in the weakest spot, line of least resistance. *** Left leg swelling: It is the delta cells in the uterus, lower uterus, vagina, and over to the colon, causes the left leg to swell.*** Trouble in legs, lack of coordination in muscles: Calcium deficiency. *** The percentage of calcium phosphate found in the bone is a variable range, 24-34% of the total mineral content found in the bone. At 24% there's not very much calcium found in the bone; it's going to be soft, like rickets; legs just bowed. The bones are going to be soft in their legs; it causes the bones to bow out because they've got a smaller amount of calcium found in the bone.

LEMON *** Lemon juice is the only anionic substance, the only natural hydrochloric acid on earth that I know of. I have tested over a quarter of a million different species of foods, and over 16,000 kinds. I have never found any other substance that was anionic, that was nature's own hydrochloric acid, other than lemon. *** How long to stay on the lemon and water? Subtract your age from 100 and that's about it. About 7 to 9 months for an adult person, on the hour, 3 or 4 months for a child. I've been on it for 50 years or more. *** What is lemon water? It's anionic. Electrons travel clockwise. *** All foods that we eat are cationic with the exception of the lemon; it is anionic. If there is another, I've never found it. The lemon juice, when it goes into the system, can be converted into some 6 billion different enzymes with less chemical change than any other natural substance known to man. *** Different sweetener every day in the lemonade. *** Drugs released. Take off lemon water, just give water. *** Allergic to lemonade, swollen kidney. Stop lemonade. After a few days try bicarbonate of soda; let settle. See if they can drink it without causing swelling. *** Anytime you find a patient with allergy to the lemon, you can get the Canada Dry mixer and take that just like they would the real lemonade, and it works very good. *** The water and lemon, taken periodically, helps the liver. It takes 18 hours to form an amino acid in your body. That's one of the reasons you need that small little shot of lemon juice, for your liver, spread throughout the day. *** Lemon juice is nothing more than dilute hydrochloric acid. It is the only one in all nature that I know of. Fresh lemon: The liver can use it for a base for forming some 5 billion different enzymes a day, with less chemical change than any other natural substance known to man.

LEPROSY *** 6.0 6.60/6.60 6C 4M 6/6. Leprosy is only advanced collagen disease from a different angle - lack of vitamin C assimilation in the system. This is the early stages of it. One of the first signs is gaining weight. The organs have not yet begun to fall away, but this is leprosy. Don't you see the thickness of skin? See the whole thing. Everything is wrong in a leper: High blood sugar, low calciums, salt is always low, always a 4 M, and at this stage the proteins will be equal. Leprosy is so difficult to diagnose by medical doctors because the body chemistry is almost exactly where it's supposed to be. Also true collagen disease; and that's why it's so difficult. I can see thickness of skin, lips that are thick, thickness of ear lobes - a thickness and a swelling all through the system. A breaking down - carcinoma cells. Weight goes up at first, then they get skinny. Later limbs, fingers begin to fall off, practically no pain. There's an equality of breakdown

in the entire system - nerves, brain, liver. It is not contagious. It takes a low resistance for any disease to be contagious. pH the same, no resistance. Create some resistance; you've got to move one. Move it up because all foods are cationic. Breaking down of the DNA and RNA factor in the cells. Urea not high, because the body is not throwing it out; holding on to the cells too long because it can't assimilate enough minerals to replace them; and equal malfunction of all organs. Urine looks like soup, a lot more than 4 M. Carcinoma cell will die and turn to cancer. Slowly that's happening. May have a little thick skin on a knee or a leg or arm or back or face, at the very beginning. If you don't check it, very quickly it will spread over the body. Leprosy is a malignant disease; it moves fast all over. By the time it gets to the skin, it's quite advanced on the inside. Fungus and bacteria that like that kind of environment do aggravate the condition. "4" all the way across. Dying, you could smell them. The nerve dies ahead of the deterioration. It's one of the most terrible diseases. The solution is the same as any other person: Put them on lemon and water, 3 day fast - if overweight 6 days, then light diet. Supplements as needed. If that person can survive, expect to see the urea go up; if can't survive, it will stay under 12. Another thing, eyes will be almost perfectly clear. Thickness of tongue, sound like they have something in their mouth.

LEUKEMIA *** Highly anemic, a borderline leukemia patient. Leukemia and anemia are the same thing. *** Blue gums or black gums, that is a type of leukemia. You'll never find two cases of leukemia alike. It's very difficult. *** Leukemia and also low blood sugar, you've got two maladies requiring absolutely opposite diet. *** 4.40 6.20/5.70 4 M 8/8. That would be leukemia case. What is leukemia? Anemia, not enough iron and iodine. It starts with the liver. The basic substance for the manufacture of vitamin A, so leukemia is a vitamin A deficiency. The tongue may be black or blue, or blue streaks in the gums. These are signs of anemia. There is no difference between anemia and leukemia. Regular normal procedure. Also give carrot juice, 8 oz. BID. Cucumber juice, richest source of vitamin A. *** Why would that make that leukemia? Because the liver cannot produce; actually the liver bile is almost acid. You'll find that in leukemia patients. *** Leukemia is a vitamin A deficiency. It is a vital element in the manufacture of bone marrow, a vital element. May cause the WBC to be too high or too low, and still leukemia. *** Algavim has helped make vitamin A available. *** Leukemia or any other disease - only premature aging, too rapid loss of energy. *** 5.40 over 5.40 - a candidate for leukemia. Because you don't have enough vitamin C, you don't have enough vitamin A. The pancreas starts manufacturing the least bit too much insulin, then goes the vitamin A. *** Lead poisoning can be the first cause of leukemia. Vitamin A causes a vitamin C loss. Chain reaction sets in.

LEVEL *** You take one cation with 500 Mh units of energy and you team it up with another with 999 Mh units of energy. They'll seek their level at about 750. When these two extremes start to level off, energy is going to be given off. Probably end up with 550 to 600. There's a loss, heat. *** When this molecule of hydrogen is formed, and heat and electricity are thrown off from that, it is given off by its seeking its level.

LIQUID *** There are three states of matter or energy. You have solid, liquid, and gas. Baer's law applies to solids the same as Boyle's law applies to gas; they both would apply to liquids the exact same way. So this is the conversion factor that comes in taking our elements from the food we eat

into the system. It goes from a solid through a vapor into a gas. It has to go through a liquid form in order to get to a gas. It doesn't skip these two. It may be rapid so that it would seem like it would skip, but it has to go through those states.

LIME WATER *** If the pH is below 5.20, then it's a good idea to put them on the lime water, even while they are on the fast. *** Also, when it gets down to 5.40, below 5.40, use the lime water. If the weight is below 100 lbs., give 1 Tablespoonful, down to a 10 year old child. Use one teaspoonful for children under 10, BID. But for adults you use 2 tablespoonsful, if they are 140 [lbs.] and above. Use your judgment between 100 lbs. and 140 lbs. how much to take. Give this lime water until the pH reaches 6.20.

LIVER *** The liver is rich in iron and iodine. *** Calcium is a product our livers use to manufacture some 6 billion different kinds of enzymes necessary to keep us healthy throughout our life. *** The pancreas manufactures alcohol from the glycogen made in the liver, and that's what controls our body temperature. *** The bottom number is the pH of the liver bile. *** Protein in the form of green bean, piece of meat, a nut, turnip greens; and your body will take the energy out of it in particles, piece by piece, anionic and cationic molecular structure, and fit it to the organ of your body on your frequency. The liver makes that possible. It makes the parts for the entire body. It manufactures all of these enzymes at the same time. *** If it were not for that vagus nerve going to the vital organs - the heart, the lungs, the stomach, the pancreas, the liver, the sex organs, and etc., they could not live. *** If the body does not respond to diet, yet they do not have any brain tumor, you know that there's damage to one of the branches of the vagus nerve, between the central nerve trunk/the vagus trunk and the liver. *** Our liver manufactures substances that make it possible for us to resist all kinds of maladies. *** Everybody would have worms if it were not for the fact that the liver manufactures enzymes that were constant enough to kill them. *** The liver manufactures about 6 billion different enzymes, and nobody knows all of the ins and outs. We only know the names of a very few things that the liver does make. *** [One cause of high urea:] Lack of oxygen coming in from the lungs to the liver. *** There are many things that you could bring a pH up quickly in a half hour, but it's still not supplying the calcium the liver is deficient in. Unless the liver manufactures the alkaline chelate needed for the system's bones, teeth, flesh, so forth, it just doesn't count. *** [Alcohol:] It causes the calcium to oxidize, and cirrhosis of the liver results. *** If the liver is functioning normally and the central nervous system is functioning normally, then the back is much harder to damage by serious accident. ... an injury can constrict the functioning of the liver, or heart, or stomach, or the kidneys, and what-not, and make a world of effect. That should be adjusted at the time of the diet. *** Practically all of our problems start with the liver, even one in the brain. *** The liver manufactures chelated materials. Protein is the element that makes chelation form a cell. *** It is the calcium that's manufactured by the liver on the frequency down to the milli-micronage of the organ in which it's located. *** New cell starts from an anion and a cation, comes from the liver; the liver manufactures it. *** The problem with the pancreas is the liver not manufacturing enough substance for the pancreas to perform normally. *** [Prune juice:] It's very, very rich in iron, and it's also rich in calcium. It's also in concentrate form, and therefore you begin to build up in the liver, the hemoglobin in the blood; and you're building up the liver, reinforcing the liver. *** Why would that make leukemia? Because the liver cannot produce; actually the liver bile

is almost acid. *** Rebuild the liver, it will do the rest. If you can't rebuild the liver, you cannot help them. *** Color of the skin - yellow or very pale, the liver's not functioning normally, not enough iron. *** We see through it all a malfunctioning of the liver because of deficiency of calcium. *** When that sugar is between 1 and 2, then the liver is not over taxed in handling carbons that it doesn't need. *** You can tell when the liver is rebuilt. That number will begin to drop [urea]. Don't let it frighten you when it gets below 12, when all the numbers are correct. *** Emphysema, not getting enough oxygen to the liver. *** Look at the tongue. If it's coated, it means that the liver has a problem. *** The rougher the tongue, the worse the liver. *** Alcohol builds up the density between the molecules of blood, so it can't carry oxygen to brain, to liver. When the liver takes in calcium from your food and it does not have enough oxygen to turn that into hydrochloric acid, then it oxidizes in the liver and you have cirrhosis of the liver. Then the liver can' t make the right amount of bile. *** Our livers manufacture a substance called bile or hydrochloric acid, and it's an alkaline substance, an anionic substance. *** The pH of the saliva is almost identical with the pH of the liver. *** First place, the liver is very acid, 6.10, and this is a sign, when it gets that low, that they're not getting any energy out of their food. *** This is the stage in which the liver was flushed. They have gone through withdrawal. *** How would you solve this problem? Colonics, water; help the liver, restore ability to manufacture enzymes. *** How the digestive system will have to perform in order to make energy patterns on a particular frequency? It's the conversion of the liver making those patterns. *** We live from the energy from the food we eat, and it's manufactured in the liver, on that frequency. *** Practically all diseases start with the vital organs, and the primary one is the liver. *** Our liver manufactures chelated enzymes, or else it wouldn't fit our frequency, couldn't build us. *** And this liver of ours is made on our frequency, so therefore all the enzymes it manufactures are manufactured on our frequency. *** Water, oxygen, calcium: 3 primary factors that the liver uses to start the process of making about 6 billion enzymes. *** Our livers are made in order to form that energy from our foods on the line of least resistance or frequency, down to the milli-micronage. It does the first manufacturing of energy [frequency energy] that there is in our whole system. *** And what is it the liver produces in order to make a jig-saw puzzle part to fit any section of our body? That element is nitrogen. *** She lacks oxygen and her calcium is passing out into the urine. It's collecting in the liver. The liver's got the calcium and can't use it because it don't have enough oxygen. *** This synchronization takes place in the liver. The reason the liver is not functioning, you understand this already, because you know the mineral deficiencies, the water, and etc. to get it back to the place where it can produce. *** The liver has to manufacture the very exact enzyme needed by the respective gland to function normally. *** The villi, down next to the colon - right at the base of them is the part that took the iron and vitamin A, which the liver manufactures with the oxygen, calcium, and etc. It's a series of processes there. *** You can make a quick change in your blood chemistry but it won't make very much difference in your body chemistry, the muscle chemistry, your brain chemistry, because the change has not taken place in the liver. *** What are the cause of ulcer sores in the mouth? Liver flushing, change in the liver. It means your body is responding. *** Color of various organs, liver more dense than heart. Liver more than anything because of iron. *** Elements from foods, in gas form, carried in the blood stream to the liver. *** Mineral bath: Gases of this mineral water routed through the skin to blood stream, to liver, that atomic reactor. The liver takes the anionic substances and produces amino acids, cationic. The

liver then slows down by this resistance factor, these elements to where it can add it in to the amino acid structure. *** The liver never finishes completing amino acids, only starts it. Lays the frame work. *** The potassium for the brain originates in the liver, and the thyroid puts the finishing touches on it. *** The liver: We have the example of an atomic reactor, converting elements to energy and energy to elements. Unification taking place of these slowed down elements that the body has absorbed. *** These are anionic elements, but when they go into the atomic reactor of the liver one of the miracles of the creation, it comes out as a cationic enzyme, amino acid. *** So your liver manufactures this nice, smooth, glistening coating of cholesterol. *** Which one's liver is working best to get rid of that salt? *** The water and lemon, taken periodically, helps the liver. *** 60-80% of the building of amino acid occurs in the liver. Color of liver, milli-micronage, because of more minerals. *** Liver can use lemon for a base for forming some 5 billion different enzymes a day with less chemical change than any other natural substance known to man. *** Freckles are a malfunctioning of the liver. Correct the diet; never seen a case that the freckles didn't leave. *** The highest point of the liver is under the left shoulder blade, so there is where your calcium deficiency shows first. Aching there.

LOCAL NERVE *** Back in the back of your head, there's what's called the local nerve part of the brain. Locomotion. The automatic part of the brain, which controls the breathing, the rhythm of the body, the lungs, and the heartbeat, and etc. It comes from that part of the brain. That is one of the most delicate parts of the brain. If a tumor should start in that area, then this nervous system will not take the messages down to the liver for it to function normally. Therefore there will be no change in the body chemistry, unless the Creator performs a miracle, or they can have some kind of cranium adjustment, some kind of a physical adjustment in order to permit this message to go through to the liver.

LOGARITHM *** Whenever you begin to deal in numbers so large, you really see the need for logarithms to measure energy and power on the earth. *** History of logarithms, possibly 5,000 years old. Chinese on the abacus bead boards, you slide the beads. It's simply logarithms. Meaning of the word logarithm: One letter or one number that represents the power of another number or letter. Using one number to express the value of another. There's a number of different kinds of logarithms. *** What is the benefit of using logarithms? To simplify, because the numbers would get too big. [Dr. Reams use of logarithms: you move the decimal point to the left so as to leave the smallest whole number. Count the places you moved the decimal point. Place that number as an exponent, as $1{,}000 = 1^3$. That is 10 x 10 x 10 or 1 x 10 to the 3rd power. When you multiply, add the exponents, when you divide, subtract the exponents. Example: $22 \times 5^9 = 110^9$ or 1.1^{11} or 1^{12}.] This eliminates the use of logarithm charts, and Dr. Reams says it is close enough.

LONGEVITY *** If your electrolyte is perfect and your mineral content is being taken out of the foods that you need, you're getting the correct amount of energy on the frequency. Denotes that your digestion is perfect. Here we see the beginning of longevity. *** These two numbers (albumin and urea) in ratio to each other, have much to do with longevity. Your ratio between the two sides [sugar, pH, and salt, to the albumin and urea] has much to do with longevity. We can assume, correctly so, that any loss of energy is a decrease in the length of life.

LOSS *** Loss of Milhouse units of energy is called heat. It is from the leveling off when an anion and a cation resist each other. ‘

LUNGS *** And the lungs contain more elements than all of the other body put together, by number, they contain about everything. Nobody has ever come up with an intelligent analysis of the lungs, because there’s so many different elements that compose them. *** Vagus nerve goes to vital organs, lungs. *** Not getting quite enough oxygen into the lungs; and if these conditions last long enough and the lungs are not in use, then emphysema sets in. *** “Pot” shows up on the tests. It’s emphysema, incapacitates the cells of the lungs. *** Secondary organs: Heart, kidneys, lungs. *** High salt: crystallization of arteries and veins, hardening of the arteries in the brain, in most delicate
organs like the lungs and kidneys. *** The liver is not getting enough oxygen because the lungs are not getting enough material to repair the lungs with. *** Through the lungs, the skin, the bowels, feeding that becomes a source of maintaining reserve energy. *** Oxygen is the thing that refines the blood from the lungs. *** Lungs have the most variety [of minerals]; need all of them, 84. Best food for the lungs is allspice. 84 different kinds of minerals in the lung tissue, if you are in perfect health.

MAGNESIUM *** Dolomite is a calcium magnesium molecule; and when it comes into the presence of nitrogen in protein form, it turns that into a gas form and it passes out through the urine or as electrical energy. *** Eat a pear every morning for breakfast, magnesium [for the colon].

MAGNET *** Hydrogen, oxygen, nitrogen: These isotopes throw us in such confusion when we figure energy because they’re going to change the course, the pull of the greatest magnetic field, inside out and turn it a different direction. *** An electrolyte is a magnet to draw things together on a frequency. *** Anions trying to get back to the anionic belt, cations trying to get to the earth. Between these two extremes we find a magnetic field.

MAGNETIC ATTRACTION *** All magnetic attraction of a biological substance is determined by frequency. *** Protein is the magnet that holds the cells together. *** All magnetic attraction of a frequency is determined by that frequency. *** When the male cell and the female cell, at the time of conception, this magnetic attraction of the female cell and the magnetic attraction of the male cell, joins those two cells together and there are 26 points, nerve ends on each side of the cone inside of the female cell, and there’s 24 on the cone of the male cell. *** The magnetic charge is what brings this ionization of different frequencies into existence. *** The lower the ionization of the body, the less ability it has to magnetize the elements that are in the body, in the food. *** An electrolyte and a magnet draw into their path certain patterns or elements, whatever is attracted to its magnetic field. As it is attracted together by magnetism, then this protein molecule is built. *** Magnetic pull holds the moon in place, centrifugal force. *** The anions are trying to get back to the anionic belt, the Van Allen Belt. The cations are trying to get to the earth. Between these two extremes we find a magnetic field. This magnetic field is the energy field [inert energy]. *** The reason why a magnet forks is because the cations on one side are stronger than the cations on the other side. That’s polarization. Both cations on both sides, but the polarization is different. You can change the poles of a magnet - change it, turn it around, reverse it. What makes the compass point north? It’s the

polarization that passes over the crust of the earth, from the south magnetic field to the north magnetic field. The north and the south pole are both positive. However, through the center of the earth there's an anionic force that goes through the center. That's where the heat is within the earth, moving it back to the south pole, south magnetic field. Remember in the cations and anions the direction in which they travel all over the earth. They travel the same direction, from the south magnetic field equally over the crust of the earth to the north magnetic field. *** The stole is programmed by the brain to develop, or to become, a point at which electromagnetic attraction will start plating those elements in the triangular shape. *** In the bone the electrical charge [is] going downward because it's cationic, but in the bone marrow the anionic charge is going upward. Like from the south magnetic pole to the north magnetic pole, it's going over the crust of the earth. But down through the center of the heat of the earth, the negatives go back to the south magnetic pole, converted into a positive charge, and starts its path across the crust of the earth again. *** Blood cells rolled by the electrical current. *** The lighter the element, the greater the effect the magnetic attraction has upon it. Same way as the gastric juice dissolving the minerals with the lowest atomic number [weight]. The brain, having greater magnetic attraction or greater electrical force, attracting that particular element, aluminum, to it. You see, it's a drawing effect.

MALADIES *** A small cancer would give off the same rate of energy as a big one, but because it is limited strictly by the frequency of the system. If that were not true, all maladies would have high temperature in advanced stages. *** Nearly all diseases start with the vital organs, and the primary one is the liver, the second one is the brain, and third one is the vagus nerve. *** Secondary causes of maladies: heart, kidneys, lungs. *** The more maladies you have, the less reserve energy you will have.

MALFUNCTION *** You are able to connect every malfunctioning with outward appearance.

MANGANESE *** The sex organs, including the breasts, are also rich in manganese. *** Manganese is 54 [atomic weight]; it is a cationic substance, always. *** Anytime these calciums drop too low and stay too low too long, they will affect the menstrual period. It's also a sign that there's a manganese deficiency, and therefore you are asking for cancer, carcinoma of the sex organs. *** Menstrual cramps are always caused by a manganese deficiency, a phosphate manganese deficiency. *** Anytime you have a deficiency in the sex organs, or carcinoma of the sex organs, including the breasts, it also means that there's a manganese deficiency. Where do you get manganese? From cucumbers, squash, green beans, or dried beans, English peas - those things are rich in manganese, or should be. *** What element determines the structure in the sex organs? Manganese. Calcium first, always. *** Suppose you test a teenager and found in their early teens a manganese deficiency? A breaking down of some division of the sex organs. *** The amount of manganese that will be in our body would be only a trace. *** Squash, anything with seeds in it, green beans, boiled peanuts; or if you can eat the dry nuts, excellent. Corn is an excellent source. Min-Col is another source rich in manganese, and that's in phosphate form. *** What is the element of life? Manganese. *** Which one of these numbers would lack of manganese affect first? The pH; a deficiency in calcium would mean a deficiency of manganese. The reason: the weaker the digestive juice, the less of the heavy minerals it could get from your diet. Needed most

by reproductive organs. *** A similar pattern could cause impotency. Get his chemistry perfect and then give him foods with high amounts of manganese: string beans, squashes; anything that has a lot of seeds - blueberries, strawberries, nuts, small seeded fruits. Cranberry juice is more acceptable than any other substance I've found. Cranberry sauce is very rich. *** The manganese, in order to make the very cell - or sperm or ovary - for life to take place, for the candle of life to be lit. There's such a thing as a cell forming and the spirit of life being in it, the electrical charge, 110 volts, that it takes place and is into existence. And it is the liver not joining the chromosomes together with manganese, enough manganese in them in order for it to manufacture the germ of life. *** What element is it that makes the cell chromosome different in the ovary or sperm from other cells? Manganese carries the spark of life. Without manganese there can be no life upon the planet. Just because you have the ovaries removed, you still need manganese because, for instance, the breast needs manganese. And even if you are a male, need a little bit of manganese. It takes about the same amount of manganese to make a sperm as it does an ovary. *** Manganese, a trace element that is not colloidal form. *** A trace element in soft tissue. *** In the sex organs, manganese is going to be increased slightly, the calcium decreased slightly. *** In potatoes, if the eyes are sunk deep in it, you have a low manganese. If the eyes are even with the outside, then you have a high manganese.

MANUFACTURE *** Like things attract each other, and like things manufacture each other. *** [Sugar, pH, and salt:] any change in this group, because here is the part that manufactures and puts you together.

MANUFACTURING ORGAN *** The pancreas manufactures alcohol from the glycogen made in the liver, and that's what controls our body temperature. *** I do not include the thyroid as a gland. It is an organ because it manufactures something. Glands do not manufacture, the organs do manufacture.

MANTISSA *** What is a mantissa? One number that doesn't change the value of another number. Any number or a letter that doesn't change the value of another number. What vitamin would you say that would be an excellent mantissa? Vitamin C. It's a binder; it holds things together.

MATHEMATIC *** We are trying to help you to see that all phenomenon has a chemical equation and a mathematical expression. *** Math by deduction, which means that if you have 3 variables and you know two of them, you can get the third one. That's math by deduction, or trigonometry. What we're trying to calculate is what caused the cause. Cause and effect. What caused the cause? What caused those numbers to be there? A lack of mineral. Find out what's missing, put it back in.

MATTER *** When I studied chemistry in college, they started with matter and went down to an atom. When they got down to the atom they were stuck; they couldn't go any farther because they were dealing with matter. Later we find out that atoms have parts also, that atoms are made out of something. An atom is the smallest amount of matter - either compound matter or elementary matter - that there is. *** Without chelation there would not be any such thing as matter. Chelation's what holds matter together, what holds you and I together, or wood. *** Without chelation there wouldn't be any matter. There wouldn't be any matter at all, because it's the chelation that makes metal, metal; and makes wood, wood; you, you; and me, me. It makes matter.

MEAT *** In the Bible we read about the clean and the unclean meats. *** Man ate unclean meat, his energy went down; and every day he didn't eat it, it went upward. *** I learned this - that the unclean meats digest too quickly. They digest in a period of about 3 hours and the clean meats take about 18 hours to digest. The meats that digest too quickly burn you up too fast, burn up your body and cells. It brings about the process of aging too rapidly. *** It's like putting high test gasoline in a car that's not built for it, burns up the pistons and piston rings real quickly. *** The Creator knew that a baby didn't need heavy meats at all, so He made the gastric juice a lot more dilute than He did the older people. *** Generally, you can get more energy from vegetables than you can from meats. If you're in perfect health and the gastric juices are its normal, you can still get more out of vegetables than you do meat. Vegetables deficient in mineral or meat deficient in mineral, then you've got a problem, and that's why we're here.

MEDICAL PRACTICE ACTS. *** Are you trying to tell us the Medical Practice Acts should be done away with? Yes, I'm telling you that. This is the only country in the world that has it. No other country has it at all. They don't protect anybody except the drug industry, and the power to license is the power to destroy. *** Medical Practice Acts, as they are now written, are illegal. They are unconstitutional; and if the case ever comes before the Supreme Court, they will be done away with because the first amendment gives you a right to worship as you see fit and to carry out an order that the Creator has given you through the scriptures. This is based on the scriptures. And the 4th amendment that says that any two or more people have a right to make a contract or agreement between themselves without the interference of government.

MENOPAUSE *** Menopause is something that is much misunderstood. Men have menopause as well as women. In order to understand menopause you must start with a boy and a girl as they are born, normal. Each will use the same amount of calcium until puberty. At that time, throughout her very life, throughout her productive stage, she will use 700 times [7 times or 700%] more calcium per day than a normal man. So, therefore, any time that calcium or those calciums drop too low, that girl is in menopause. I don' t care what the age is, 14, 16, 18, 30, 40, 50; they are in menopause. And anytime these calciums drop too low and stay too low long enough, they will affect the menstrual period. *** Anytime this calcium drops too low, the person is in a state of menopause and [it] has little to do with a menstrual period or the menstrual flow. But if it stays low long enough during the age, it will affect the flow of the menstrual period. One thing you can expect on the diet, you can expect a change in the cycle of the menstrual period if they've had a problem. Don't get upset when it skips a time or two, whenever you are re-adjusting someone's body chemistry. *** In menopause, in the top number, deficient in calcium oxide; in the bottom they are deficient in calcium lactate and deficient in phosphate of calcium [pH]. [slow digestion of food] Actually in the tip edge of menopause. If this energy drops low enough, she will be in menopause.

MENSTRUAL *** Anytime these calciums stay low long enough, they will affect the menstrual period. *** Don't get upset when it changes or skips a time or two, when you are re-adjusting someone's body chemistry. *** Menstrual cramps: Find gland under arm from breast to ovary; use a vibrator. In the crotch, glands on pelvic bone. Vibrate. Cramps caused by a manganese deficiency, a phosphate manganese deficiency. *** Periods very irregular, iron deficient. *** Will

periods start again? Got too much of one kind of calcium and not enough of 5 other kinds. What we don't know is how long these other 5 dropped. If below the PNR line, they will never start again. If her chemistry can be corrected, it should come back to normal.

MERCURY POISONING *** So many dentists get mercury poisoning. It affects the mind. Almost absolutely becomes a vegetable, becomes depressed. [The reason] more dentists commit suicide than any other group of doctors is because of mercury poisoning - using and handling, making fillings for teeth. They are supposed to wear a mask when they heat the mercury but they won't, and it affects their mental level. It's the gas form that does the damage.

MESSAGE *** Message not going through from the brain [urea below 12]. Cause of death? Brain tumor. *** If the urea does not move, there's damage either to the central nerve/vagus nerve, the message is not getting through from the brain, for some reason or other, not getting through. In other words, it's been short circuited out. If it's that he is working too hard, the other numbers will change. *** The body has to be able to send its messages from the involuntary part of the brain to the vital organs to function. *** Something happens to the liver bile when the calcium content becomes too great or too low, because the message is not going through from the brain to tell the liver exactly how much to do and how much not to do. The liver does not quite do its job well. Because where is the power coming from for the liver to function? It comes from the brain. In what form? In electrical form of energy, a message. *** System over-ionized. The brain messages are going through bang! bang! bang! at a higher rate of speed, trying to assimilate the calcium when it doesn't have enough oxygen. *** When a cell is still attached to the nerve and still has some life there, as that turns loose, tingling; a message is being interrupted, interfered with between the old and the new cell.

METAL *** It's the chelation that makes metal, metal; and wood, wood;, and you, you; and me, me.

MICRONAGE *** On this perfect equation, we have micronage, species, the way the anions and cations are stacked together. *** Micronage is the pattern used in all nature to make things different. The frequency is the kind, the micronage is the species. That is what makes you and I different one from another is the difference in micronage. It is the way the anions and cations are stacked together to make the atoms that make the molecule on the frequency. *** So many healing arts start with the bricks that build the house, and we start with the substance that makes the brick or makes the micronage. *** The micronage is what makes one cell different from another. Combination of minerals makes the micronage of the cell. The micronage is always consistent in every cell. It's always the same. The heart micronage is the same in the person; the kidney micronage cells are the same in the kidneys. *** There is no other reason for that to be the perfect equation except the micronage. *** Foods are digesting too rapidly, creating energy the body cannot use. Why? It does not make that cell on the frequency - micronage, milli-micronage, milli-milli-micronage. It fails to manufacture a type of energy that fits your body chemistry. *** Micronage determines the difference in species and organs within the body. *** How the atomic structure fits together, this makes up the micronage. All amino acids have a basic frequency as far as male and female, but then it's broken down into the micronage and milli-micronage. A cell stops growing at a certain size, age, and so

forth, because of the micronage. It's the micronage that synchronizes each one of these organs according to the image of the Creator in which we were created. It's the micronage that determines this. *** When we talk about size or shape we're talking about micronage. Any variable in the elementary mineral texture is micronage and a variable in the size of a cell. This is a rule: Any variable in elementary mineral texture that we call micronage, which is the shape, is a variable in size of the cell on any given frequency. *** The softest tissue and the smallest cells, the hardest tissue and the largest cells, and the difference between the tissue is because of the micronage, in direct relationship to the calcium. These tiny, tiny little decreases or increases of percentage make all the difference in the world. *** There's a chain reaction of the micronage of the structure of the elements. *** Calcium phosphate programming micronage because calcium is there with the most; it has the greatest effect than anything else, and it's related to micronage.

MICROSCOPE *** If, when the time comes that you can have a microscope to use with your work, you can see the blood cells in and it does give a little brown tint to it, but just read the brown as if it were blue [urea test]. *** [Speaking of bacteriological work] You have to count those and you do this with a microscope; and they have what they call a bacterial counter, looks like a piece of screen, and you put this piece of screen over this drop of water, urine, or whatever. Put the screen down first and then the drop. You count the number of squares. And then suppose you have it 10 by 10, or that drop is covering 100 squares, then slide it to the left and right just a bit, and then it will equal out to where it will cover so many squares. And then you count the particles in one square and multiply it by all; this is the way you count bacteria. *** What are we looking at under the microscope when we see two cells dividing? That is a cell that has lost energy, lost its mineral, and is actually going into delta cell formation.

MILHOUSE *** An anion is one Milhouse unit of energy. Mr. Milhouse is the one who discovered this and a millionth of a millionth of a millionth, until there is no more. This is nothingness, is what a Milhouse unit is. So a single anion equals one milhouse unit of energy, E_1. *** One single Milhouse unit of energy is so small, it cannot be divided. *** The Milhouse unit of energy has to be somewhat near equal between protons and neutrons in order to hold the molecule together. *** The less Milhouse units in the anionic structure and cationic structure, the lighter the water. The greater amount there is, the greater the density and the greater amount of water. *** Suppose that the two anions had a Milhouse unit of energy of 499. It comes in contact with a cationic energy of 750. How many Milhouse units are going to be given up? The sum of the two anions is 998. You subtract 750 from 998 and you have 248 units of energy within one molecule of water. They are going to seek their level.

MILLET *** B-17 is a cyanide that's found in most seeds, especially apricot and almonds, and it is very rich in millet, richer than the other two. It is a colloidal cyanide, and it is not poison.

MILLI-MICRONS *** Milli-micronage: Color, path of light. *** Calcium manufactured by the liver on the frequency down to the milli-micronage of the organ in which it is located. *** There is milli-micronage, which is the pattern that the electrons travel that is touched by light that forms prisms, that gives us colors, tints, and shade. It is the beam of light that strikes the electrons that causes

color. *** A deficiency in one element, will it change the milli-micronage? Yes, it will change it somewhat. People become pale, or anemic, or yellow, or their hairs will become grayer, or they'll have a greenish-gray color to them, or they'll turn pale around their lips, or their fingernails will begin to turn black, become rigid. Sure, it changes the color because it has effect upon the milli-micronage, a loss of energy. **'* Milli-micronage: Color and texture. Light comes in and hits an electron; a certain color will interact with an electron pattern, does not pass through, bounces off, and you get the color. It also shows us this texture. Electron micro-graphs, you can see the way the electrons' bombardment interacts with the electrons in the molecules bouncing back, and shows you just like the surface of the moon, in different materials. It's a beautiful thing to see. A picture from an electron microscope is an electron micro-graph. *** Density interplays in milli-micronage. The more dense, the faster the electron, the darker the color. *** Amino acids produced by the liver, 60-70% complete, go out into the blood stream, and by milli-micronage the body knows where to put these. Like attracts like. We have different organs tuned through the brain to pick up these amino acids with their like milli-micronage. *** All amino acids have the same frequency; as we go down you find that they have different milli-micronage, which is important in this link-up. *** Color of the liver, milli-micronage, because more minerals.

MIN-COL *** There is one product that's been on the market about 40 years; it's called Min-Col. It is the only colloidal mineral sold on the market that I know of. *** In a whole ton of bone meal there's only 60 lbs. We have never learned to get out but about 3 lbs. at the most, out of a whole ton of bone meal. *** Any time you have bone cancer, use Min-Col like it's going out of style. Use 2 BID during pregnancy and lactation period. Min-Col will make the fillings come out, and then have them filled again; and after 2 or 3 times, the teeth will grow out. *** When a baby is about 2 months old, start that baby on 1/2 Min-Col capsule a day in its food. Keep that up until the child is 4 years old. *** I've seen teeth grow out normal, providing the nerve wasn't damaged or diseased. Teeth that are saw edged or glassy, it is a Min-Col deficiency. Cavities, a Min-Col deficiency. *** It's for teeth, bones, fingernails. 1/2 capsule a day until the child is 4 years old. At 4 we recommend 1 a day for 96 years, for a boy. A girl, when she comes into puberty, 2 a day, and when they become pregnant and lactation period. This mineral that comes from bone meal is a colloidal compound. *** Each molecule of Min-Col is a complete little solar system within itself. An excellent thing when there' s cancer of the bone, or deterioration of the cancer of the bone, for at least a year or more. *** A person with a fracture, I give 2 TID to some people, but 2 BID will generally supply the amount. *** It's very few of these minerals we recommend, except Min-Col, that actually goes directly into our system. Min-Col can go into your system without any physical change whatsoever. It can go in just as you take it without any physical change. *** Take your Min-Col tablets and it will stiffen your toenails until they will not be ingrown anymore. It's because they're too soft. This is what causes them to bend and grow inward. *** It is a substance taken from digestive bone meal and out of the digestive bone meal. It has to be floated out; and then it has to be dehydrated and then made in capsule form. This is the essence that forms the very bone cell, not any other inert products in it. And people that have cavities in their teeth often complain about their fillings falling out because it starts to grow out. Your teeth should grow out like your fingernails do - not quite as

rapidly - but they should grow and they will, if you give them the right substances. I do not know of one that will do what Min-Col will. *** Min-Col is another source rich in manganese, and that's in phosphate form. *** Also Min-Col is a great thing to take whenever you have a bowel problem, any bowel deterioration. *** Min-Col is already pre-digested. It's immediately available, 100% of it, to the human body regardless of the gastric juices, weak or strong or dilute. That's why the older and weaker, or the lower the reserve energy, the more we stress the giving of Algavim and Min-Col. If anything in the world will supply the mineral nutrient, it will. *** Phosphate of potassium: Best source, Min-Col. Correct 80% of potassium deficiencies. *** Helps nature restore deficiencies at the time pregnancy begins. *** We pick up chromium from two sources. One is from the air and the other from Min-Col. *** The calcium loss causing rapid decay in teeth because they don't have enough phosphate of calcium, and the only place you can get it is from Min-Col. There's no other supplement on the market today, that is purified and clean, that really will work. Been on the market since 1934. 2 or 3 twice a day, maximum; any more wouldn't do any good.

MIND *** Mercury poisoning affects the mind. Almost absolutely becomes a vegetable, becomes depressed. [Dentists] supposed to wear a mask when they heat the mercury but they won't, and it affects their mental level. It's the gas form that does the damage. *** Anytime the potassium goes down in your blood chemistry and in your brain - it must be supplied constantly - then you become absent-minded. There's a whole lot of difference between absent-mindedness and forgetful. When you forget something, there is no recall. But if it's absent-minded, you can recall it later. So diseases start in the vagus but the symptoms are seen in the cranial nervous system. Body and mind are related. You can't separate the two.

MINERAL *** As many different kinds of foods as possible, in order to get as many different forms of mineral as possible. *** A hormone is a product of an element, a product of a mineral; it is the same thing. It may be a compound or it may be an elementary substance. *** The only cause of cancer is a mineral deficiency. *** Rule: The greater the mineral content, the greater the energy.
*** Rule: The higher the sugar content of any vegetable or fruit, the higher the mineral content. *** In giving minerals, give them in capsule form rather than tablet form. A capsule breaks down real quickly, almost explodes; and all of that material goes immediately to the deficient area. *** Minerals should be taken with meals. *** Food that is so poor in quality that it requires a high amount of additives to keep it from rotting is mineral deficient. The more mineral deficient the food is, to prevent it from decaying, the more dangerous it is. *** If we have enough mineral content in our system, then we will not start to rot. *** Aches and pains originate with a mineral deficiency in which the liver is not getting the substance that's needed in a form that it can use them. *** On the 7th day you'd start on the mineral we talked about. Some of these minerals will change. The calcium is the one you've got to be careful about; the others remain constant. *** Vegetables: The higher the sugar content, the higher the mineral content. Measure with refractometer. *** If the message from the brain was going through, and there were enough minerals to supply the demand of that message, this condition wouldn't exist and the numbers would be different. *** Use the minerals with the meal because that is when most of the gastric juice is working in your stomach, and the minerals are a little bit more difficult to break down into energy. *** The reason that cell is not

replaced is a lack of mineral that that particular cell needs. Lack of mineral in your diet, the DNA and RNA factors somewhere in that cell begins to not give off enough energy. *** A deficiency in these elements means that the cells in the body will not be replaced, cannot be replaced, because there's not enough minerals to make them. A cell becomes a carcinoma cell, either injury or deficiency in mineral, one of the two. *** The higher the mineral content, the faster nature repairs the cells, providing that you have the maginal [sp.?] sugar content. *** You may have plenty of gastric juices to digest the food, but the mineral content isn't in it. If the gastric juices are too dilute, it will not get the mineral out that is in there. If you had your choice, vitamins or minerals, give minerals, because the minerals build the molecule and the molecules build the enzymes. *** [figuring total mineral in 100 lbs. of flesh] This isn't just ash, this is even the smoke and the heat and entire total mineral.*** Calcium 60%, phosphate 24%, potassium 12%, equals 96%. All the rest trace minerals, 85 different elements. 100% in perfectly healthy person. *** You get a lot of mineral out of the water you drink, out of the air you breathe, and out of the ionization of the atmosphere about you. *** This is what disease is, a loss of energy because nature does not have enough mineral in a form needed to re-build the cells and to keep us young, or younger. *** In the stomach, compressing the foods, taking the gas out, also separating water. This water collects minerals in colloidal form, and others in the form of energy. Energy patterns, it picks up these energy patterns. *** Combination of minerals makes the micronage of the cell. *** We need a lot more hard mineral nutrient out of our foods than a child. *** The pH tells you you're getting the exact amount of mineral from the food you eat. Not energy, but mineral. That determines the mineral content of your body. This determines the mineral content that's available to you. *** Lack of minerals causes what? What effect will it have on their actions? Irritable, because of lack of calcium. *** The chromosome of cells and the DNA and RNA factor are very much the same, with the exception of the mineral that composes the cell which composes the organ. *** Does this mineral ever repair a damaged cell? No. It's thrown out. Why wasn't it done before? There wasn't enough mineral. *** When we talk about mineral, we talk about atomic structure, lack or abundance of it. Let's assume that the blood is the distribution factor for mineral. *** If the digestive juices are too weak, they can't pull out the heavier minerals. *** Mineral bath, one way to feed your system. *** The density within one atom tells us the frequency of these minerals are higher, have to be slowed down more. *** Calcium is the mineral available more by weight and by volume than anything else in the body. *** 8% of the dry mineral weight of the brain is potassium. *** On the rise from a new to a full moon there's less mineral ionization in the air than there is in a full to a new moon phase. This affects our healing capacity. *** The forces that are going to put those minerals into those cells are anionic forces, which are lemon and calcium. *** Color of liver, milli-micronage, because there's more minerals. *** 6.40/6.40 [pH]: If we have that, we incorporate the optimum minerals into these amino acids configurations. *** Take mineral supplements in middle of the meal. Get more benefit because it will explode and mix with the food, and won't create so much gas. *** You may not get all the minerals you need from the air, or the various kinds that you need, but you'll get 80% of your total from the air, because only 20% can come from your digestive tract. *** Of the total body weight, 75% is water, 25% mineral.

MOISTURE *** What is the first primary necessity for ionization to take place? Water, or moisture. *** Suppose these molecules lost a little bit of the perfect synchronization. They would lose energy, get larger, gas forms, gas expands, moisture collects in that cavity, the water turns to heat energy, we lose energy. *** Then moisture is going to form in there. Water, just plain water, is going to collect in there in order to keep the cell from collapsing. Consequently, the cell keeps getting worse and worse.

MOLECULE *** But in the molecular state of the exact same temperature and pressure, all elementary molecules are the same size. *** It is the way the anions and cations are stacked together, to make the atom that makes the molecule on the frequency. *** It's the interlocking of the claws of the molecules that holds us together. *** The Milhouse units of energy has to somewhat near equal between the proton and neutron in order to hold the molecule together. *** The greater the number of electrons within the molecule, the greater the specific gravity. *** All elementary substances in molecular form, in their singles under the same temperature and under the same pressure, are the same size. *** Fill a cup of just ordinary coffee, right up to the top. Then take a big rounding teaspoon of honey and put it slowly into that hot cup of coffee; and it still won't run the cup over, because the molecules of honey are smaller than the molecules of water. Until all the space between the molecules of water are filled, that cup will not run over. *** The saliva in our mouth surrounds the molecules of food that we chew up. *** In one drop of water there is about 5 billion molecules. *** It is the electrical energy in the molecular structure, the protein energy, that holds it together, makes a cell a cell. *** It's the chelates that hold it together. The claw, the chelates, a molecule with a claw. *** You don' t actually grow. You're built by molecule, by molecule of energy. *** What is the difference between an atom and a molecule? A molecule? A molecule is made out of atoms. *** Electrons, they do different things, differently. Some of them bounce back and to so fast, from the center of the molecule to the outer perimeter of the molecule, until they form a pattern all the way around of substance. 8 patterns that they follow on the shell of the molecule, and therefore every type of substance is made by putting together and taking apart of molecules.. *** That's why there are spaces between the atoms, because the molecular pattern of energy cannot fit tight together. Therefore there are holes in substance. Density of some people so great they can't swim; the molecules contain more anions and cations. They contain more anionic and cationic energy. *** It's also the protein salt that puts the molecule together. *** Angstroms is the distance of the atoms apart in that lattice movement around the molecule. *** Some of them will be greatly distorted in one direction, because of the way they're pulled away by another element coming in to make a molecule. *** Each element is represented in its crystalline structure. Then you can think of the combinations of these, how you'd add squares to tetrahedrons and diamonds, as they would go into formation of a molecule. There are some beautiful structures, if we could just see them. *** In reality there isn't any such thing as a perfect/complete amino acid, because before the amino acid molecule is completed, each organ is beginning to snatch off what it needs to replace, to ionize the stole on the end of the nerve where the cell is being replaced. *** The larger the molecule, the larger the cell structure. *** The rupturing of that molecule, and its frequencies, breaking away of the atomic structure within that molecule and converting to a gas, goes in blood stream to liver. *** Carbon molecule like a rubber ball with a hole in it. Moisture inside of the molecule.

MOON *** Relationships, like the rise of the moon and fall of the moon. This affects ionization of the air. On the rise from a new to a full moon, there's less mineral ionization in the air than there is in a full to a new moon phase. And this affects our healing capacity, fast or slow. *** About the moon, we said that an increase, depending on the time of the year and the temperature, would affect this healing process. The time of the year would be related to the phases of the moon. A cut on the increase of the moon heals slower than one on the decrease of the moon, from the time the new moon is up to a full moon than on the full moon down towards the new moon. A calf branded on the increase of the moon causes an increase in the scar tissue as the calf grows older. If they're branded on the decrease of the moon, the scar tissue will remain the same size and the brand the same size, as the calf gets larger. The energy we get from the air we breathe and absorb through our skin, or the ionization effect that the bone has in taking electrons from the air, is related to this in the point that the lesser mineral content is in the air at the time of the increase of the moon, and there's a greater mineral content in the air on the decrease of the moon. A colder air, on these times, will hold more mineral than hotter air.

MOTHER *** Give iron to a pregnant mother because without iron the muscles do not stretch during delivery and they have a tendency to tear. To-be-mothers should walk at least a mile every day unless they have low blood sugar; then be very careful. Suppose you run a test on a person and the uterus is in such bad shape that it would be impossible to carry the child without losing the mother and child because of carcinoma or cancer of the uterus. There's only one thing to do. Lower the blood sugar until it aborts by itself. A fetus requires 3 to 500% more oxygen than you or I in order to exist. Lower the blood sugar enough, down below 1, until the mother's almost in a state of coma. In just a few hours the fetus will lose the life, and in a day or so it will start to abort naturally. If you want to stop labor pains, raise the sugar as quickly as possible. Let them sip 4 oz. of wine slowly; that will stop labor pains. [see UTERUS]

MOTION SICKNESS *** Low blood sugar causes motion sickness. It's the worst of all maladies that I know of. It isn't really dangerous, but it is surely miserable. You feel like you want to have a bowel movement and you can't. You feel like you want to urinate and you can't. You feel like you want to vomit and you can't. You feel like you're going to black out and you don't quite. And then it feels like all the flesh is starting to crawl off your bones, like your feet are going to sleep, your hands are going to sleep. Discourage traveling if they have a blood sugar that's less than 1.0. It is my opinion that 50% of the automobile accidents are brought about by low blood sugar. *** Motion sickness: 50% of our accidents are caused by that.

MOUTH *** Cause of ulcer sores in the mouth is the liver flushing, change in the liver. It means your body is responding. *** Nature is trying to restore. A lot of withdrawals happen with fever blisters and ulcers in the mouth, when they haven't even been on lemonade. *** In mouth, food coated with saliva, an anionic substance. *** The minute the cationic food enters the mouth, it comes in contact with an anionic digestive juice.

MUCUS *** What is the cause of mucus in the throat? Bacteria. Bacteria puts a coat of mucus over the throat, and the lemon juice cuts the mucus out, right down to that the bacteria's eating on, that manufactures the mucus. *** Mucus discharge from the rectum, bowel movements about every hour, nothing but mucus primarily. It's probably ameba or some kind of bacteria. I would suggest

that you try allopathic remedy or bacterial control. There's certain types of bacteria that K-Min does not work on. *** Albumin, it's the delta cells, the omega cells; it's the urea particles. It's also any mucus that might be coming out.

MULTIPLE SCLEROSIS *** Does anyone know where the word multiple sclerosis comes from? I don't know. My opinion is a multiple number of causes of paralysis, a multiple number of reasons can bring about paralysis. *** I have treated some 25 cases of acute MS, and I haven' t found any two of them alike. Everyone different. They have different mineral deficiencies, but all of them have a liver problem. All of them have a niacin deficiency. All of them have a calcium deficiency or calciums deficiency.

MUSCLE *** Malfunctioning of any of this can cause pain in the joints, pain in the muscles. So many aches and pains it can cause. *** Sore joints, sore muscles. On insulin, can't assimilate vitamin C, they can't throw it out of the muscles. Assimilating enough vitamin C so it gets into the cartilage of the joints. It's the same problem, just settling in a different place. Might call it arthritis, the other they might call lumbago, soreness of the muscles, and what-not. *** The muscles are controlled through the spinal column nerves. There's a difference between muscle tissue and fat tissue. They have different density because of the gases that are trapped within them. Fat has more oil trapped in it. *** And when we see their weight, we're thinking about the ratio of fat and muscle. It's the density. Muscle is 400 [?] times heavier than fat. 4 times or 400%. *** Skin is the heaviest organ, bone is the next, and muscle is the next heaviest tissue. *** As these vital organs begin to malfunction, this affects the muscular action of the cranial nervous system, and therefore it may make the symptom in a different place than the cause of the symptom.

NAPTHA TABLETS *** Made from the sap of three different trees, it smells like naptha. Put in capsules, give 2 a day. It does miracles for stomach cancer. I've never seen anything do what it does. *** It's naptha tablets. They're hard to come by, hard to get. Start with one a day; move it up after about a week to BID. One of the ingredients is 64 dollars for a 12 oz. jar, comes clear out of Palestine. *** Naptha pills, stomach cancer. 1 a day to 2 a day, to maybe 3 a day.

NECK. *** When they come in, you notice whether they have their head one sided or hold it back or peculiar. If they hold their head one side or the other means two things. They either have a stigmatism, you'll get used to seeing that in the numbers; or else they have a neck that needs adjustment or they have one leg that's shorter than the other. *** Notice if the person is holding his head to one side or the other. Suppose the left leg was shorter than the right leg, I would hold my head to the right. Hold of head will show which leg is shorter. Throws the whole back out of adjustment, and especially the neck.

NERVES *** And from the brain is a set of nerves that comes down through the side of the neck, called the central nervous system or the vagus nerve, the main trunk of nerve; and it goes down through the side of the neck. It does not go through the spinal column because a lot of people can have a broken neck and live, anywhere from a few hours to a few years. And if it were not for the vagus nerve going to the vital organs, and etc. they could not live. *** Practically all diseases begin somewhere in the central nervous system and the messages from the brain to the vital organs. If you have a person whose body does not respond to diet and yet they do not have any brain tumor,

you know there's damage on one of the branches of the vagus nerve - between the central nerve trunk/vagus trunk and the liver. *** On the tongue, one nerve end is called one bud. 284 taste buds. Tiny particles of food touch these buds and send a message to the brain, and you call it either sweet, sour, bitter, or salty. *** When people become nervous lots of them eat, trying to stop the nerves. Smoke, smoke, smoke; drink, drink, drink, drink; or get hooked on something because of the neurosis. *** What effect does too much salt have on the nerve centers? It overloads them, and it also causes them to break down, deteriorate, dehydrate. Nerves fray just like a thread, burn out. *** Calcium, vitamin A becoming available and the nerve ends are coming alive in the skin, and you have hives. *** In the back of the head, the local nerve part of the brain. Locomotion. The automatic part of the brain, which controls the breathing, the rhythm of the body, the lungs, the heartbeat, and etc. One of the most delicate parts of the brain. If a tumor should start in that area, then this nervous system will not take the messages down to the liver, to function normally. Therefore, no change in the body chemistry. *** If this liver is functioning, then you give niacin and rebuild this nerve so the pancreas can function. B-3 will help and do a great job in rebuilding any of the nerve tissue. Suppose the damage is in the central nerve, then it's just the same as the brain. It is not going through, and it will not go through. One of the great dangers, great damage [that] is done by cobalt and radiation is damage to the nerve, and it affects the entire nerve. If that person gets enough, it upsets the entire nervous system. *** The greatest damage that drugs do is to the entire nervous system, the whole nervous system. *** Diverticulitis, caused by too much salt in the lining of the nerve ends in the intestines. The nerve does not permit the food to go in to rebuild. *** Cigarette, then the opium [in the papers] kind of quiets their nerves. *** When the sugar and salt rise, the person is not drinking enough water systematically, or they have a brain tumor or damage to the central nerve, wherein the body cannot respond. *** For every cell there must be a nerve. *** When these numbers do not do what they're supposed to do, you know the person is not doing it, unless they have a brain tumor or damage to the central nerve or vagus nerve. *** If the urea does not move, there's damage either to the central nerve, vagus nerve. The message is not getting through from the brain for some reason or other; it's being short circuited out. *** In our system there's a routing system called nerves, and these nerves take the messages from the brain to the various parts of our bodies in various ways. The muscles are controlled through the spinal column nerves; the vital organs are controlled by the vagus nerve, central nerve. *** Cell getting worse and worse, and at a certain stage, then the nerve that carries the message from the brain is broken. And then, at that stage, [it] is known as cancer or omega cells. *** Withdrawal. Putting things together and taking them apart at the same time. Some of these cells are still attached to the nerve but are being forced out. When a cell is still attached to the nerve and still has some life there, as that turns loose, tingling - a message is being interrupted, interfered with between the old and the new cell. *** Suppose a person has a terminal case of emphysema, or cancer, or omega cells; and then nature starts to send nerve ends into that deteriorated place, into that decayed place. Then sharp shooting pains, like lightening flashes. Pain is a short circuit of nerve ends; it's a circuitry problem. *** This is what knitting pains are, is nerves rebuilding and the cells replacing. *** Each cell does have an individual nerve ending. It comes from the brain to a place in the cell, or where the cell is going to be, we'll call the stole. *** B-6 is to stimulate the nerve in that area. It's a substance that's necessary in the nerve for it to conduct electricity, a type of mineral. It's a substance that must be necessary in the nerve. The main sinew of a nerve is thousands of nerves

within a nerve. *** These nerves have many little lines inside the nerves. But B-6 is the substance that keeps them from short circuiting each other out. When they short circuit each other out, there's numbness. The constant pain would have to do with the fact that there is a dying back or a lack of minerals. It's not complete, but there is a dying back that's taking place. So there's a sign of degeneration, a lack of mineral. If we know that an electrical impulse travels in our nerve endings to our cells at the speed of light, how long would it take for the programming of a cell after it was injured, and you have a range 1, 100% energy, and you have a 45 hundred parts per million of vitamin C in the blood? How long would it take a cut to heal? 7 to 10 days. *** Folds in brain cells dictate the areas of the brain for different nerve responses. The nerve fiber also enters into this. *** The central nervous system and the vagus nervous system are the same one. The cranial nervous system transmits through the pons. The vagus nervous system goes directly to the organ. It goes by a mass through the edge of the pons, like a string pulled through a piece of wax. Messages from the left quadrant of the brain do not end in the pons; they go directly to the vital organs. *** The only disease that would destroy the tree in the lungs would be damage to the vagus nerve. Intake of carbon monoxide burns the tip ends of these nerves off; it dehydrates them.

NIACIN *** If the liver's functioning, then you give niacin and rebuild this nerve so the pancreas can function. Niacin, B-3, will help and do a great job in rebuilding any of the nerve tissue. *** MS: All of them have a niacin deficiency, B-3 deficiency. *** I start with 100 units between meals, and as long as they get a flush I do not increase it. But whenever they go through two or three days without a flush, then I double it to 200, and then I keep increasing it so that they continually get a flush. *** A person with extremely low calcium and extremely nervous and high neurosis, do not use B-3. Not that B-3 would do any damage, but the point is they are so nervous when they begin, to get any reaction they go into hysteria. B-3 didn't do it; they just lost their nerve. I've used 2000 milligrams many times, as much as every two hours. I've used up to 3-5 thousand a day many times.*** Keep adding it until they get a flush. If they don't get a flush, increase it until they get to
100. After you get to 100 increase it by 100. I've given 3-5,000 units a day, and after that I have not gotten any better results. After they've been on it a few months, give them lower, and lower it down. Do not take them off of it too quickly; lower it slowly until it gets back to normal. Niacin will marvelously rebuild nerves. [see VITAMIN B-3, see SCHIZOPHRENIA]

NICOTINE *** Nicotine stayed in this woman for 35 years. I said, "Well, the nicotine is coming out of your system in such heavy amounts, that we did everything possible to catch you smoking." Drugs do the same thing. Many times you can smell drugs coming out of the people while they are coming off the fast.

NITROGEN *** Nitrogen is an isotope. *** These tests tell you whether there's too much nitrogen, urea, or not enough. Urea is two kinds of nitrogen. Nitrate nitrogen is the top number. Ammoniacal nitrogen is the bottom number. To get the total urea, you add the two together. Urea is the result of undigested protein. The basic substance that makes a protein, protein is nitrogen. And it's either nitrogen oxide or nitrogen sulfate. Nitrogen oxide is nitrate nitrogen. Nitrogen sulfate is ammoniacal nitrogen. If you want to convert nitrogen to protein, multiply the nitrogen by 6.4 and you'll have the rule for converting nitrogen to protein. If you want to convert protein to nitrogen,

divide the protein by 6.4 and you'll have the nitrogen content. *** Nitrogen has 14 electrons either in orbit or as a nucleus. It has one anion and 14 cations. If it is a cation nitrogen, it is also an isotope. *** It is an electrolyte that holds the cell together. What is the elementary protein known as? Nitrogen. It makes the electrical attraction in matter. It is the protein energy in the molecular structure that holds it together, making a cell a cell. *** How can the water be changed to the frequency of our body? What is the element that does that? Nitrogen, an electrolyte, holds things together. *** Nitrogen is like a magnet. It is also an electrolyte; it is a carrier. It draws into its path certain patterns or elements, whatever is attracted to its magnetic field. Then this protein molecule is built. We're talking about cationic protein. It is definitely on a frequency. *** We have an inner space and an outer space. The inner space contains moisture, oxygen, nitrogen - and 68 to 75% of the air is nitrogen. Over each acre of land approximately 35,000 tons of nitrogen in the air. *** Three things necessary for the liver to manufacture, to do its first work: Water, oxygen, and calcium. Electrolyte of these 3 substances is nitrogen. Whenever nitrogen is added to these 3 substances you have a protein molecule - amino acid. *** What is it that the liver produces in order to make a jigsaw puzzle part to fit any section of the body? What is that element called? Nitrogen. What is nitrogen to the body? An electrolyte. It's the one that draws the particles in, particles that magnetize themselves to the cell. And it's said to grow, but it's actually being built. *** Skin diver goes down too deep and comes up too fast, gets what we call the "bends". It's nitrogen gas coming out of the blood, actually causes a clotting of the blood. *** The liver is producing amino acids. We are talking about 3 main elements - nitrogen, calcium, oxygen - and water. *** Every cell in the body has the same frequency, and it's nitrogen that allows it to have the same frequency. *** The elements have the variable frequency, but in the compounds it's equal. Every cell has the same because of nitrogen. *** In forming the amino acid you have to first have nitrogen. No amino acid can be formed without a cation of nitrogen. Every cell in the body, that's the one common denominator. That's what helps give us frequency. *** Throughout all these cells, frequency is going to be constant because of nitrogen. *** Before the amino acid takes place, is nitrogen. Most of our nitrogen comes from the air.

NOSE *** Nose itching, pin worms. People with false teeth vibrate, so they scratch their nose. Everybody that scratches their nose doesn't have worms.

NUMBERS *** In the book of Revelation, it said the books were opened and your name is called. But in the Greek it says, when the books were opened and your number is called. You will come as a needle to the pole. Whenever you begin to deal in numbers so large, you really see the need for logarithms to measure energy and power on the earth. *** Everything has a direct action on the other. Change in one decimal is a change in all numbers.

NUTS *** You can get almonds, pecan, and most any, and put them in the pressure cooker and cook them soft, and it's all right to eat them. As fine as you can grind it to a flour, those small molecules of nut, as small as you can grind it, is like a bolder by the size of a particle of energy. Apricot seed? If you're in perfect health, it's wonderful food for you. But if you are sick, your gastric juices are too dilute, you can not digest them. Pressure cooker, yes, make it soft, and it does not change the cyanide that's in the seed kernel. It's the cyanide that makes the laetrile, laetrile. It makes vitamin C available to your system is what it actually does.

ODOR *** Goal to work toward: To keep the body chemistry perfect enough so that the urine itself stays almost transparent. The thicker and off-color and the more odor it has, the more ill anyone is. People that have urine with strong odor of ammonia, have a very high urea, and they are a candidate for a pectoris heart attack. *** Smell energy from a rose. Difference in odor, the frequency. What is an allergy? Any food, substance, or odor that will cause you to lose energy.

OILS *** Washing every day with soap, vitamin C deficiency. It escapes, and therefore they have a runny nose, a cold. Therefore they become a candidate for illness. This is just a very fine thing that you must keep in mind about the importance of vitamin C, this oil on your body. Of course you use soap on your arms, face, neck, feet, and etc. Please put the oil back on so the vitamin C will not escape from your system. *** Also, the lower the sugar content in foods, the lower the oil content, and therefore you need to add your condiments into poor quality food. *** Lecithin oil is very difficult oil to digest because it takes a very strong solvent to dissolve it, much stronger. It's very good for healthy people, but questionable for people who have dilute gastric juices. *** Question: Do oils have sugar? Oils turn to sugar in the system. *** The digestive juices are so dilute, the food can't digest and it's not producing enough oil. A lot of times they don' t put enough oil in their diet. They've thrown away the frying pan and there's not enough oil in their diet. *** Hard stools: Not enough oil in the diet. You need more corn oil in your diet. You put more corn oils in your vegetables when you cook it. Use your cooking oils plentifully because your vegetables today are depleted in natural vegetable oils. *** Don't use soap when taking a bath, except in crotches, under arms, face, feet. If you wash this oil off, then a lot more vitamin C escapes. If you must wash, put oil back on. People that scrub thoroughly, every bit of the oil off the skin, are people that have a cold and sniffles and cough the whole winter long. It's a very important factor in your absorption of vitamin C. Some bath oil in the bathtub. It means a whole lot. *** Use olive oil for stool problems: For young people a couple of times a week; for older people, every day, like 40 or over. *** Too much salt causes the cartilage to lose its moisture content. Then it cannot hold the oil content, and that's really what arthritis is. That oil displaces. *** When you have a urea of 10/4 [salt at 33], you are not getting the proteins you need because the body does not have enough oxygen, can't assimilate the calcium, weak bile, can't break down the oils, cholesterol is forming. *** There's a difference between muscle and fat, and that's where weight comes in. Fat has more oil trapped in it. *** Bone marrow has the consistency of cholesterol or an oil. *** If too much thyroxin, it causes the body oil, which helps to stabilize this fat and muscle, to dissolve; and you become thinner and more lean, but this excess oil is flushed out through your kidneys. If you've got too much thyroxin, the ratio of fat to muscle has been thrown in the wrong direction, and the oil that should be in the fat molecules are being thrown out through the urine.

OMEGA *** An omega cell is a cancer cell. It is a cell that has lost all of its energy; it has lost its ability to perform. *** A loss of energy produces delta cells; and if they stay in too long and under favorable conditions, [they] will become omega cells. *** Low pH is caused when the weak gastric juice has lasted so long until foods can't get through [fibers turn to gluten instead of gelatin] and therefore the cells are starving to death and become omega cells. *** Suppose the person had a terminal case of cancer, omega cells, then nature starts to send nerve ends into that decayed place, then they get sharp, shooting pains. *** [Albumin] Let nature take its time to get it down. It's

the delta cells, the omega cells, the urea particles, also any mucus, that might be coming out. *** Delta cell is puffed up more and more - bigger and fatter until it becomes a cancer cell, or an omega cell. No structure in the cell at all.

ONION *** Body cannot assimilate vitamin C in synthetic form because it's too acid and will aggravate the condition. Can take stewed onions, richest source of vitamin C in the world. Onion tops in the blender. Cook a whole pound of onions and eat all the stew at one time. Can't get enough raw. Cook 20-25 minutes, simmer; add some mushroom soup. Does not lose the vitamin C. Steamed in own juice. *** The richest source of vitamin C is onion tops, made in the blender. *** Man needed vitamin C badly and couldn't take it in vitamin C form, so we fed him onion soup twice a week to get his vitamin C. Almost a neutral.

OPIUM *** If you have patients that have trouble sleeping at night, take and make a lettuce cocktail, the juice out of the lettuce; and they drink it and sleep like a baby. It's got enough opium in it that they can relax. And use the core too; use the whole head. It's an excellent thing to do. *** The reason they smoke in the first place is the fire in the cigarette has burned the taste buds off and they can't taste it; and then the opium kind of quiets their nerves*** A cigarette fiend craves his opium in the paper. They even put it in cigars today, to make it habit forming. It stinks. It's the opium in it; it makes it repellent to people who do not smoke. *** It's the opium that they are hooked on, not the tobacco.

ORGAN *** We are going to learn how to tell by these readings which organ is affected. *** The greater the variety of foods, the more apt to get what each organ needs. Our organs have the power to manufacture energy on the frequency necessary to keep us alive. *** If there is an organ that is losing energy, that organ is giving off more energy than it should give off, and it is that which we pick up in the tests that makes the reading what it is, a loss of energy. Different organs have different elements in them. *** Calcium too low too long, manganese deficiency, asking for cancer or carcinoma of the sex organs. *** Energy taken out of food, particles, molecular structure, and fit it to the organ of your body on your frequency. Liver makes that possible. *** Broken neck: If it were not for that vagus nerve going to the vital organs, the heart, the lungs, the stomach, the pancreas, the liver, the sex organs, and etc., they could not live. *** Salt: It also causes the digestive organs, the stomach, and small and large intestines to become enlarged. *** I haven' t seen any organ in the body that wouldn't rebuild itself providing there was not damage to the vein or the vagus nerve. *** It is the calcium that's manufactured by the liver on the frequency down to the milli-micronage of the organ in which it's located. *** The liver adds to, takes on, and changes around the substances that we eat, a certain percentage of it, in the manufacturing of the enzymes on the frequency that we are going to need it for the various organs. *** Messages not going through to the brain properly, so therefore there's a deterioration in all vital organs. *** Different organs are composed of different elements. *** The vital organs are controlled by the vagus nerve or the central nerve. *** If minerals can't get through to the vital organ, it cannot be replaced. *** Not enough oxygen to the brain, it's not going to send the message to the vital organs. *** Insulin causes hardening of the arteries in the most delicate organs, like lungs and kidneys. *** The chromosome of cells and the DNA and RNA factor are very much the same, with the exception of the mineral that composes the cell which

composes the organ. *** Cirrhosis of the liver, a long time, gastric juices becoming more dilute, energy loss greater, the mineral deficiency greater, and therefore the weakest of vital organs becoming affected. *** Spleen, dual-function. Separates the upper and lower abdomen to help hold the organs in place. Also the most sensitive organ in your system; it's a thermostat to control your temperature. *** Whenever these organs are not functioning and then start again - over-function, under-function, overreact, under-react, in most strange ways. *** The basic fundamentals of the differences in the organs, the softest and the hardest, the chemical composition of the various organs, on an average, and there is a great differential in it. *** The micronage determines the difference in species and organs within the body. *** The density factor: If you can imagine the human anatomy and you can imagine the color of the various organs, the brain would be less dense than the heart, the liver more dense than the heart. Iron in the liver, more elements; more concentration within that atomic structure, so you have a density, more dense.*** We have different organs tuned through the brain to pick up these amino acids with their like milli-micronage. *** As they link up, the patterns in relationship to the number and combinations of elements, from light to heavy, will determine which organ they are being tuned to go to. *** I do not include the thyroid as a gland. It is an organ because it manufactures something. Glands do not manufacture, the organs do manufacture. *** And then it forms another amino acid within the organ, which is different from the supply amino acid that has begun to be manufactured by the liver. *** We can also tell you where cancer will strike, because we see that your diet is insufficient in mineral to keep that particular organ functioning normally. We're going to study what the organs are made of, and the chemistry of these organs and their requirements. *** Practitioners that work on the spine, get some results because they help to increase that energy flow from the brain down through the spinal cord, out to the organs - the flow of that anionic energy. *** If we had the ratio breakdown for those organs, we would see that the manganese in the sex organs would be slightly higher, the calcium would be the variable. *** We're talking about the fact that this micronage programmed into amino acids will be unique for that individual organ. It will go until it finds the organ that it will match up with. *** We have 240 different glands and 23 organs, 6 billion enzymes for the functions that have to go on within the body, every day. *** As those amino acids travel throughout the system, electrical attraction draws them to those organs that they're programmed for, because they take the path of least resistance, because they fit perfectly. If there was anything in there that didn't fit, that would determine a path of more resistance; they would not join in that organ and pass along until they find the organ that they're going to. *** The pancreas is an organ. The alcohol and insulin and thyroxin are manufactured by the pancreas.

ORGANIC *** What is an organic? A substance containing carbon is an organic. What is an inorganic? Any substance without carbon. What is a synthetic organic? Something that man made. Is it possible to have a synthetic organic? Yes. *** Organic, any substance containing carbon is an organic. Inorganic is any substance that does not contain carbon, whether elementary or compound. So you can have synthetic organics by adding carbon. Urea is one of them.
It is organic urea. Ordinary sodium chloride, table salt, is an inorganic. You may have urea and it's inorganic or it's organic. It may be either. *** There is no biological substance that is inorganic. Any substance that contains carbon is organic. Inorganic is a substance that does not contain carbon.

OVARY *** Female cell, 26 little things going out, little bunch of points sticking out and these little points will start the process of making the next cell. And it grows. Magnetic attraction of the female cell and the magnetic attraction of the male cell joins these cells together. 26 points, nerve ends, on each side of the cone inside of the female cell. *** The female cell forms the lower torso, determines the sex. *** If these points of magnetism touch at proper places, there is no deformity. *** A little circle. That little circle is the sperm of the female ovary. The whole egg is the ovary. *** A man produces both male and female sperm, and a woman produces both male and female ovaries, mathematically speaking; and the reciprocal must be equal or they will not join. The female determines the sex. Both of them determine it because of the reciprocal, but the sperm is the upper torso and the lower torso is formed by the ovary. *** Manganese, in order to make the very cell or sperm or ovary for life to take place. *** Mineral deficiency, weakest organs becoming affected; sometimes a breast, uterus, vagina, ovary, etc. *** The ovary, the ovum, the germ of life in the ovary, and also the sperm, and watch it develop, minerally, with the moisture and the water into a complete, perfect, normal human being. *** The third softest tissue is the ovaries and testicles. *** Placenta looks like a pin cushion; that is where the fertilized sperm and ova need to land for you to start developing. *** The softer the tissue, the more energy it picks up.

OVERWEIGHT *** We don't count calories; but if overweight, then watch what they are eating. Eat some of everything but cut down the amount. Watch sugar, between 1 and 2 Brix.

OXIDIZE *** When your liver takes in calcium from your food and it does not have enough oxygen to turn that into hydrochloric acid, then it oxidizes in the liver and you have cirrhosis of the liver. *** Salt causes varicose veins because the increased electrolysis is too great until it dehydrates the wall, causing the copper to be given out and a dehydration, oxidation, takes place. *** Corrosion or oxidation is taking place in our oceans and fresh water bodies of water; gases are being formed. This is how these elements get into the air we breathe.

OXYGEN *** Oxygen oxidizes, corrodes. *** Some Mh units are lost units of energy because it was lost in the air [leveling off] or in the presence of oxygen. *** Oxygen has 16 electrons. *** Adam and Eve had an anionic body; and when they fell, the Creator used a sword of oxygen to drive them out of the Garden of Eden; and it was the breath of oxygen that they breathed in that changed their bodies from anionic bodies to cationic bodies. *** When we breathe oxygen into our system, we have a temperature of within 96 degrees and 99 degrees Fahrenheit. An anionic body on our frequency would have a temperature of 980 degrees centigrade. *** Oxygen denotes that there's an end coming to something.*** Cirrhosis of the liver: Not getting enough oxygen into the liver for the liver to repair cells. *** Too much sugar in the blood, oxygen can't get to the brain. *** The cause of high urea is the lack of calciums in the diet, or a lack of oxygen coming in from the lungs to the liver, or a brain tumor, or damage to the vagus nerve. *** Calcium deficiency unnerves people and certain kinds of neuroses cause the upset in their breathing, asthma, and they breathe too much air most of the time. Over-oxygen, the same as under oxygenation. *** Cell breaking down, what is the second thing it's lost? It's lost its oxygenation. *** When you have anemia, you also have an oxygen deficiency, which brings about the color. *** Emphysema, an oxygen deficiency. *** When the energy gets below 50, people generally don't breathe deep enough; because if they get too much

oxygen, it makes them more tired. Consequently, they aren't getting quite enough oxygen into the lungs; lungs not in use, emphysema sets in. *** Oxygen, 1 and 16, an isotope. *** Alcohol in your system builds up the density between the molecules of blood, so it can't carry oxygen to your brain;
become intoxicated or inebriated, can't think because it's depriving your brain of oxygen. Also it's depriving your liver of oxygen. When your liver takes in calcium from your food and it does not have enough oxygen to turn that into hydrochloric acid, then it oxidizes in the liver and you have cirrhosis of the liver.*** The lung cell, when it's incapacitated by a drug, generally doesn't give off enough oxygen. *** Gastric juices too dilute: not enough calcium, water, and oxygen. *** Sugar reading 5.40: headaches, not enough oxygen to the brain. *** Pancreas manufacturing insulin, preventing the blood from carrying too small amount of oxygen to the brain. *** An emphysema case, pH stubborn about rising, because the liver's not getting enough oxygen to assimilate calcium. You can' t get the calcium without the oxygen. Recommend harmonica. *** 6 factors to understand the theory of ionization: Water, mineral, weight, age, frequency, oxygen. Oxygen makes it possible for the basic change in our bodies. Oxygen gets into our bodies from water and the air we breathe. The lack of oxygen is a measure of reason why the body permits organs to
grow old, permits arteries and veins to harden, primary cause of strokes or degeneration of the brain. It's the lack of oxygen. And if you're oxygen-deficient, then potassium is going to become deficient, because the messages are not going through with enough strength to carry it on. *** Get the very ill to breathing. Be careful, can get too much oxygen at one time, over-oxygenation. Singing. Got to have enough oxygen to get the right amount of energy out of the food. Smog - not enough oxygen in the air, a different problem. People at high elevation, get down to a lower level. At higher level, upsets your equilibrium. I take a little can of oxygen with me. *** Oxygen and calcium involved in making carbon, a governor for water in your system. *** What elements in food produce energy? Oxygen and hydrogen, just two. *** What does 1.5 tell you? Exact amount of oxygen to the brain - no loss of energy, a perfect rate of speed. *** The sugar in the blood determines how much oxygen the blood can contain. *** Other carbohydrates in the blood that carry oxygen besides glucose. *** If the blood is carrying too much carbohydrate, then it cannot carry enough oxygen. *** pH at 7.40: not enough oxygen, weak bile, loss of energy, calcium passing out into the urine. It's collecting in the liver; and the liver has the calcium and can't use it because it does not have enough oxygen. *** The liver is not getting enough oxygen because the lungs are not getting enough material to repair the lungs with. *** Rough case of emphysema, not getting enough oxygen for the body to assimilate and manufacture vitamin C. Collagen case. *** Spleen: It helps control the breathing, and the breathing controls the oxygen, and the oxygen goes to the liver and the brain. *** Building blocks, liver producing amino acids, 3 main elements - nitrogen, calcium, oxygen - and water. Add iodine and iron next. *** Oxygen is known as the element of time. Where there is no oxygen, there is no time. *** Oxygen found in bone, 3%. *** First stage in cell formation, triangular stage; each point of the triangle - iron, iodine, and oxygen. *** Oxygen is the thing that refines things from the lungs. *** Small little shot of water for your liver; also get oxygen from the water. *** Platelets are all red blood cells. It is any cell that will carry oxygen. *** When you inhale, breathe in, the alveoli are going to close, taking in oxygen. 15% of the air is oxygen; the greater composition of the rest of the air is nitrogen. *** How many of these little fingers would be involved in snatching one oxygen molecule? What is the specific number [atomic weight] of oxygen? 16 of
these would be involved. *** The catalyst for carbon and oxygen for the manufacture of

carbohydrates is carbohydrate. *** Two sources that the oxygen comes from that makes the carbohydrate in the cell: water, and the air we breathe. *** Death of diabetic, lack of oxygen to the brain. *** If the system is throwing off that much sugar, it means there is a terrific deficiency of oxygen to the brain.

PAIN *** Aches and pains originate with a mineral deficiency in which the liver is not getting the substance that's needed in a form that it can use them. Also pain is a good sign that there's a chance of you getting well. The greatest danger is in people that have no pain, and dying and don't know it - without pain. *** Chlorophyll is the greatest pain killer in all the world, either comfrey, wheat grass, or grass out of the yard, or white Dutch clover, lettuce, or dandelion. *** Chlorophyll will do more to control pain than any other substance - fresh raw chlorophyll. *** Whenever the nerve starts to grow back into a cancerous area, there is pain. They complain, "Before I came here I didn't have any pain. Now I've got pain." Are the pains sharp, shooting pains or are they slow, nagging pains? If they are slow, nagging pains, they need more green drink. If sharp, shooting pains, they are knitting pains. *** Knitting pains. Yes, knitting, like you have an operation or an incision. If a skin type, a lot of itching. *** pH 7.60/7.10 if condition has existed 10 years or less, calcium deposits, probably deformed hands and toes, and so forth. Great pain. Inflammatory arthritis. *** So many times pain gets worse just before it gets better, when it's in the joints. *** If you have had high urea long enough, you will have pain and aching in the left arm and shoulder (pectoris heart attack). *** Cancer, omega cells, and nature starts to send nerve ends into that deteriorated place, decayed place, then sharp shooting pains, like lightening flashes. Pain is a short circuit of nerve ends. It's a circuitry problem, two points of knitting is so great until it follows back that nerve a short distance. Then you feel those sharp shooting pains back up the nerve. Resistance is kicking back up the nerve. *** Chocolate, Lipton's tea, carob cause people to have kidney pain.

PALE *** Pale color, low iron. *** See if they are pale, white, yellow - color of skin. Very pale, not enough iron and B-l2. *** Deficiency will change the micronage and the milli-micronage. People become pale or anemic, or yellow, or their hair will become grayer, or greenish gray skin, or purple around lips, or fingernails turn black, rigid - a loss of energy.

PANCREAS *** Pancreas gets out of kilter and it manufactures too much alcohol, body too hot. Inside of pancreas are Islets of Langerhans that manufacture alcohol without fermentation. They can actually add to or subtract from the number of electrons in orbit and therefore change the chemistry of substances you eat from one thing to another. Built-in whiskey still that determines the heat of our bodies. Without this alcohol we'd die in just a few hours. *** Caffeine will keep the pancreas from flushing. Motion sickness or sick stomach, the first beginning of feeling to the pancreas flushing. Pancreas flushing and low blood sugar is the cause of motion sickness. *** Sugar at 1.5, then the pancreas will manufacture the exact amount of insulin to take care of anything we eat. *** The 2nd thing that the pancreas manufactures from glycogen is insulin. Pancreas functioning normally will handle all amounts of sweets, starches, breads - everything that will turn to sugar in your system. Not functioning normally, the least bit of insulin not used because there is not enough carbohydrates to burn it up, it will immediately start bringing down the vitamin A

in your system. *** If the body's too cold and they're freezing to death, give them a little bit of Zest Tonic. It is the nearest thing that's ever been made that's exactly what the pancreas manufactures. If you can' t get that, a good grade of gin. *** Drinking water, this is washing it out; not correcting the condition, but makes it possible for the pancreas to rest and begin to restore its energy. You use green drink and green salads to rebuild the pancreas. *** Pancreas starts to correct itself, may have diarrhea. *** The pancreas manufactures alcohol from the glycogen made in the liver, and that's what controls the body temperature. People too cold, not manufacturing enough alcohol; too hot, too much. Can manufacture so much as to be highly inebriated. I know one fellow that manufactures two kinds of alcohol. It really knocked him out. *** Alcohol manufactured by the pancreas needed for the digestion of foods. *** Vagus nerve goes to the vital organs, pancreas, and etc. *** There are certain sugars that causes the pancreas to fail more than others, either on the high side or the low side. *** Night sweats - when the body chemistry begins to function normally and the pancreas begins to get well, you sweat out some of the poisons. When organs start to function again, over-function and under- function, over-react and under-react. *** Person on insulin, oritate [orinase], or devinate [diabinase], when blood sugar begins to lower, the pancreas makes more insulin, and they have too much insulin stored in their bodies. And it's very difficult to re-pattern this, to wash it out at equal levels and lower the insulin intake at the same time. *** Causes of drowsiness, pancreas is manufacturing too much alcohol. Colored people, so relaxed, because the pancreas manufactures more alcohol, because their skin is dark and it picks up more heat. *** Liver makes glycogen, goes to pancreas, the pancreas makes thyroxin. *** Pancreas not manufacturing quite enough alcohol, cold hands and feet, and generally troubled with gas. *** High or low blood sugar, use green drink. *** Hot flashes, use Maxwell House coffee; a cup or two a day will bring their temperature to normal because caffeine is the enemy of alcohol. *** Nerve is starting to fray, cannot control sugar. *** Low blood sugar, too much insulin. *** 1.5 Brix and other numbers out, you'd know it is a problem with the pancreas. The liver not manufacturing enough substance for the pancreas to perform normally. *** If the feet are extremely hot and sweaty, then use coffee because the pancreas is producing too much alcohol. *** Chlorophyll is a wonderful thing to help the liver to make enough glycogen for the pancreas to perform. Green drinks. *** If they have real cancer of the pancreas, you can pick that up in the tests. *** Sometimes one sweetener will cause the pancreas to produce a lot more insulin. The more you take, the more it produces. *** The reaction between the burning alcohol and the ammonia - ammoniacal nitrogen, that bottom number, is what controls your temperature. *** The pancreas is the second organ in importance, manufacturing this energy. *** Two causes of cirrhosis of the liver. Either drinking too much alcohol or the alcohol that's produced by your own pancreas. *** The pancreas starts manufacturing the least bit too much insulin, then goes the vitamin A. *** Insulin as an enzyme being produced by the pancreas as an amino acid. *** Stage 3 in cell structure, heat produced by the alcohol from the pancreas. *** Islets of Langerhans, they look like the skin of a porcupine with its quills, and they are in clusters, or islets, or groups. Glycogen from the liver passes over these needle points, forms alcohol by taking it apart, de-ionization. *** We should manufacture more carbohydrates in the day than we do at night. Occasionally find a person that does it opposite, because the pancreas manufactures too much alcohol at night.

PARABOLA *** The unknown synchronization point. It's the problem that you're working on.

PARKINSON'S DISEASE *** It is the stagnant caffeine that causes Parkinson's disease. *** That's one of the easiest things in the world to handle. We've had 100% success. Unless it was a genetic thing they were born with. *** It would be low calciums, loss of weight; one of those equations that's almost coming back to perfect, just off a shade of perfect.

PARTICLES *** A urine pH of 6.40 and a liver pH bile of about 6.40, and then this is perfect. And then if we put acid foods in there, then the saliva in our mouth surrounds the molecules of food that we chew up, the particles. And it goes into the stomach and it very gently begins to churn those saliva particles away from each other, until they begin to work on the food that we have eaten. And very slowly the digestion process takes place. *** A cell is built by drawing these particles that magnetize themselves to the cell; and it's said to be growing, but it's actually being built.

PATTERNS *** When we understand how an atom is made, then we can form patterns. These patterns can form kinds. *** There are 9 different patterns of heat; 7 of them are common in biological life. *** If you look at the periodic chart of the atoms, you'll find the patterns. All energy comes in one of these 7 patterns of biological life. *** A withdrawal is a body chemistry change from one pattern to another. You know what a perfect pattern is. Sometimes change rapidly, too high, too low. Go by the numbers. *** These patterns are measurable on the oscilloscope, and it is these patterns that we follow through in interpreting and locating the malady within the body. With each pattern there is a mathematical equation within the body. *** Body rhythm is very important.
That's why the lemon and water on the hour and half hour; also bowel movements, baths, rising, and etc. should be on a regular basis. It's very important to get the body pattern back into rhythm. *** When the pattern of the numbers does not change, it's because they're not drinking enough water to wash out the dead cells. Body chemistry that's way out, you must re-pattern those body chemistries. *** If you calculate the energy of one anion at 250 Mh units of energy and you calculate a cation at 750 Mh units of energy, you are in a pretty good pattern. *** A pattern between their facial expressions and their numbers. *** The frequency of the blood does not stabilize enough to form a permanent pattern. *** You begin to put those numbers together. If it's this number, it's this pattern. If it's that number, it's that pattern. If it's this number, it's in this location. *** You can change ranges without changing the patterns. It is true that your body has and does form various patterns. *** Electrons bounce back and to, from the center to the outer perimeter of the molecule, until they form a pattern. [There are] 8 patterns all together that they follow on the shell of the molecule. And therefore, every substance is made by putting together and taking apart of molecules. *** Nitrogen, an electrolyte, a magnet. It draws into its path certain patterns or elements, whatever is attracted to its magnetic field. *** Patterns. The energy involved in a whole pattern. *** The food we eat, in the stomach churns it, trying to compress it; it's taking the gas out, also separates water. This water collects minerals in colloidal form, others in the form of energy. Energy patterns. It picks up these energy patterns. *** You see the person and the numbers, a pattern that evolves. You know about what the range of their numbers will be. *** Electrons moving here that will go into this lattice work, and that's how they make their circuit of this molecule, the overall pattern. *** There are 9 patterns that the path of the electrons can be formed in. *** In the amino acid structure, the electrons link up; the patterns that they link will determine which organ they are tuned to go to. *** In the liver we have the unification taking place of these slowed down elements that the body has absorbed. These converted frequency elements start joining up in

various patterns. We call them micronage, patterns of micronage, milli-micronage, milli-milli-micronage.

PEPTO-BISMOL *** To change diarrhea, we use Pepto-Bismol, cheddar cheese, and cut down on water and lemon for a few days. *** Also Pepto-Bismol for diarrhea. *** 1 teaspoon, 1/2 hour before eating and 1/2 hour after eating.

PERFECT *** A urine pH of 6.40 and a liver pH of about 6.40 and then this is perfect. *** The goal to work toward is to keep the body chemistry perfect enough so that the urine itself stays almost transparent. *** These numbers indicate energy, and if these numbers are moving toward perfect, then the person is gaining energy. *** The problem is that we never thought through the fact that even in a perfect range, gas is released, and this is the way that energy is broken away from the elements in the stomach, in a gas form. It's a controlled reaction. *** Amino acids travel throughout the system. Electrical attraction draws them to the organ they are programmed for, because they take the path of least resistance, because they fit perfectly. *** I'm going to tell you which range is going to give you the most problem, that's range A. That's not perfect, but perfect is in the first range. *** The nearer perfect numbers are, the more accurate you're going to have to be in
your tests to correct it, because the slightest mistake when you're near perfect will become exaggerated.

pH *** pH is a symbol meaning activity. *** The little p and the capital H means the activity of the hydrogen ion. It is a measure of resistance only, resistance between either anions and anions, cations and cations, or anions and cations. The top number is the pH of the urine, the resistance in the urine. The bottom number is the pH of the liver bile. And it is one of the finest guides that we have to determine what the pH substance is. Whenever the liver, for any reason, causes the gall bladder to become stretched and that ferments, it will lower the pH of the liver bile more than the saliva. Not much, just a fraction. It's very important to keep the liver bile and the saliva equal. *** pH: The lower it goes, the faster it goes; the higher it goes, the slower it goes. The lower it goes, the greater [less] the resistance; the higher it goes, the less [greater] the resistance. *** If you've got a high pH, don't take vitamin D or anything that's got vitamin D in it. *** You can still have a low pH and also have a ball or two of the undigested foods that's still in your colon and can't come out, that serves as incubators for the anaerobic bacteria, and you may have chronic dysentery. *** pH of 3.80, seriously dead. Life ceases to exist about 4.20. 4.20 to 5.80: highly acid system. *** Many things you could do to force pH up, but it won't count. It's got to come up naturally. Got to supply the calcium that the liver is deficient in. *** pH of 6.80 to 7.20: food is digesting too slowly. Need calcium lactate. *** If they have a high pH, grapefruit or orange juice is excellent [with Zest Tonic] after meals, and sip very slowly. *** The primary place to look for a deficiency is in your calcium group. And this can be determined by your pH reading. *** pH low, less than a 6, calcium oxide is deficient. When the pH is too low, the body cannot assimilate enough oxygen from the lungs to make vitamin C in sufficient amounts to keep your body disease resistant. *** When that pH lowers, it increases the speed of resistance so greatly until these electrons escape from your body like flushing a covey of quails or birds. Our body does not retain it; they get away. *** The pH of the urine over a 24-hour period will equal the pH of the blood over the same 24-hour period. *** Low pH

on both sides, you can just almost smell the stool, a bad odor to it. No shine to the hair, you know the person' s got worms. *** High pH, both urine and saliva, and the saliva that surrounds the food, alkaline, goes into the stomach - an alkaline to an alkaline - about equal caliber, digestion very slow. *** Handle the calcium on the 2 pm reading each day. Jumping around because the energy level is too low. *** Different kind of calcium affects the pH, the amount of energy we get out of our food. *** Body too acid, got to raise the pH so it can accept vitamin C. *** A pH of 7 that will not go down after colonics, 2 or 3 thousand units of vitamin C a day. Still doesn't drop, give vinegar and honey, if sugar is low enough. Heinz sweet pickle juice, 2 or 3 Tablespoons on their salad twice a day. That will bring it down. *** Foods that will bring pH up: fresh corn, skim milk, eggs (shell and all), corn meal, green beans. Carrot juice, excellent. Soy beans, soymel [soy meal?], lime water, vitamin D. *** pH - the measure of resistance. Once you know the resistance, you're in line to calculate the energy. It is the measure of energy being released. *** Take the right calcium according to your pH. The saliva would denote a deficiency of calcium, the top number denotes it first. Over supply and under supply. *** Loss of iron in the liver, pH high or low may denote deficiency. *** pH 7.40 because not enough oxygen [sugar at 5.9], result weak bile. *** High pH and diarrhea, parasites. *** Colon clean, perfect pH. *** If the gastric juice is not strong enough to take the gelatin out of fiber, the pH is going to go up. Low pH is caused when it's lasted so long until the foods cannot go through and the cells are starving to death. *** It's the pH that governs whether they're gaining or losing energy. *** On critically ill, check the pH every day. pH going the wrong way, nothing else that diet can do. *** If it goes into the stomach at the ideal pH, it converts the elements to the frequency of the body. *** The liver slows it down to fit the frequency at the ideal pH. Low pH, too fast; body can't pick it up. A high pH slows it down too far.*** Some calciums on the acid side the body can utilize very easily. Can't use certain others because their frequencies are difficult to convert, can't slow them down. *** Blood doesn't have a frequency. It's the pH factor of the blood. Suppose that you transfer type A blood to a person that has type B blood. Air would form in the blood; it stops the heart. It's the difference in pH that makes your blood type. It does change sometimes, but it's rather rare. It changes very slowly. The higher the pH, the greater the viscosity; the lower the pH, the less the viscosity, the thinner the blood. The RH factor is the pH factor.

PHENAMINT *** Dry stool and a terrific problem with elimination, and you need some quick results, and a colonic not possible, Phenamint is one of the finest things to use for anybody. All it does is to carry the water through the bowel, makes the bowel very watery. [spelling might be FEEN-A-MINT]

PHLEBITIS *** Person on diet, cholesterol begins to drop. These arteries and veins don't necessarily all heal exactly the same from one end to the other. They heal faster in some spots than they do in others. And what happens is that pockets will form in the arteries and veins; and in veins especially, that's where it is dangerous. Then this blood collects in there, and it can't heal because the blood is coagulated and some of the cholesterol also; and that is what phlebitis is. May need IV solution to dissolve this blood in these diverticulitis pockets in the arteries and veins. *** Put in bed, prop up their feet, hot and cold compacts on their legs. Some kind of radiant light on their legs. If very serious, only a 50-50 chance. *** And they need lots and lots and lots of water. It's better they never start on the program than not to see it through. *** Pockets. One of the things you can tell about phlebitis, begin to have pains in the chest. Give terrific amounts of vitamin E, 5

or 6 thousand units of vitamin E a day. Keep legs elevated. Get them into a hospital where they can thin down the blood and get the heart palpitation back up to normal. Generally, it is nature trying to heal itself of a very, very bad condition, and it's tired. On again, off again - this diet can kill many a person because they're fooling with it. *** Cause of varicose veins, high salt. Take salt out of diet and drink sufficient water. Warning about advanced varicose veins: Got to stay on the program for a year, or a year and a half, not break a rule. Stay off their feet, keep feet up because it's not only in the legs but through their system. And if they don't do that, phlebitis will set in and you may lose a patient. Cause: Salt increases electrolysis, so great until excessively dehydrating the walls, causing the copper to be given out; and a dehydration, oxidation, is taking place there, crystallization.

PHOSPHATE *** Most of the mineral that's taken into our body, except nitrogen and proteins, comes into our bodies and is assimilated in phosphate form. Phosphate of iron, phosphate of carbon, manganese, and etc. It's all in phosphate form. Phosphate is the catalyst that forms the chelated energy that becomes you or me or matter. Without it, it cannot form. *** Arsenic, calcium, and phosphate determine the structure of the heart. Phosphate is always second in the math and volume. If there was a phosphate calcium deficiency, the bones would be affected the most; first shows up in the fingernails. Our soils are depleted in phosphate. Take colloidal phosphate the rest of your life. *** Phosphate is a cationic substance, and it is 1 and 30. *** The secondary elements the liver uses are potassium, phosphate, chlorine. *** Phosphate is the catalyst for your sugars. *** In the composition of our bodies, phosphate is 23 to 26%. *** Phosphate deficiency, first in hair and nails. Nails: lines, brittle, thin, off-color. Cavities in teeth, pyorrhea, receding gums, and etc. - lack of phosphate. Deficiency. *** So many women lose their teeth when they become pregnant because they do not have enough phosphates for the child, and nature draws from their own teeth to supply the new born infant with teeth it doesn't have when it's born. *** What form must potassium be in, in order to get into the brain? Phosphate of potassium. Best source is Min-Col. *** Calcium found in the bone is equal to 33% of all the total calcium, which is 60% of all the mineral. Calcium phosphate is the most common form that calcium is found in the bone. The percentage of calcium phosphate in the bone is a variable, a range 24-34% of the total mineral content found in the bone. *** In soft tissue, the ratio of potassium and phosphate is 2 to 1. It breaks down to 10% and 5%. *** In the dry mineral weight of the brain, phosphate is 16%. *** The catalyst for the manufacture of carbohydrates is phosphate. *** The moon part at the base of the fingernails is actually the soft phosphate. They are the type of phosphates that we can't use in the bone, the part that's in excessive amount; it's not used in our bones. The system begins to lose energy. It will begin to draw a little bit of the phosphate of calcium out of the fingernails for the muscles. If not enough there, begins to pull it from the bone.

PICTORIS [PECTORIS] *** Angina and pectoris heart attacks can be blotted out of the nation within two weeks, anytime the people demand it. The cause of heart attacks is known, and what to do about it. It's a very simple remedy, just go by the numbers. Babies have what we call cardiac arrest, not like angina or pectoris attack. *** There's two kinds of heart attacks, only two. Angina is one: The final result is a piece of cholesterol turned loose and plugging up the heart or trying to plug up the heart. *** Suppose you take a high protein diet in order to cater to a low or high blood

sugar, and suppose that your urea is not digesting normally. You are asking for a pectoris heart attack. *** High urea in salt form causes the heart to beat too hard each time - not faster, but much harder. It sounds like a drum, very loud. A candidate for a pectoris heart attack. *** Zones for the urea heart attacks: 20-24, minor heart attack; 24-27, providing you have a low salt, will be the major heart attack zone; 27-30 is the fatal heart attack zone, providing you have low salt. If you have a high salt reading, then that can lower these numbers just a little. *** A pectoris heart attack causes pain in the left arm. The pectoris is caused because of the high urea. *** People that have urine with strong odor of ammonia have a very high urea, and they are a candidate for a pectoris heart attack. *** Pectoris heart attack is caused by the body having too much urea and over stimulates the heart, and it beats too hard each time.

“PILL” *** The ovaries are trying to deliver an ovary [ovum], and it doesn’t have the mineral in her system to make the delivery with. Or many times they can be on the “pill,” preventing it from delivering the ovary [ovum] or destroying the ovary [ovum]. When everything else fails to give a woman cancer, let her take the birth control “pill.”

PNEUMONIA *** Are there delta cells in the lungs? If there is cancer, yes; or if there is TB or an extremely bad cold or pneumonia, yes. *** Did you ever notice on a cold morning when you breathe, the steam that seems to come from your lungs? If there’s more steam forming in there than you can breathe outward, then the steam condenses and moisture forms in the bottom of the lungs, cutting off the oxygen supply. In pneumonia there’s a certain amount of this thing happening in the lung. But it’s not like water, because it’s covering all of the lung. It’s more like an oil, a scum, and it’s a mucus. And it’s kind of stiff; with a stethoscope it sounds like you’re wadding up paper. And then you need to see a medical doctor and get penicillin or whatever fits that person’s body chemistry.

PNR [POINT OF NO RETURN] LINE *** We measure energy from 0 to 100, and 4 is the PNR line, the point of no return. It takes a miracle; it’s like raising the dead when anyone’s energy drops below 4. This energy level can drop in a matter of seconds, [from] in the 90s to 0, or it may take a few years for it to drop slowly, on the installment plan. If anyone’s electrocuted by electric power, they may have an energy of 100 and a few minutes later be 0. The amount of energy is a part of the losing of life. The lower the energy, the less real life that you have, speaking of reserve energy. *** Energy rating of 4, couldn’t put him on a fast. Food, juices, fruits and milk shakes, skim milk and blackstrap molasses, and carrot juice, and lemon water also. If we’d put him on a three day fast, he would drop below the PNR line of 4 reserve energy.

POINTS *** At the end of each cell there’s a little bunch of points sticking out: on the male cell, 24 of these to each cell; on the female there’s 26 to each cell. And it is these little points [that] will start the process of making the next cell, according to the sex. And it grows and expands.

POLYNOMIAL *** This is a series of numbers that represent an object. Numbers that represent a frequency of 24 or 26. We are an object as far as mathematics is concerned. We are made up of many different elements, which form molecular objects on a frequency. Polynomial.

PONS *** 4 sections of the brain. The 4th section would be seen only from looking from the side view, called pons. The pons is the beginning of the spinal cord. It's a ball on the end of the spinal cord. It's at the base of the skull where the spinal cord comes out of the other side of the pons. It's a relay station. Everything comes and leaves from both sides, to the brain and away from the brain, a dispatcher. *** The vagus nerve does not end in the pons. It goes by a mass through the edge of the pons, like a string pulled through a piece of wax. And, by the way, the pons does have an appearance of a waxy substance. You can live for years with a broken neck because the messages from the left quadrant of the brain do not end in the pons; they go directly to the vital organs.

"POT" *** It shows up in the tests all the time. It's emphysema. Generally shows up emphysema. It affects the lungs first. It shows up in the lungs first. It is a terrible thing because it is a smoke that incapacitates by a drug, generally doesn't give off enough oxygen, and quickly the blood does not circulate, and emphysema, that's actually what it is. Emphysema. Carcinoma of the lungs is the same thing, deterioration. We just say emphysema because it's in the lungs. It's the same thing. Not dead cells, but cells not functioning up to normal. Cells dehydrating, not retaining enough moisture.

POTASSIUM *** The ratio between phosphate and potassium is very important, not only in our bodies but in living products and living cells. *** Different organs have different elements in them. For instance, the brain is rich in potassium. *** Brain tumor, potassium deficiency. *** Never give dolomite to anyone with a potassium deficiency. Many will respond to diet, and the body will pick up the potassium, and the problem will disappear. *** Potassium deficient person, their total urea is less than 12. *** The liver's not digesting enough potassium. If they get below 7 [urea], they generally don't respond. *** The thyroxin goes to the thyroid gland and it adds potassium to it, and that's old fashioned grandma's soap. And when it makes just the right amount, it controls your weight. But when it manufactures too much, you lose weight. If it doesn't manufacture enough, you gain weight. *** The brain uses more potassium than any other element; and a deficiency, many times, of potassium causes a breakdown of the cell structure of the brain. Detected by a loss of energy. *** Potassium is an anionic substance with atomic number [atomic weight] 39. Rich food sources are hominy, banana, Algavim. *** Practically all of our problems start with the liver, even one in the brain. What mineral does the brain use most of? Potassium. And you work on your potassium. Remember the foods that have potassium in them. Remember when you have a brain tumor, you work on the potassium. Better than a 50% success. *** Three foods are anionic: calcium, chlorine, and potassium. *** Calcium and potassium determine the structure of the brain. *** Algavim very rich in potassium, good for brain tumor. *** Brain tumor, not enough potassium; the bile is too dilute. *** If potassium deficiency lasted long enough, deterioration of the brain cells. *** Potassium has one cation for a nucleus and 39 anions for an electron shell, and it is never a cationic substance. *** Potassium in produce will be in direct proportion to the sugar content. If the body doesn't have enough sugar, try to put some in; but at the same time you have to get it in through potassium. Algavim is a rich source of natural potassium that is available to most people. *** If you are oxygen deficient, then potassium is going to become deficient because the messages are not going through with enough strength to carry it on. *** Potassium K: 12% of our body at 0%

moisture. *** Potassium must be in phosphate form to get into the brain. Best source is Min-Col. You can force it up in the blood, but it will not stay. It will not collect in the brain, because it's only that which the liver can turn into phosphate potassium on the right frequency down to the milli-micronage. Exactly right. *** For potassium, Algavim and Min-Col. This is foods. Banana. I would depend heavy on the Algavim and Min-Col. *** 8% of the dry mineral weight of the brain is potassium. *** Anytime the potassium goes down in your blood chemistry and in your brain, then you become absent-minded. It must be supplied constantly. *** In peppers and onions, potassium comes in a hydroxide form, and that's what gives you the burning on the tongue. *** If there is a potassium deficiency and an oxygen deficiency, you die around 11 Brix. But if there is plenty of potassium and just the high sugar, then it's about 13 in ratio. But these are your fatal marks.

POTATOES *** Don't serve potatoes; it's the poorest food on earth. In fact, they are so poor in mineral value and so poor in everything else, if it weren't for the gravy or the butter or sour cream, or something that you put on, you wouldn't even eat them. *** White potatoes will turn to sugar
quicker in the body than anything else I know. It will cause a person to have high blood sugar, but it won't raise a person with low blood sugar, most of the time. They can fill up on potatoes and still the sugar remains too low.

PREGNANCY *** Use Min-Col, 2 BID during pregnancy and lactation period. The mother will not lose her teeth and the baby will have strong bones. *** Do not ever, under any circumstances, give K-Min to a pregnant woman. *** Watch closely to determine at an early stage whether the pancreas and liver are in harmony or not. Be very careful about putting a pregnant woman on a diet because if that sugar drops too low, it will cause the child to abort. If you want to bring about an abortion, you may lower the sugar; it will bring about a natural one. But you've really got to know what you're doing to do it. You can also prevent an abortion by raising the sugar content - in most cases, not always. But suppose the uterus is in dangerous, dangerous carcinoma condition, dangerous for the pregnancy to continue toward maturity. Many times pregnancy will cure about all ills, if the body chemistry is anywhere near in harmony toward the perfect pattern. High blood sugar, when it starts to come down on a diet, its going to plunge. You've got to watch it. I would take them off of all fruits, all starches, all bread, because I would want it to go down and control the sugar as it went down, using anything to keep it up. Before putting her on a 3-day fast, I would put her on a 3- or 4- day or a week's diet. And then find the pattern, then start to lower it; it's much easier done. I'd also give the mineral supplements needed in order to build up her resistance. Colonics are perfectly safe, even two days before. Give high amounts of green drink, raw salads, leafy salads. One of the dangers of high blood sugar pregnancy is that many times it affects the mother's eyes and also the child's eyes. It's born with weaker eyes than would be otherwise. Sugar down to one and two, I highly recommend carrot juice, but not with high blood sugar. Ferro, iron tonic: 8 drops a day or 6 drops, twice a day, four months pregnant or later, for two weeks; then twice or three times a week on during the pregnancy. This makes the muscles stretch and gives an easy delivery. *** A normal pregnancy will not show up, it only picks up the abnormal. *** Keep sugar about 2 because the baby will take what he needs and all your ration is what is left. *** Pregnant women, walk a mile a day. *** After delivery, bed rest, like two weeks. Give the uterus time to rebuild itself, will avoid later troubles.

PRESSURE *** Lack of mineral in diet, cell not giving off enough energy; gives off CO_2 gas, cell expands, fills with a fluid, and the cell is swollen. Restricts the next cell, and the next, and the next - adhesions. CO_2 gas escapes because of the pressure. *** Two causes of high blood pressure: Pressure from within and pressure from without. From within, mental; from without, adhesions, carcinoma, and. etc. *** Boyle's law has to do with three things. P will say pressure, T will say temperature, and V will mean volume. If you were to take a gas in a cylinder and increase the pressure down on it, volume would reduce. In the human body we're dealing with two constants, pressure and temperature - atmospheric pressure, temperature of the human body. At constant pressure and temperature, the volume or place that an element or atom takes up is the same. *** Under the same temperature and pressure, atoms are the same size. *** Pressure on the spinal cord is going to put pressure on the brain. *** If we've got thick blood in the legs, or hypertension, or high blood pressure - walk, walk, walk.

PRESSURE POINTS *** Children bed-wetting, from the naval on the right hand side, there is what we call a transformer gland. Take your middle finger and press gently in on the abdomen until you find that gland. It will be sore; don't bruise that point. Put a vibrator on it, once a day generally enough, and put the child on a proper diet. Most water and juice to be taken before 4 o'clock in the afternoon. [In] 3 or 5 days, no more bedwetting. It works for adults too. It is a gland that controls the blood flow at the neck of the bladder.

PRINCIPLES *** You start working on the principles of the loss of energy. *** The way cells are built is a principle of math.

PROSTATE *** For uterus or prostate trouble, hot sitz baths half hour a day. Also for carcinoma in lower colon, also high salt that you can't get down. *** When the mineral deficiency becomes greater, you find the weakest organs being affected first. Sometimes it's the heart, uterus, colon, prostate gland, a leg that has been bruised. It strikes in the weakest point.

PROTEIN *** A building block, an electrolyte, a magnet to draw things together on a frequency, a binder. It is a holder. It is throughout all biological life. You may eat protein in the form of a green bean, or meat, or a nut, or turnip greens, and your body will take the energy out of it in particles, piece by piece, anion and cationic molecular structure, and fit it to the organ of your body on your frequency. The liver makes that possible; it makes the parts for the entire body. *** The reason they're tired is this: That the proteins are not digesting but turning to urea, causing the heart to beat too hard each time, day and night; and they are tired all over, all the time. *** Dolomite is 65 percent calcium oxide, 35 percent magnesium oxide. These two molecules are together yet separate, like two peas in a pod. In your system, the digestion rejects both of them. The magnesium runs into undigested protein or urea, and it turns it to heat or electrical energy, causes it to pass out of the body. *** Vegetables have just as much protein as meats. Vegetable protein is better than meat protein. Protein is nitrogen. Everything has nitrogen in it. *** Protein is in all foods, in everything. Children can get the protein they need from vegetables, soybean meat products, and etc. *** Suppose you take a high protein diet in order to cater to a low or high blood sugar and suppose that

your urea is not digesting normally, you are asking for a pectoris heart attack. *** What causes heart attacks is either the body retaining too much salt or not digesting the urea, the proteins. *** If the urea is too high, you shouldn't take any extra proteins. *** What does protein do for the body, how does it work? The electrolyte. The liver makes chelated materials. What element is it that makes chelation form a cell? It's protein that forms the cell, the building blocks for your body. *** Without protein the cell could not form. Protein is the magnet that holds the cell together. *** Cell breaking down, protein content dropping too low, temporarily lost its electrical ability to function. *** The gluconates have to go through a processing in order to form into building blocks, because of the magnetic attraction of your protein. *** B-17 and B-15 also make the protein electrolyte available, which carries back into that cell all of the nutrients necessary and needed to replace and rebuild that cell. *** Protein is the electrical attraction in matter, the electrical energy in the molecular structure, the protein energy in the molecular structure that holds it together, makes a cell a cell. *** If the urea is too high after the fast, it is not advisable to take the high protein powders. *** Protein in its elementary stage is nitrogen. Like a magnet and electrolyte, it is a carrier. It draws into its path certain patterns or elements, whatever it attracts to its magnetic field. As it is attracted together by magnetism, then this protein molecule is built. *** Water, oxygen, and calcium: nitrogen [is] the electrolyte for these substances; added to them, you have a protein molecule, amino acid. *** Why isn't the body using the proteins? Not enough oxygen, can' t assimilate calcium, weak bile, can't even break down the oils. *** Most of the proteins you take in are cationic, but the calciums in the body, in the digestive system, turn them to anionic protein.

PRUNE JUICE *** It's very, very rich in iron, and it's also rich in calcium. It's also in concentrate form, and therefore you begin to build up in the liver, the hemoglobin in the blood; and you're building up the liver, reinforcing the liver.

PSORIASIS *** Get the body chemistry right and rub lemon rind on it after you squeeze the juice out, and in a week it's gone.

PULSE *** Learn to take the pulse. When they are going through a rough withdrawal, the pulse will be a steady, normal beat; that is a normal person going through. Also find out the pulse rate before they go on the fast.

RADIATION *** One of the great dangers, one of the great damages done by cobalt and radiation, is a damage to the nerve, and it affects the entire nerve. It doesn't matter where in the body the radiation takes place. If that person gets enough, it upsets the entire nervous system.

RADICAL *** Radical of a number. When a number is reduced to its lowest proportion without changing its value. Biologically speaking, a radical is the lowest expression that can be made without changing the value of a number. That brings logarithms into existence.

RADIUM *** You will find some people that will increase energy for so many days, then stop. This is not true where in cobalt or radium treatments and so forth have taken place, because their body has not responded.

RAISINS *** Sometimes one sweetening will cause the pancreas to produce a lot more insulin. If

he begins to get light headed or dizzy, take him off of everything for a few hours, and tell him to eat some food, different kinds of food. Generally speaking they should chew some raisins. That will work with many people, but not all people. But chew some raisins slowly, and it is an excellent way to do it.

RANGES *** There are 5 ranges in which you will find body chemistry and 2,500 differentials. Everybody's body chemistry is not in one range or one zone. This makes it conflicting. Range A: 1.5 6.40/6.40 6-7 C .04 M 3/3. Range B [at home] 5.4 6.50/6.50 20-34 C 4 M 10/10. Range C [at retreat] 9.5 8.10/7.60 60 C and up 4 M 16/12. Range D [at home] 1.1 6.30/6.30 5 C 4 M 2/3. Range E [at retreat] .09 4.80/4.80 0 C 3 M 1/0. *** The temperature is constant if a person is healthy - no disease, the ideal range 1. *** A woman in perfect range should never have hemorrhage during her monthly period; it should be a clear fluid. *** To be in range 1, you have to pick up the exact same amount of energy to maintain it. *** In range 1 it would take a cut 7 to 10 days to heal. *** Range A is going to give you the most problem. Perfect is in the first range. *** Ranges go horizontal and zones go perpendicular. The lower the energy, the greater variation in zones.

RATE *** A loss of energy produces delta cells, and if they stay in long enough and under unfavorable conditions, will become omega cells. Therefore we can say that cancer, emphysema, leukemia, or any other disease that you want to name, is only a premature aging. Just a premature aging, too rapid loss of energy. Energy is being lost at too rapid a rate. The rate of energy loss is too rapid.

RATIO *** You have a vitamin C deficiency indicated by the calciums being out of ratio. *** You can depend on this, that the calcium ratio of your produce will be in direct proportion to the sugar content. *** Energy is created by the ratio between anions and cations, or between anions and anions - the ratio, or cations and cations. *** What do we mean by the word ratio? Differential. Ratio is the first number of a problem, ratio and proportion. Ratio is the difference between or the power. You can't have ratio and proportion without having time. If a motor turns around 100 times, and the wheel only turns around one time, your ratio and proportion is 100 to 1. *** A deficiency in one will mean another one is not in proper ratio. It will not change the frequency, but it will change the micronage some. It has effect upon the milli-micronage. *** There's a difference in ratio of pull. This is nature following the line of least resistance. *** As we have the ratio breakdown of these organs, we can see that the manganese in the sex organs is slightly higher, the calcium is the variable. *** There's a direct ratio in your mineral and your water content, direct ratio according to your perfect equation. *** If there is plenty of potassium and just the sugar high, then they die at about 13 in ratio.

REALM *** The energy goes up in anionic form and goes down in cationic form. The anions are trying to get back to the anionic belt called the Van Allen belt. The cations are trying to get to the earth, the cationic realm of cations. Between these two extremes we find a magnetic field.

RECIPROCAL *** What is a reciprocal number, biologically speaking? Like things that attract like, or like cells with the same frequency and almost exact micronage.

RECTUM *** Itching rectum? Oh, yes, I've had it for years. All they're telling you is that they've got a tape worm a yard long. I have seen them 30 inches long. *** Mucus discharge from the rectum, bowel movements about every hour, nothing but mucus primarily - it's some kind of a bacteria in there causing it. It's probably amoeba or some kind of bacteria. I would suggest allopathic remedy or bacterial control. There's certain types of bacteria that K-Min does not work on - paramecia and etc. that it does not work on.

REFRACTOMETER *** Any carbohydrate will be picked up on the refractometer. It will read your total carbohydrate, whatever it is. Honey, orange juice, watermelon, carrot juice, or anything else. Or fruit juice, it'll pick it up; any carbohydrate, it'll pick it up. Sugar is sugar is sugar in your system. That's one reason why they miss it so. That's why glucose tolerance test is only 50% accurate. *** Zone of misery between 2 and 5.50. Need to test every few hours. Need a refractometer to rent out to people. *** If they are on devinate [diabinase],orinate [orinase], or insulin, let them use a refractometer. Test every hour and, ordinarily, adjust their own insulin.

RELATIVITY *** Let's think back to this term, relativity, Means circles coming back and joining themselves. In a circle there's no beginning and no end, literally. Relative math uses numbers without a beginning or without an end. It's reducing to the lowest denominator. So relativity comes into play here, through the frequency that the brain has.

RESERVE ENERGY *** We measure energy from 0 to 100, and 4 is the PNR, point of no return. The lower the energy, the less real life that you have. I'm speaking about reserve energy. 100 is perfect health at certain ages. Most medical doctors cannot find illness until the energy level drops below 30. If you want to get better, you've got to stop and do nothing until your reserve energy gets up. *** Rule: the lower the energy rating, the faster your urinary readings will vary. The more they jump around, the lower the reserve energy. The more stable they are, the higher the energy rating, providing you do not have a brain tumor or damage to the vagus nerve. It is reserve energy that stabilizes these numbers toward perfect. The higher the energy, the less change there are in these numbers. *** Children tire out quicker because their reserve energy is lower. *** The minute that the outgo is greater than the income, then you are losing in that reserve, going down hill. *** He's going to lose energy. He's going to have turnover take place, but he's also going to have to pick it up. Otherwise he starts drawing from reserves and he goes down.

RESISTANCE *** This is a physical proverb: Nature follows the line of least resistance. Once you know what that line of resistance is, then you can change it to suit yourself. And energy will be increased and you'll see the desire in your heart, to those whose body chemistry will respond. *** An isotope is an atom in which the nucleus displaces the electron. They change places, they turn wrong side out, they follow the line of least resistance. *** Let's go back to frequency. Without resistance, or with very little resistance, the average speed of - ordinary speed of - electrical current, of which is the wave length we're talking about, travels at 486,400 miles per second. The atoms or cells in your body, that electron force, is traveling somewhere near that amount of speed or you'd fall apart. *** pH is a measure of resistance and not a measure of volume. You create the resistance by adding of calciums in different forms. *** The resistance is a measure of the energy

that we can receive from any substance that you might eat. 6.40/6.40 is the best ratio of resistance for your body. That is desirable. *** Bottom number of the pH 7.50 or 8.00 and then food like pickles, urine 5.20. What a battle! Gas coming off. So the greater the resistance to start with, the more violent, the more burping, which is the first sign something's going wrong. When the gas doesn't come out, it's acute indigestion. *** pH: The lower it goes, the faster it goes; the higher it goes, the slower it goes. The lower it goes, the greater [less] the resistance; the higher it goes, the less [greater] the resistance. *** The calcium is the body resistance; this is always the calcium group. Cause and effect. Patterns, patterns, patterns. *** This is a rule: All resistance forms a line of least resistance. Like things attract each other; unlike things repel each other. All energy that you will have on your frequency - micronage, milli-micronage, milli-milli-micronage - is determined by the line of least resistance. *** The more of these glands that are removed or undernourished, the more energy we will lose. The more energy we lose, the less resistance we will have. The less resistance we have, the more ill we become. *** pH, the measure of resistance. Once you know the resistance, you can calculate the amount of energy you're going to get. Once you know the resistance, you're in line to calculate the energy. What does the measure of resistance mean? It is the measure of energy being released. *** It is the resistance between anions and anions that holds the planets and constellations in place. Do you realize that? Between anions and. anions that holds the earth in place, and the spheres. We're talking about great, great mass of space. When you come down to the single cell, this is what you're dealing with, the same kind of a principle. *** Cations do not attract anions, never did. It's the resistance. They begin to tear each other apart to find the synchronization point, the answer or level. The particles that they lose is the energy we live on. *** When you feel those sharp shooting pains, you know where that nerve is in your system. The resistance is kicking back up the nerve. *** So when the pH lowers, it increases the speed of resistance so greatly until those electrons escape from our body, like flushing a covey of quails or birds. *** The liver slows down by this resistance factor, these elements, to where it can add it in to the amino acids structure itself. *** If the digestive juices are not strong enough or if there's not enough resistance, then we can't convert the heavier elements. *** We need to get to thinking of resistance, the measure of resistance. The lower the resistance, the weaker the digestive juices. The higher the resistance, the stronger the digestive juices. Elements either not changed enough or too much, beyond the point of the body being able to pick it up. *** Electromagnetic energy draws them together because they take the path of least resistance. *** Various arrangements of calciums: a frequency difference. In other words, how easily the body at that particular pH range, or resistance range, can take that calcium.

RETREAT *** 9.1 6.40/5.40 18C 4M 12/14. People with this kind of reading, just give distilled water, no food, and rest first day. Don't try to bring the sugar below 6. These need to go to the retreat. *** In range C and range E, retreat.

RHYTHM *** You should have your meals on time, yes. Get your body back in rhythm. You breathe in rhythm. Your heart beats in rhythm and you move in rhythm. You walk in rhythm. And please get your body back in rhythm. *** If you have had a real heart attack, a real one, the heart rhythm will never be the same again until the heart repairs itself. It will skip and the rhythm will be out. But once it comes back, grows back and restores itself, it will be perfect again in rhythm. ***

Also try to get your body in rhythm, completely, all the way through. Have a specific time to take a bath every day. Have a specific time for a bowel movement every day. Have a specific time for your meals each day. It makes a world of difference because your system is ready for it. If you keep on getting your body out of rhythm, you will throw it into utter confusion and that can cause gas. *** It's better to eat three meals a day. Rhythm. There's something wrong if you're not eating meals properly because your body's out of rhythm somehow. *** They are drinking a lot of water, but they are not drinking it systematically. They've lost their rhythm. This is one reason a diabetic becomes a diabetic: They've lost their body rhythm. It's the rhythm. That's a very, very important reason why we drink it on the hour and half hour, is to get the body back in rhythm. *** Back in the back of your head, there's what's called the local nerve part of the brain. Locomotion. The automatic part of the brain, which controls the breathing, the rhythm of the body, the lungs, and the heartbeat, and etc. *** The lemonade on the hour and the water on the half hour. Why? To establish the body rhythm. It's very important to get the body back in rhythm. Bathe at the same time of day, meals at about the same time of every day, bowel movements about the same time of day. These main primary factors are very, very important in establishing health and strength, because it gets the body pattern back in rhythm. *** Taking water systematically, stop the headaches, the body out of rhythm.

RNA *** The carcinoma cell is a cell in which the DNA and RNA factor in the cell is beginning to break down, lose energy. CO_2 gas forms in that cell and begins to expand like a rubber ball with a hollow center in it. Cavity fills with moisture, heat energy escapes through the skin, causes swelling of the tissue of that cell, puts pressure on adjoining cells, and etc. *** DNA is the anionic part in a cell. Symbol is negative. *** It is the anionic and cationic structure that gives you the DNA and RNA factor of any cell. Those basic factors that give you the structure of any cell. Start with the DNA and RNA as a result of pattern of micronage energy. It is quite easy to understand. *** Chromosomes are the two divisions of any single cell. DNA and RNA form the chromosomes of that cell. It is the nucleus; it is the formation of the cell; it is the number of ions and cations that are drawn in to make this cell through the blood stream. This is what makes it. *** The cell, the chromosome of cells, and the DNA and RNA factors are very much the same with the exception of the mineral that composes the cell, which composes the organ.

ROOT *** The root of a number means the number representing the multiplication of itself in a form, [example] the square root of 25 is 5.

ROT *** Only the produce with a low mineral content decays, the other dehydrates. Now, our system is very similar. If we have enough mineral content in our system, then we will not start to rot.

ROYAL LEE CATAPLEX AM *** This is a prescription item but you can buy it direct from Royal Lee products. Anytime people have writers cramps, tension in shoulder blades or muscles, this is good. 2 T until cramps are gone, and then only as needed. Costs about $3.00 a bottle.

RULE *** In calculating energy remember this rule: All elementary substances in molecular form, in their singles under the same temperature and under the same pressure, are the same size. Some rules I want you to remember: That anionic substances in compound form have a variable amount

of energy, even of the same kind of element or compound. *** At 20 years of age, a person that's healthy will get more energy out of their food. At 40 it takes twice as much energy to make a living cell as it did at 20. These are rules. At 60 it takes 3 times as much, and after 80 it doesn't matter how old you get, it still takes 4 times as much energy to make one living cell. *** The lack of oxygen in your system is the reason why your body permits organs to grow old. *** All resistance forms a line of least resistance. Like things attract each other; unlike things repel each other. *** After 33- 1/3% of energy is reached of any given substance for each digit of 1, meaning 10 over 10, the amount of energy is doubled per digit. Memorize this rule. Another rule of absolute vacuum is 33 1/3 lbs. of pressure per cubic inch is a complete vacuum. Physic rules are absolute. *** Things that are equal to each other are equal to the same things. *** Anionic food makes growth, cationic food makes fruit.

RUPTURE *** A rupture is a tear in muscle; and when the muscle tears, it heals up. And the only way to do to get it to come back together again is to open the skin and then clip the side that healed up, like fingers on the inside, and then sew it together. And it will generally grow together, if your body chemistry is in order for it to grow together. But if your body chemistry is deficient in vitamin C, it will not grow together. After the surgery it will still be apart. Before the surgery, get the body chemistry so well into line so you know that it will heal.

SALIVA *** When the bile of the liver flushes the gallbladder and for any reason causes that gall bladder to stretch and that ferments, it will lower the pH of the liver bile more than the saliva. It's very important to keep the liver bile and the saliva equal. *** No saliva in mouth for 6 years. Quit using sea salt, saliva came back in three days. *** Don't worry about the saliva. You correct everything else, and the saliva will correct itself. There's very little you can do about that. The saliva only lets you know what to expect of the food you give. You'll get into that later, about matching foods to a saliva reading. *** They would have minor chest pains because the food was digesting a little too slowly and forming gas. What number tells you that the food is digesting too slowly? The pH of the saliva. *** The saliva doesn't have anything to do with the blood pH. That all depends on what you ate in the last few hours. It would upset the blood. *** The pH of the saliva is almost identical with the pH of the liver. Whenever there is a highly alkaline saliva, and you put a highly acid food into your stomach, you burp. *** The greater the difference between the urine and the saliva, the faster food digests, the quicker you're going to become hungry again, the quicker the stomach is going to be empty. *** The pH of the saliva determines how much energy or how much resistance you're going to get out of your food. *** In the saliva it shows you what is happening, and in the urine it shows you what has happened. *** The saliva would denote a deficiency in calcium, and the top number denotes it first. *** Food coated with saliva, an anionic substance, comes in contact with cationic substance in the digestive system. *** Thyroxin can either be thrown out through the kidneys or go into the blood stream and into the stomach, causes nausea. Loss of energy shows up in the saliva pH. Too alkaline, won't budge. *** The saliva is directly proportional to the stomach, that the saliva [salivary glands] are just little sacks for the gastric juices to come up and to start mixing of your food. When we are testing the saliva pH, we are really testing the liver bile.

SALT *** These tests tell you whether there's too much salt or not enough. The angina heart attack is caused because the body retains too much salt. It doesn't matter from what source the

salt comes. *** Sea salt contains seven different kinds of salt. I seldom recommend sea salt to anyone. A lady with dry mouth. No saliva for 6 years. *** Lecithin, that is not the best system to use. Begin lowering the salt in the diet and then the blood itself will remove the cholesterol in very small amounts without doing any harm. *** Insulin is a salt, one of the most dangerous of all salts. It will crystallize the arteries and veins faster than any other salt that is known. *** Urea comes from two different sources in your system. One of them is a salt, and that's the kind that does the damage is the salt, protein turning to a salt. The first test represents the urea in salt form. The other kind of urea is the salt that is found in the carcinoma cell or the cancer cell, and that form is not dangerous. High urea in salt form causes the heart to beat too hard each time. Much harder, a candidate for a pectoris heart attack. *** As your body chemistry numbers begin to come toward perfect, there is a decrease in the salt and an increase in the carcinoma cells. If we had to separate these salts each time, each test, it would run the cost of the tests up about 50 dollars per test. *** The saline readings are done in hundreds. This is the saline reading: 0-5.99 C, low salt. 6.0-7.0 C is perfect. 7.1-17.99 C, very low cholesterol. 18.0-34.99 C, cholesterol really beginning to form in there. 35.0-75.0 C, dangerously high cholesterol. You won' t find very many of them over 60.0 C. *** Two causes and two kinds of heart attacks. One is high urea and the other is high salt. It's possible for a person to have both kinds of heart attack at the same time. *** There's 47 different kinds of salt beside sodium chloride. If you say "no salt," it means no salt, and not salt substitutes. Salt test: 87-1/2 CC of water, milliliters of water; 2-1/2 CC of urine. The saline range is not a critical range like the urea range. There are 48 different kinds of salts that you will run into. Five of these salts [are] sodium chloride, potassium chloride, magnesium chloride, ammonium chloride, calcium chloride. Two that [are] not a chloride: nitrate nitrogen and ammoniacal nitrogen; they are also salts. Any salt, except sodium chloride, is called a salt substitute. *** The salt shoots sky high all of a sudden. The body is releasing the stored up salt. *** In our system, salt helps carry the electrical charge, sodium chloride, but it will not become a magnet of attraction, which is necessary to build the brain. *** Diverticulitis is also caused by too much salt in the lining of the nerve ends in the intestines. It causes them to stretch and stretch and stretch. The nerve does not permit the food to go in and rebuild. *** The person that's not on insulin doesn't drink a lot of water, so the salt goes up. *** Sitz baths half hour a day for salt that you can't get down. *** Nitrate nitrogen and ammoniacal nitrogen, the two together make a salt and it's urea. *** It is best to keep your salt readings between 6 and 7. Below that, over a long period of time, it will not pick up mineral out of the diet. Above that, it over de-ionizes the body and causes crystallization of the organic and inorganic salts in the arteries and intestines, and causes pain in the joints and etc. *** Too much salt causes the cartilage to lose its moisture content. *** Too much salt draws water out of the cartilage, arthritis. *** What is salt, in order to take it into our bodies? Protein. It's a cationic protein. *** When a metal comes in contact with a salt, corrosion, breaking down. This is taking place in our oceans, our fresh water bodies, corrosion or oxidation is taking place, gases being produced. *** Carrying the message from the brain to the organs, aluminum, copper, silver, gold., salts. *** Salts, if we can't get enough out of our system, it will go into the brain. 48 salts. *** One of the causes of varicose veins, the salt. *** When the blood vessels start to retain the salt, it loses its elasticity. That's what starts to happen, anatomically. *** Old cell, it goes out through the urine with a high

amount of salt. The salt in the ocean purifies this planet. It keeps it inhabitable. It's the salt that's actually in the urine, thrown out, that also keeps the urine from smelling like the stool. Also, it's the salt, even though we don't think we sweat, a little bit of oil comes out of our skin, and there's a little salt in that, It keeps us from being attacked by many different kinds of bacteria, many different kinds of fungus.

SCALE *** Even though a baby has 100% perfect health, he does not have 100% of energy, the scale of 0 to 100 being perfect health. Your energy is somewhat near your climax around 20, and it should hang on until you're up in your 60s or 70s before it begins to drop.

SCHIZOPHRENIA *** B-3 for schizophrenics, people that turn to a vegetable, or I use it for people who produce too much testrogen [testosterone]. A person with extremely low calcium and nervous and high neurosis, do not use B-3 because if they begin to get any reaction, they go into hysteria. I've used 2,000 milligrams, I've used up to 3 or 5 thousand a day many times. *** Pancreas manufacturing too much alcohol, it also has a terrific amount to do with the production of estrogen and testrogen [testosterone]. Low enough, become absolutely insane. When it produces the least too much, get hooked on something. Still more, they become a vegetable, become schizophrenics. B-3 is one of the finest things to start these people on. Go into it slow so the body will accept it. Whenever they cease to get a flush, you increase it. Start with 25, move up slowly.

SEIZURE *** You cannot tell the difference in a seizure, epilepsy or low blood sugar, by looking at it which it is. 80% of the people today, who are classified as epileptic are diabetic seizures, low blood sugar seizures. And if you correct that condition, you should see the change that comes into their life. These are factors these tests will tell you. [see EPILEPTIC, page 45]

SEX ORGANS *** Different organs have different elements in them. The sex organs, including the breasts, are rich in manganese. *** Any time these calciums drop too low, it's also a sign that there's a manganese deficiency and you are asking for cancer or carcinoma of the sex organs. *** Vagus nerve goes to the vital organs, including the sex organs. *** You have been told that it was the male cell that determines the sex. It isn't. It's the female cell. The male cell forms the upper torso; the female cell forms the lower torso. *** A manganese deficiency, a breaking down of some division of the sex organs. Cranberry juice for carcinoma of sex organs. *** Do you know the sperm is on two frequencies, 24 and 26. Do you know the ovaries are on two frequencies, 24 and 26, one or the other. Unless these two frequencies are constant, they cannot join, or equal, or synchronize.

SICK *** This is why you have to keep testing, is to change their diet every time their body chemistry changes, because some of them change every day when they are sick and real weak.

SKIN *** Cancer of the skin, a vitamin A deficiency. Generally they have too much vitamin D. *** Dry skin, vitamin A deficiency. *** Dry skin, a symptom of too much insulin, insulin shock. *** Skin yellow, 4.80/5.10 pH, liver not functioning, anemic. Skin white, 7.20/5.10 pH. *** Smoky skin, scaly feet, copper poisoning.

SLEEP *** If people have trouble sleeping at night, make a lettuce cocktail, the juice of the lettuce; and they drink it and sleep like a baby. It's got enough opium in it that they can relax. Use core too. Use the whole head. *** Very strong catnip tea, it makes you sleep and relax. When everything else fails to put you to sleep, catnip tea is a sleeping agent; it'll put you to sleep. It helps you to sleep, makes you feel sleepy, relax. *** I don't know how much of it's superstition, how much of it isn't, but I feel better when I sleep with my head to the north or west. Polarization passes over the crust of the earth, from the south magnetic field to the north magnetic field. *** 7 stages of sleep: 1. Twilight is just before we fall asleep or just before we wake up; 2. Dream; 3. Quiet sleep; 4. Called the hold down; 5. Active; 6. Impossible to wake; 7. Death, Sleep of death. Twilight is just before we go to sleep or just before we go into the dream phase. Each one is progressively deeper. The dream stage, just after twilight but before quiet sleep. In this stage we dream, and we dream actually in reverse. This is what brings on the memory of the dream. A person can go to sleep in this area in any position, sitting up and be dreaming. The quiet sleep level is only induced by lying out flat, prone. The hold down stage, a very restless sleep: No rest, high urea. Active stage of sleep is a stage of walking in sleep. Impossible to wake, the heart slows down extremely to the point it's like an anesthesia sleep. No reflex to pain. Hypnosis and sleeping sickness classified in this area. Then the sleep of death. Coma does not enter into these 7 stages of sleep.

SMELL *** Skunk smell, pieces of energy of that skunk. That is the size of energy that we're talking about. Pretty smell: Roses. Smell energy from a rose. Difference in odor, the frequency.

SOAP *** Don't use soap when you take a bath, except in the crotches, under the arms, face, feet. If you wash this oil off of your body, then a lot more of the vitamin C escapes. Or if you must wash it off, please put it back on there with some oil in the bath water. It means a lot. People that scrub thoroughly every bit of the oil off of the skin are people that have a cold and sniffles and cough the whole winter long, or have a cold the whole winter long. It's a very important factor in your absorption of vitamin C.

SODIUM *** What is the basic substance of urea, the foundation substance? What is that element in terrific high amount? Sodium. A sodium compound. *** Sodium is called the free loader. Sodium will grab onto anything. There are many compounds in the body that are united and formed with sodium: Sodium carbonate, sodium chloride, sodium silicate. There are many compounds. Sodium can be an anionic or a cationic substance. It will give up, in order to unite; it will go in as an anion or a cation. There will be a perfect balance.

SOFT TISSUE *** 8406 g of mineral found in the soft tissue. *** Calcium is the one mineral that is the most by weight and by volume in the body. 54% of the soft tissue mineral content is calcium. *** The texture of the brain is soft, gooey, mushy, high in moisture. *** Feel of the pulsation of the heart beating, is the difference between the softness of the tissues and the hardness of the tissues. *** The higher the water content, the texture is softer.

SPECIES *** 1.5 6.40/6.40 6-7C .04M 3/3. On this equation we have micronage, species - the way the anions and cations are stacked together. *** Micronage determines the difference in species and organs within that body.

SPECIFIC GRAVITY *** What makes the difference in weight? The number of electrons in orbit around the anion. The greater the specific gravity, the greater the weight per given volume. *** It is the electrons that determine the specific gravity. The greater the number of electrons within the molecule, the greater the specific gravity. The greater the number of units of anionic and cationic energy within the molecule, the greater the specific gravity. *** Cell collapses, doesn't have enough of the specific gravity particles to hold it up. *** The greater the carbohydrate content of all proteins, the greater the specific molecular gravity. *** If you know that the higher the sugar content, the higher the mineral content, then it's very easy to know that the specific gravity of the produce is greater than it would have been otherwise. *** The atomic weight and the atomic number is the same thing. *** The number of electrons in orbit determines the specific gravity.

SPINAL COLUMN *** The muscles are controlled through the spinal column nerves, but the vital organs are controlled by the vagus nerve or the central nerve.

SPLEEN *** The spleen is only the division between the upper and lower circulatory system. The function of the spleen is a dual one. One is to separate the upper and the lower abdomen to help hold the organs in place. Next thing, it's the muscle that controls the rhythm of your breathing. It's also the most sensitive organ in your system. It's a thermostat to control your temperature, because whenever [there's] any little quick change of temperature, the spleen causes you to sneeze. It helps control the breathing and the breathing controls the oxygen; the oxygen goes to the liver and the brain, that series. People, after the spleen is removed, have much more difficulty in breathing than they did before, much more. In fact, they have to learn a whole new system of breathing. You need more energy for a normal performance.

STARCH *** Some people turn too much of their starches and carbohydrates into alcohol and are inebriated all the time. That's why they are so happy-go-lucky. *** Carbohydrates, fats, and starches produce energy.

STETHOSCOPE *** Now, you can use the stethoscope to tell when the urea is coming down because as the urea cells decrease, the heart beats softer and softer and softer, like it should beat; and then you know that the person is gaining energy. The stethoscope also is in agreement with the numbers on the urea. Check their heart with a stethoscope; and if those numbers are high and you don't know for sure whether or not it is high urea or a high carcinoma or cancer cells throwing out, the stethoscope will tell you which it is. *** Gaining energy, the stethoscope will verify that. Get you a good stethoscope and use it. Lumica. *** These little teeny particles, with the stethoscope sound like a drum in your ear; just about taxes your ear drum out. Then as you see these particles become string particles, the urea numbers will be decreasing and go down, until they go through withdrawal and climb back up.

STIGMATISM *** If they hold their head one or the other side, means two things. They either have a stigmatism - you'll get used to seeing that in the numbers - or else they have a neck that needs adjustment or they have one leg that's shorter than the other.

STOLE *** Four stages in cell development, the stole and a plating effect right around that. *** So you can have a cell with a stole and one line of communication back to the brain, and yet up here, it goes every which way. *** Each cell does have an individual nerve ending. It comes from the brain

to a place in a cell, or where the cell is going to be, we call the stole. *** When does it know to stop forming? Actually, it begins and ends with the stole, because the stole determines at what point it begins and when it's finished, because of the programming of the brain. *** They see nature throwing out a worn-out cell. The next three days, it'll grow another stole on there. That is why after an incision the 3rd day is the worst time of all. *** These carbon atoms going into a V-shape, a whole series stacked up. Why is the shape of this carbon atom important in the body? It's at the stole. *** We talked about the stole being the germ of life. We can talk about a nerve ending and the stole, the programmer for building the cell, depending on the frequency when this stops, or relativity. Starts with the stole and stops with the stole. It's on this stole that we have the carbon atom in the tetragonal pairing, working.

STOMACH *** When the stomach expands with gas, it closes the valve at the top of the stomach and you can' t burp that gas out. Then it's going to press the heart, and the heart will go to skipping and jumping, and finally be so pressed that it will stop through fatigue, and of course death is inevitable. Finest thing to do for acute indigestion is Zest Tonic. *** The higher the pH goes, both the top and bottom, the slower food digests, and the longer it lays in the stomach and the small intestines and in the colon. *** Vagus nerve goes to the vital organs, including the stomach. *** In children, a high urea as well as a high cholesterol can cause pains in the stomach of a child. *** A person that's overweight, a 6-day fast on lemon water and water, then a 3-day light diet. Then another 6-day fast and shrink their stomach. Then begin to take as many days to break that fast. *** For ulcers or stomach cancer, naptha tablets. It's the sap of an olive, lemon, and a locust tree, comes from Israel, put in capsules. *** If they can eat coleslaw, they don't have ulcers. Cancer or carcinoma, it hurts when they eat food because the stomach's stretching draws tension on the extremities of the carcinoma or cancerous area. Put them on the regular fast, providing they do not have brain tumor. *** If they are still in withdrawal the 4th day, sick to the stomach, vomiting, stomach rolling, headache, let them go another day on the fast. *** A pH of 6.40, then if we put acid foods in there, then the saliva in our mouth surrounds the molecules of food that we chew up, the particles. And it goes into the stomach, and it very gently, the stomach. begins to churn those saliva particles away from each other until they begin to work on the food that we have eaten; and very slowly the digestive process takes place. *** String particles in urine sample, they can come from anywhere, anywhere they get into the blood stream. The most common place to come from is cancer of the colon, or carcinoma of the colon, or the stomach, or the esophagus, throat. Those are the most common place that they come from. Even those particles that dissolve in the stomach go into the blood stream directly. *** The food we eat, put in our stomach, it begins to churn it and churn it, trying to compress it. And in this resistance between anions and cations, energy is given off. *** If the stomach continues to burn, it means they have ulcers; and then you have to switch to cabbage juice until the ulcers heal, and then back to lemon again. *** Energy is broken away from elements in the stomach in a gas form. *** Food of various frequency going into the stomach. Collision between anionic digestive juices and cationic food produces a gas or vapor formation. *** In the mouth, the food comes in contact with an anionic digestive juice, then passes into the stomach where it comes in contact with a greater strength of anionic digestive juice. *** The rugae, the lining of the stomach, so soft because it picks up the most energy. The tissues that are the softest pick up the most energy. *** So you would probably form more ulcers in your stomach than

you would in your villi, because this is the softest. *** Thyroxin can either be thrown out through the kidneys or go into the blood stream and into the stomach, causing nausea. Affects the digestion juices. *** Saliva is directly proportional to the stomach. The saliva [salivary glands] - just little sacks for the gastric juices to come up and start mixing your food.

STOOL *** A low pH on both sides and you can just almost smell the stool. It's got a bad odor to it. *** Use olive oil for the stool problems for younger people, a couple of times a week; for older people every day, like 40 or over. *** Dry stool and a terrific problem with elimination, and you need some quick results and a colonic wasn't possible, use Phenamint [Feen-A-Mint]. It is fine for anybody. All it does is to carry the water through the bowel, makes the bowel very watery. *** The lower your energy, the more effect the food has upon the color of the urine and the stool. Too much iron in the system turns the stool black.*** Ashy looking white flecks in the stool, it's the gallbladder.

STRAIN *** Begin to compare their faces with their numbers. Are they strained? Tense? There's a pattern between their numbers and their facial expression.

SUGAR *** The first number represents the percentage of sugar. *** The lower the reserve energy, the greater the difference it makes between your glucose and your total carbohydrate. The urinary sugar will equal the blood sugar average over any 24-hour period. *** These tests tell you whether there's too much sugar or not enough. *** The higher the sugar content of any vegetable or fruit, the higher the mineral content. *** 0-0.9: dangerously low blood sugar/LBS. 1.0-5.49: low blood sugar/ LOBS. 5.50-6.99: tendency to high blood sugar/HBST. 7.0-13.0: high blood sugar/HBS. Most people die at 11, and practically all die at 13, if it stays there long enough. High blood sugar and dangerously low blood sugar have the same symptoms. It [HBS] prevents oxygen going to the brain because there's too much sugar in the blood and oxygen can't get to the brain. That's what happens when a blackout takes place. HBS generally have severe headaches over a long period of time before blacking out or going into a coma. HBS and high blood pressure can fool you. More dangerous with both. There are certain sugars that cause the pancreas to fail more than others, either on the high or low side. Control high or low blood. sugar by the use of green drink, chlorophyll. *** Anytime the sugar drops quickly, people generally have headaches. *** If the blood sugar's too low, give them some kind of a carbohydrate, a different kind each day. You will be able to zero in on what carbohydrate, which is causing the pancreas to flush. *** Low blood sugar causes motion sickness. It's the worst malady that I know of. It isn't really dangerous but surely miserable. *** Discourage travel if the blood sugar is less than 1.0. It is my opinion that 50% of the automobile accidents are brought about by low blood sugar. *** A dangerously high urea and a low blood sugar, you have to use a different sweetener each day in the lemonade, to keep the sugar from dropping too low as you bring the urea down. *** Lower the blood sugar low enough, the fetus will naturally abort by itself. A fetus requires 3 to 500% more oxygen to exist. And if you lower the blood sugar low enough, down below 1, until the mother's almost in a state of coma, in just a few hours the fetus will lose the life and go out, abort naturally. [see PREGNANCY, also see UTERUS] *** Between 5.50 and down to 2.0 is called the Zone of Misery. *** If you find the sugar sky high but the rest of the numbers in place, the body has turned loose the stored up sugar that's in the muscle or in the fat. It's released it. *** So many people are allergic to white potatoes, especially those that have high blood sugar. The starches turn to sugar. *** [continued on next page]

This nerve starts to fry like a thread, the message not going through. You cannot control the sugar, at first. *** Oils turn to sugar in the system. Whole milk is a No-No when you have high sugar. *** $C_6H_{22}O_{12}$, which is sugar. *** When you put a person on a fast for 3 days, you must test every day for sugar and urea. *** MS patient on B-17, it shot her sugar sky high, given IV. I took the B-17 and ran a Brix test on it, and it was 28. So I put her on tablets, and she's doing real well. *** When the sugar rises and the salt rises, the person is not drinking enough water systematically. *** On insulin, [it's] forcing the sugar down but it is not getting the person well. *** When the sugar is between 1 and 2, then the liver is not over-taxed in handling carbons that it doesn't need. *** You cannot put this person on straight water; his pancreas is manufacturing too much insulin. He is hypoglycemic, low blood sugar. *** In produce, calcium and potassium will be in direct proportion to the sugar content. *** If a person has a high sugar reading, take them off of all white potatoes, all whole milk, spaghetti, macaroni, chocolate. *** In dealing with foods, the simplest way to know what the energy is, is the sugar test. *** It is sugar in foods that turns to energy quicker than anything else. *** The union between carbon, hydrogen, oxygen makes sugar. *** What does the sugar in the blood determine? How much oxygen the blood can contain. Sugar in the blood is a carrier for oxygen, and vice versa. *** Sugar is a good electrolyte also in the system. The best thing to get the sugar up is green chlorophyll, carrot juice. *** What combination of numbers denotes that she has a headache? Fluctuating sugar. *** I've never seen both sugar and salt dump the same day. Either dumps one or the other. It generally dumps the sugar before it dumps the salt. *** $C_6H_{22}O_{11}$ or $_{12}$. The first thing that comes off of this sugar molecule is alcohol. Alcohol is C_2H_5OH. The next thing that comes off is insulin, $C_4H_{16}O_{10}$. *** If we had enough time and research, we could make a synthetic sugar without sugar cane. I have the equation to do that and know how to do it in a laboratory. *** If there is a potassium deficiency and an oxygen deficiency, you die around 11 Brix. But if there is plenty of potassium and just high sugar, then it's about 13 in ratio.

SULFUR *** The number of cations makes sulfur a sulfur. All foods have little bits of sulfur. The liver separates the sulfur from the rest of the ions. There is another way sulfur gets into your system and that's in phosphate form. The liver separates that phosphorus and it has to replace it with something. The material it would use to replace that sulfur molecule that gives up in the atom is a colloid.

SULFURIC ACID *** This scale of pH is measured on the scale of 00 sulfuric acid to pure unadulterated calcium of 14. 7 is considered neutral. However this is measurement of resistance. Please remember that. It is not a measure of salt. However, you will use various phosphates in order to correct, or to bring, the pH back to normal.

SWEAT *** Magnesium oxide releases the protein, the nitrogen. A lot of it goes out as energy right through the skin. The sweat smells like ammonia. *** The body throws out the dead cells and it's heat, electricity, stool, or tears, or sweat. *** What causes a fever? The blood increases. It throws more water in the blood than it would ordinarily retain. So you take an aspirin to throw the water out of your system or a cup of hot lemonade, go to bed, cover up, and sweat it out. *** If a person sweats a lot, then the urea comes down a lot slower. Very much salt doesn't come out with sweat; it has to go out through the bladder.

SWELLING *** Kidneys not functioning normally. *** If legs swelling, they need vitamin E. If the sugar is low, put them on watermelon juice instead of lemonade. After it comes down put them on lemonade, again. *** Left leg swelling: It is delta cells in the uterus, lower uterus, vagina, and over to the colon.

SYMPTOMS

ABSENT-MINDED - Not enough oxygen because sugar is too high or too low.
BLACK OUTS - High or low blood sugar, pancreas malfunctioning.
CAVITIES - Need Min-Col, calcium, vitamin C.
COLITIS - Pain in abdomen, diarrhea, alkalitis. (see COLITIS)
COLLAGEN DISEASE - soreness all over, sore muscles, lips thinner than normal, ear lobes a little larger, vitamin C deficiency.
DRY HEAVES - while on fast, drugs stored in the body.
EYE - blood vessels breaking in eye, vitamin A becoming available all at once.
Expanded eye ball, enlarged, dilated, HBS the cause; if long enough, lead to serious blindness.

Small eye ball: cirrhosis of liver. [see CIRRHOSIS] Big black eye: vitamin A becoming available all at once. Eye ball protruding, pear shaped: retina pushing forward, brain tumor. Pupils dilated: HBS, lack oxygen, lack vitamin A, eye trying to let more light in.

FEAR - nervous, irritable, means calcium deficiencies.
FEET - scaly, sign of copper poisoning.
GUMS - blue or streaked with blue, sign anemic, possible leukemia.
HAIR - thinning, vitamin A need, also the skin not absorbing enough oil.
Dull, no sheen in hair, sign of worms. Use K-Min.
HEADACHES - severe HBS.
Sugar dropping quickly, LBS.
Hangover, too hot, pancreas manufacturing too much alcohol.
HEAD - held to left or right side, tension in neck, one leg shorter or stigmatism.
HEART - beats hard, tired: sign of fatal heart attack zone, pectoris.
Pain in left arm: sign of pectoris heart attack zone.
Chest pains: sign of angina heart attack zone. High cholesterol, salt.
INSULIN, not enough: clamminess, sweatiness; moist palms, neck, or limbs.
Too much insulin: dryness of the skin, lips, etc.
ITCHES - in vagina: from fungus. Use K-Min.
Rectum: means tape worms or round worms. Use K-Min
Jocky itch, itches on hands: use Ting, get at drug store.
HIVES - body chemistry completing the change
KIDNEYS – swelling: allergic to lemon. Use watermelon juice.
LIPS – blue: sign of anemia or leukemia. Need iron.
Thin lips: severe vitamin C deficiency, collagen disease.
Dry: too much insulin, LBS.
MOUTH - around the mouth, a new color of light: sign of vigor, and vitality.
NAILS – blue: sign of anemia or leukemia, iron deficiency.
White spots, brittle, soft, split, snags: calcium deficiencies.
NAUSEA - too much thyroxin, goes to stomach, saliva pH too alkaline, won' t move.
Sick feeling: gallbladder, gall stones. Olive oil on salads.

NUMBNESS - need B-6 to keep the nerves from short circuiting, causing numbness.
Sugar above 5.5: numbness and. tingling in feet and hands.
OBESE - not enough thyroxin to make soap to wash excessive oils from body.
Potassium deficiency, not enough to mix with thyroxin to make soap.
Too much salt stored up in the fat of the body, like salted down.
PAIN in chest - angina heart attack. In left arm, pectoris heart attack.
Like pins and needles: sign of change, healing.
Pain in chest: gas pressing on heart. Give Zest Tonic.
Pain in abdomen: colitis.
Chlorophyll, greatest pain killer. Fresh green juice.
PALE - delicately pale [white person]: anemic.
SKIN - loss of tone: vitamin A deficiency.
Yellow, deep tan color: seriously anemic.
Dehydrated look: copper poisoning.
Freckles: go away when liver is healed.
THIN - going a mile a minute: too much thyroxin.
THROAT - raw and sore: bacteria, lemon dissolving mucus.
TONGUE - center, way back, very minor coating: beginning of energy loss.
Coated: liver has a problem. The rougher the tongue, the worse the liver.
Pink lining around the edge of the tongue: first sign of healing.
ULCERS - on tongue, gums sore, fever blisters: sign of withdrawal and change.
If they can eat raw cabbage slaw, they do not have stomach ulcers.
For stomach ulcers, chew beeswax.
Drink fresh raw cabbage juice, feels good in stomach. [see Ulcers]
URINE - the thicker, more color, odor, the sicker the person.
Should be almost transparent, in perfect health.
Burning: sign pH very acid. As a temporary measure, 1/4 teaspoon of soda in 1/2 cup water. Lime water, vitamin D, Cal II to raise pH.

TASTE BUDS *** One nerve end is called one bud. And there's 284 taste buds in the tongue. Up in this bud are these little electrical points. When you put a piece of food in your mouth, even a little particle, a tiny particle of food touches these buds and sends a message to the brain, and you call it either sweet, sour, or bitter, or salty. *** The fire in the cigarette has burned the taste buds off.

TEETH *** A colloid is the substance that makes our bones, makes our teeth. Makes the solid matter in our bodies. *** Women that are pregnant, use Min-Col. The mother will not lose her teeth, and the baby will have strong bones. *** Min-Col will make the fillings come out, and then have them filled again; and after 2 or 3 times, the teeth will grow out. Teeth grow out like our fingernails. *** I've seen teeth grow out normal, providing the nerve wasn't damaged or diseased. Teeth that are saw-edged or glassy, it is Min-Col deficiency. Cavities, a Min-Col deficiency. Lemon juice cleans the film off of them to where you can feel them with your tongue. If you'll take the Min-Col about 2 QID for about a year, you'll be amazed what will happen. Min-Col will help the gums under store-bought teeth. *** Min-Col, it's for the teeth, bones, and fingernails. *** A system drawing mineral from the bones, the teeth; you'll see them a little bit glassy or have saw-tooth edges on them. *** Suppose we had no colloidal calcium in our bodies, then what? No bones, no teeth, so forth. *** Every cell in that body will be on that frequency, whether it's the toenails or the teeth, the hair, the brain, the heart - all of them different, but all on that frequency.

TEMPERATURE *** The pancreas manufactures alcohol from the glycogen made in the liver, and that's what controls body temperature. People that are too cold all the time are not manufacturing enough alcohol. And people that are too hot all the time, they are manufacturing too much alcohol. *** People that have hot flashes, a cup of Maxwell House coffee or 2 a day will bring their temperature to normal. If too cold, one teaspoon of Zest Tonic in 4 oz. of fruit juice; sip it very slowly. *** Starts in the liver. Dextrose and other forms of carbohydrates manufacture alcohol out of it. Determines our temperature - 98 to 99 degrees. *** Suppose that this person sweats a lot,
running a little temperature. Then this urea comes down a lot slower with a lot of sweat. *** Spleen, it's the most sensitive organ in your system. It's a thermostat to control your temperature. Any little quick change in temperature in the spleen causes you to sneeze. *** The temperature is constant if a person is healthy - no disease, the ideal range 1. *** Under the same temperature and pressure, atoms are the same size. *** The manufacture of sugar in our system: The temperature causes the carbon molecule, the oxygen and hydrogen molecules to get further apart. This is the phosphate. As the heat of the day comes on, there's more energy; so we manufacture more carbohydrates in the day than we do at night.

TENSION *** When you see a person on the first test with a urea total of 28, see the wrinkles in their forehead, the tension like an E string. *** When you see a person with wrinkles in their forehead, you know they have tension. On the diet, those people will really know the difference, because the tension will go down. *** Notice the face of a person. Are they happy? Are they strained? Is there tension? Compare that with their numbers. *** Wrinkles in forehead because of inward tension.

TEST *** These tests tell you whether there's too much sugar or not enough. They tell you whether there is too much calcium or not enough. Whether there is too much salt or not enough. Too much albumin or not enough. Too much nitrate or urea, or not enough. *** There's no two things exactly alike. There's no two tests that can be exactly alike. To start with, because of the variables in the anions and cations that make up the atoms. In working, you need to carry at least 6 things in your mind at one time. First thing is the test results, including everything on the card. The next thing is the perfect equation. Next the differential, next WHY? What caused it, the differential? What should be done? *** Reading the urea tests: Atmospheric conditions, pressure, humidity affect these tests. You will learn to handle each one of them. *** Test on urine sample must be done in two hours at the most. It cannot be mailed through the mail. You lose the picture after about 2 hours; the picture fades out. The bacteria and the temperature of that urine, when it gets out and strikes the air, changes and it's worthless. *** A fatty wattle will not show up in the test because it's not giving off any energy.

TESTROGEN [TESTOSTERONE] *** Alcoholics - another reason is that the system will manufacture too much, either estrogen in women or testrogen [testosterone] in men. And it seems to turn loose something in the system that it's got to have some kind of a problem. You build up those calciums; you rebuild or rehabilitate the system, so that it manufactures the correct amount of estrogen and testrogen [testosterone]. If it manufactures still too much, then that person becomes a vegetable. They become schizophrenic. *** Use B-3 for schizophrenics, people that turn to a vegetable, people that produce too much testrogen [testosterone]. *** Alcohol that the pancreas manufactures, it also has a terrific amount to do with the production of estrogen and testrogen

[testosterone]. Lacking a little, they become hypochondriacs and very difficult; if low enough, go absolutely insane, uncontrollable. Produce the least too much, get hooked on something. Still more, they become a vegetable. [see SCHIZOPHRENIC]

THROAT *** Particles in urine sample, they can come from anywhere they get into the blood stream. The most common place to come from is cancer of the colon, or carcinoma of the colon, or the stomach, or the esophagus, throat. *** Strep throat, use K-Min *** What is the cause of mucus in the throat? Bacteria. Bacteria puts a coat of mucus over the throat, and the lemon juice cuts the mucus out, right down to the that the bacteria's eating on, that manufactures the mucus. Con-sequently, you have a sore throat for a few days, and it burns. After 3 days it's generally over.

THROMBOSIS *** You can have a high cholesterol in the arteries and veins, even though the blood stream is normal, because it's stored in there, glued in there. A piece of this cholesterol comes loose, that nature has put in there so that the blood can get back to the heart or out from the heart to the capillaries, then it plugs up the heart. This is an angina heart attack. Thrombosis, a coronary thrombosis.

THYROID *** The thyroid: There's very little you can do for it because it's a gland like the heart, the way it's made, but it operates on a vacuum principle. It's your voice and it's you breathing that causes the thyroid to work, causes it to vibrate or churn. The glycogen that the liver manufactures, goes over to the pancreas and it manufactures thyroxin; and this goes to the thyroid. Part of that thyroxin becomes part of the thyroid gland. Thyrotoxin is a worn-out cell from the thyroid gland. The thyroxin may be used, or the energy from it may be used, to continue to rebuild the thyroid gland. Then what is left over, the thyroid gland gives up potassium, jells it with the thyroxin, and you have old-fashioned grandma's soap, which dissolves the excessive oils in your system and controls weight gain. If it doesn't manufacture enough, then you gain weight. If it manufactures too much, you cannot gain weight. The thyroid is rich in iodine; and if it doesn't get the iodine, then the liver's going to take it's part first; and if it doesn't have enough, then it's going to cause carcinoma cells of the thyroid gland. *** I do not include the thyroid as a gland. It is an organ because it manufactures something. The potassium for the brain originates in the liver, and the thyroid puts the finishing touches on it. And from the thyroid it goes on to the brain. The same blood vessel that takes blood up to the thyroid, takes it on to the brain. *** Thyroxin can either be thrown out from the kidneys or go into the blood stream and into the stomach, causing nausea [when too much thyroxin].

TIME *** Find out why there is a loss of energy and what effect it has upon the body, and you will hold the key in your hand to bring this person back to health, providing they have come in time. *** Metabolism: A basic amount of element that it takes to maintain a given force, a given strength, a given time. Time is a factor, but it is not a factor in putting things together. In ionization there is not the time involved. But in the loss of energy, there is a time involved because of oxygen. Oxygen is known as the element of death and time. Without it, there would be no death and no time. If there is time, there must be death. Time denotes an end of something. *** At 20 years it takes x amount of energy to make a living cell. At 40 it takes 2x amount of energy; at 60, 3x; at 80, 4x. What I'm

saying is not only the amount of energy but the amount of time. The greater amount of energy it takes, the greater amount of time it takes to form that energy.

TISSUE *** When you have a mineral lack in your diet, somewhere that cell begins not to give off enough energy; and an open space, in other words air, gives off a CO_2 gas. This gas expands this cell, and then it fills with a fluid, and the cell is swollen. It restricts the next cell, and the next; and you have adhesions. This CO_2 gas will escape because of pressure; it does not stay in the system. This is the tissue cells I'm speaking about. This is why the carcinoma has advanced far enough, and it becomes hard and difficult to handle.*** The largest and the hardest cells are in the bone; the smallest and softest tissue is brain tissue. *** The difference between the tissue is going to be because of the micronage, in direct relationship to the calcium. *** As we go further into the problems, where we look at the mineral content of soft tissue and hard tissue, we look at the amount of efficiency from the food, because of the digestive juices' strength. Then we begin to see what elements are not being picked up; then we'll determine what organs are affected.

TOE *** A lack of phosphate of calcium causes ingrown toe nails. Take Min-Col to stiffen your toe nails until they will not be ingrown anymore. It's because they're too soft. This is what causes them to bend and grow inward.

TONGUE *** On the tongue, if you take a little spot the size of a period, then you are going to find nerve ends sticking up on the tongue. This is called one bud. One nerve end is called one bud. And there's 284 taste buds in the tongue.*** 284 taste buds in the tongue, but this is called one bud. Up in this bud are these little electrical points. So when you put a piece of food in your mouth, even a little particle, what it does on this bud, that little tiny particle of food touches these buds and sends a message to the brain, and you call it either sweet, sour, or bitter, or salty. So this is the way the tongue. It's an electrical impulse picked up by the buds on your tongue that gives you taste. *** Leukemia patients usually have a tongue that is black and blue. Anemia. *** One of the first places the nerve begins to rebuild is on the tongue. When a child is on the diet and you want to check for progress, check the tongue. If it's coated, it means the liver has a problem. The first signs of healing is a pink lining around the edge of the tongue. The rougher the tongue, the worse the liver. *** The first sign of improvement will be on the lips and mouth. Look at the tongue. You may see tongues about as rough as an alligator's back and look like a turtle with moss growing on its back. *** Around the edge of the tongue you will see a pretty pink color coming in. This is the very earliest sign that person is gaining energy - visible signs.

TONSILS *** Look at the child's tonsils. If they are swollen, it means the child is not getting enough water to drink, because they are only the garbage bags to pick up the dead cells that should be washed out of the system. Actually, adults do not need tonsils but children do, because it is to hold the cellular structure until it can be washed out through water means. Some tonsils are so bad that you can't take a chance with diet. You have to give them cold and hot compactions, hot baths, and so forth, in order to get them down where the child can swallow. Strep throat patients should see a physician so he can give them tablets or shots. Tablets are preferred to use on children, over shots.

TRACE ELEMENT *** 84 trace elements. *** Phosphate joins with trace elements. All colloids contain carbon. They're almost constant in perfect health. The lower the reserve energy, the more variable they become.

TRANSFORMER *** From the naval of a child down on the right hand side, there is a transformer gland. It controls the blood flow at the neck of the bladder. Use vibrator, stop bed-wetting. *** Acupuncture glands, or transformer glands, let you know whether or not blood is circulating properly through the primary and secondary organs. They are controlled through the spinal column. *** Some 284 glands in our body. *** The power to make the liver function comes from the brain in the form of electrical energy or a message. This electrical form of energy finds a transformer there, and this is called a collector; and the name of it is protein – nitrogen - found in B vitamins.

TRANSITION *** The 4th dimension, that is the dimension in which the transition is made between the angles and the arcs of energy. The first, second, and third dimension, you are dealing with angles. The 4th, this is the place at which the physical, the cationic, becomes the anionic. The angles become relative. That's where the inner becomes the outer, or the outer becomes the inner. That's where the cause becomes the effect. It is necessary to understand this to understand how energy is derived, made, retracted, re-manufactured, exchanged, and so forth.

TRICHINOSIS *** Fatty tumors. They do not kill, they are not dangerous. They come from eating pork. It's a type of trichinosis; trichina bacteria causes it. If you correct the diet long enough, I have seen them go away. I have seen people that they were all over them, almost like quills on a porcupine, all over.

TUMOR*** About 1/10 of 1% of all people that you test, the chemistry will not respond. Two reasons: Brain tumor or damage to the vagus nerve. *** The more stable the urinary readings, the higher the energy rating, providing they do not have a brain tumor or damage to the vagus nerve. *** For instance, 2/20 [urea 2 over 20] simply says in math that the person has a potassium deficiency or a brain tumor. *** If a person's body does not respond to diet and yet they do not have any brain tumor, you know there's damage on one of the branches of the vagus nerve. *** A brain tumor, a small one, what we call a Dead Sea tumor, between the cavity and the covering of the brain, and the skull. Putting pressure on the brain, causing her to fall. Operated on the brain tumor and took it out. *** A person whose urea remains constant, won't move, then there is either a brain tumor damage to the vagus nerve, the central nerve. *** Fatty tumors, they call them. But since they're not a tumor, it's a wattle - a wattle, fat. It's not even adhesions, it's just a fat. I've seen them go away. They went to eating pork again, and they came back. They will come anywhere on the body. Some people get covered with it all over their body. Warts are a different thing altogether. *** Brain tumor is carcinoma. *** When you have a brain tumor, you work on the potassium. It depends on where in the brain the tumor is. *** All tumors are not that shape, round like a golf ball. Some are shaped like a Chinese fan or a feather. Some like a little pencil, some flat like a narrow rule. Some are operable. Dead Sea tumor, between the cambium layer of the brain and the skull. These can be removed. If it's deep into the matter of the brain itself, then I don't advise it. Cause of the tumor? Not enough potassium, bile too dilute. *** Walk along and fall down without warning – that's a brain tumor. Fall and don' t remember falling, and get right back up - that's a brain tumor

right in the top of the head. Those are operable if you get to them early enough. *** Urea reading low, this would mean they are overworking, drawing on their energy too much; or it could mean a brain tumor has developed. Sometimes a brain tumor can develop in 3 days time, just like a boil or a fever blister. *** Don't ever believe that brain cells can't be rebuilt. If doctors tell you that brain cells can't be repaired, they mean there's no drug that can repair them. We've seen brain cells repaired over and over again, providing certain vital cells are not affected. *** Fatty tumors - come from eating pork, a type of trichinosis, trichina bacteria. *** A tumor is carcinoma with a core. Carcinoma with a core forming. Actually, as the core forms and the watery substance, or the dead cells, are in there, those dead cells are cancer. *** Algavim, a rich source of potassium. Excellent for a brain tumor. *** A urea reading below 12, it's a brain tumor, but not always. You can have an 18 or 24 and still be brain tumor. *** About through withdrawal, urea below 12, it means the body is responding, not a brain tumor.

ULCER *** In withdrawal, they have ulcers on their tongue. *** Salt is the primary cause of ulcers - gastric ulcers, peptic ulcers, also duodenal ulcers. Twelve little ulcers, all right together in a cluster, is a duodenal ulcer. And the body retains too much salt, is the primary cause of ulcers. *** A person that has ulcers, give them cabbage juice to drink and also have them chew the beeswax, the honey comb after the honey is squeezed out. Chew it until it's like a milk, one of the finest things in the world for ulcers - peptic ulcers, stomach ulcers. It does a wonderful job. *** People with any kind of ulcers should use what we call naptha tablets. It's the sap from an olive, lemon, and a locust tree, comes from Israel. *** This test does not readily pick up ulcers. If they can't eat cabbage slaw, they really have ulcers. *** Put them on 4 oz. of fresh cabbage juice and 4 oz. of water the first day. The second day, 6 oz. of cabbage juice and 2 oz. of water, BID. The 3rd day, 8 oz. of pure cabbage juice, no water in it, BID. *** Whenever these organs, any of them, are deficient in mineral, then nature is going to place certain aches in certain places in your body to say something is wrong. You'll have a malady, like ulcers in your stomach. *** Aloe Vera gel, I use it for a lot of things, [such] as stomach ulcers, etc. *** If the stomach continues to burn, it means they have ulcers; and then you have to switch to cabbage juice until the ulcers heal, then go back to the lemonade again. The cause of ulcers, sores in the mouth, the liver is flushing. Change in the liver, your body is responding. *** You would probably form more ulcers in your stomach than you would in your villi because it is the softest tissue.

UREA *** These tests tell you whether there's too much nitrogen or urea, or not enough. *** Urea is two kinds of nitrogen. Nitrate nitrogen is the top number, ammoniacal nitrogen is the bottom number. To get the total urea, you add the 2 together. Urea is a result of undigested protein. The basic substance that makes a protein, a protein is nitrogen. And it's either nitrogen oxide or nitrogen sulfate. Nitrogen oxide is nitrate nitrogen and nitrogen sulfate is ammoniacal nitrogen. *** The reason they're tired is that the proteins are not digesting but turning to urea, causing the heart to beat too hard each time, day and night, and they are tired all the time, first test 16 or above. *** Urea gets to 30 and it's only a matter of time until the heart gets so tired it just stops. *** Children that are breast fed [have] just as high urea as those that are not, because the mother's urea is too high. Crib deaths. *** High protein diet to cater to low or high blood sugar, and suppose your urea is not digesting normally. You are asking for a pectoris heart attack. *** What will lower the urea?

Dolomite. The magnesium releases nitrogen. *** [Urea] comes from two different sources in our system. One of them is salt. The other kind of urea is the salt that is found in the carcinoma cell or the cancer cell, and that form is not dangerous. High urea in the salt form causes the heart to beat too hard each time. On diet, the protein salt begins to go down and the carcinoma salts begin to rise, you may or may not have a change in your total urea reading. They should stay high for quite a few months, until nature gets finished changing the old cells for new cells. *** In children, a high urea as well as a high cholesterol can cause pains in the stomach of a child, but it doesn't in adults. *** Adults with a dangerously high urea and a low blood sugar, you cannot start them on just water or lemonade; you have to use a different sweetener each day in the lemonade in order to keep the sugar from dropping too low as you bring the urea down. *** Two kinds of heart attacks. One is high urea and the other is high salt. Can have both at the same time. *** Atmospheric conditions, pressure and humidity, affect these tests. You will learn how to handle each of those by the circles in this urea test. Some will be brown instead of blue. Some will have little daggers on the sides of them. Don't ever shake it. Hold your pipette straight up and down. A urea of 25 and a saline of 30 makes this in the danger heart attack zone. *** The cause of high urea: lack of calciums in the diet, lack of oxygen coming in from the lungs to the liver, or brain tumor or damage to the vagus nerve. Lack of variety in their food and diet. *** Suppose they went into withdrawal quickly and they had a high urea. It could cause a heart attack. Only water the first day, until the urea is down. Urea 24: heart beating too hard, tired all the time. Urea 27: tension, in fatal heart attack zone. *** Dolomite is only a catalyst in order to make protein available to you or to release the excessive urea. *** Dolomite, a catalyst that undermines the urea, prevents it from stacking up in your blood. Heart beating softer, you know the dolomite is working. *** Urea 3 over 4, you are dealing with a brain tumor. The messages are not going through. You know this condition has lasted quite a while.*** 3-day fast: Test every day for sugar and urea. *** Now, what happens to these old cells, they are caught up in the blood stream. As this nerve builds in there, so does the blood with the nerve. The capillaries go in there and pick up those dead cells, and they take it out through the urine. And that's why the urea goes up and up and up, and lets us know that those dead cells are being replaced. *** While you are reducing that urea and getting this down or up [Brix], they must do absolutely nothing. Slow down. Do nothing. *** If that urea does not move, there's damage either to the central nerve, vagus nerve; [or] the message is not getting through from the brain - it's being short circuited out. If a person is just working too hard, these other numbers will change. *** If you had a high urea and practically no dead cells, you'd be very, very sick. *** If the urea is too high after the fast, it is not advisable to take the high protein powders. *** The base substance of urea, the foundation substance, is sodium - in terrific high amount. A sodium compound. It comes from sodium chloride, potassium chloride, magnesium chloride, carbon chloride. *** For urea, just water is the finest thing in the world, distilled water. That will bring it down quicker than anything. *** Vitamin E does wonders for the heart, providing you can lower the urea. Lots of times if you take vitamin E, the body manufactures urea. *** Get away from the high proteins if their urea is high. *** After the fast, when urea gets above 24, take in more water. Don't take any rick [risk]. Drink water like it's going out of style until you get it down. *** Reading the test, it's better to kind of use that as a guide to get the idea of the rings, then go by the rings. You can tell by the thickness of the rings how high the urea is. You go by the color, but you also go by the rings, too.

URINE *** The part that's giving off the energy is the place that is going to show up. How does that show up in the urine? The only way carcinoma cells can get out of the body, that is through the muscle, is through the blood stream, kidneys, urinary tract. And that's where you're going to find them and you're going to find the energy that is lost, in the urine. And once you know what kind of energy it is, there's no problem to pinpoint it. And you know this when you compare this with perfect. *** I have analyzed the urine of many dead babies, found them on 30. Cardiac arrest. *** Urine sample test must be done in two hours, at the most. It cannot be mailed through the mail. You lose the picture after about 2 hours. The picture fades out; you don't have the picture any longer. The bacteria and the temperature of the urine, when it gets out and strikes the air, changes and it's worthless. *** Old cells do not go out through the intestinal tract; they go out through the urine. When you shine a light on the urine, that's what you see. They go out through the kidney. *** Certain drugs that will give a foul odor to your urine, or people that use a lot of garlic. *** The system throws off the dead cells through the urinary tract. *** Old sample, there's bacteria in the urine, and they change the entire chemistry of the urine. *** The greater the difference between the urine and the saliva pH, the faster food digests, and the quicker you become hungry again, the quicker your stomach's going to be empty. *** Every normal human being in perfect health, per hundred pounds of weight, should throw out approximately 400,000 cells per quart of urine, if they drink the correct amount of water according to their weight, systematically. *** These are goals to work toward, to keep the body chemistry perfect enough so the urine stays almost transparent. The thicker and off-color and the more odor it has, the more ill anyone is. Urine with strong odor of ammonia has a very high urea, and it foams when you are making the test. *** The principle is exactly the same, only the saliva shows you what is happening and the urine shows you what has happened. *** The lower the energy, the greater the differential between the blood and the urine. That should be the same because the urine over a 24-hour period is the constant amount of carbohydrate in the blood. *** She lacks oxygen, and her calcium is passing out into the urine. *** When you have a wide space, an acid urine and alkaline saliva, what do you expect the person to complain of? Gas. *** The dirtiness of the blood went into the urine and you got rid of it, if your kidneys are working. *** Blood cells wear out and are thrown out, but they are broken down. Otherwise there would be blood in the urine all the time from worn-out red blood cells. Not drinking quite enough water: There'll be a brownness in the urine, an amber color; it's the broken-down blood cell. Urine should be transparent unless you've taken something with color in it - green drink, and etc. The lower the energy, the more effect the food has upon the color of the urine and the stool. *** Old cells go out through the urine with a high amount of salt.

UTERUS *** A pregnancy, and the uterus in dangerous carcinomic condition, and maybe it would be dangerous for the pregnancy to continue, you can lower the sugar below 1 for 3 to 5 days, and it will abort naturally. But you'll need guidance, more than I can give you here. Many times pregnancy will cure many ills, if the numbers are anywhere near the perfect pattern. *** For uterus trouble, hot sitz baths a half hour a day. *** Menstrual cramps and a light period, iron deficient, an electrolyte that is not a salt, for that reason causing light periods. Plain lack of blood, not enough stored in the walls of the uterus. *** Disease strikes in the weakest spot, whether uterus, vagina, ovary, etc. Delta cells in the uterus, lower uterus, vagina, over to the colon, cause the left leg to swell.

VAGINA *** When pollen is high in the air, women troubled with itching in the vagina. These tests do show irritation of the vagina and K-Min is the finest thing in the world for it. It will stop it in a week. You take it internally. *** Fungus from the air, itching in the vagina: K-Min, taken internally. *** Fungus of the vagina, from pollen in the air. Shows in the tests. K-Min will knock it out. 2 TID for 12 days, then one each meal until the bottle is taken.

VAGUS NERVE *** You will find that one-tenth of 1% of all people you test will not respond to the diet. There are two reasons for this: brain tumor or damage to the vagus nerve. *** From the brain there is a set of nerves that comes down through the side of the neck, called the central nervous system or vagus nerve, the main trunk of nerve. It goes down through the side of the neck. It does not go through the spinal column. Practically all disease begins somewhere in the central nervous system. The messages from the brain to the vital organs. If a person does not respond to diet and does not have any brain tumor, you know there's damage on one of the branches of the vagus nerve, between the central nerve trunk/vagus trunk and the liver. *** If you have a person whose urea remains constant, stays exactly constant, won' t move, then there's either a brain tumor or damage to the vagus nerve, the central nerve. *** If you can't change those numbers, there's two reasons: brain tumor or damage to the central nerve.

VARIABLE *** In this equation there are 2,600 variables. *** When we see this equation - 2,600 to the 2,600 power [26000^{26000}], and add all those together. You see how it is possible that no two things could be alike, because of the variables in the anions and cations that make up the atoms to start with. *** Anionic substances in compound form have a variable amount of energy, even of the same kind of element or compound, because of less milhouse units in the anionic structure and cationic structure.

VEGETABLE *** Generally, you can get more energy from vegetables than you do meats. If you're in perfect health and the gastric juices were it's normal, you can still get more out of vegetables than you do meat. But suppose that the vegetables are deficient in minerals, or suppose that the meat was deficient in mineral, then you've got a problem, and that's why we're here.

VEGETARIAN *** If you are a vegetarian, then you should be using some oils and butters in your diet, and eggs and what not. Sometimes you find people who are vegetarian and have a high urea, also.

VEINS *** Standard medical definition of a vein is that it comes from the tissue towards the heart. So if there's any vessel that's leading toward the heart, it's called a vein. The anatomical definition is veins have no muscle fibers but they have valves. *** The tube that leads from the heart to the brain is a vein. It doesn't have those thick muscle walls, it's got valves. *** The blood moves through the vein because of muscle action - the muscle action of the surrounding tissue. Then the valves are there to keep it from falling backwards. The heavy thick muscle action that's moving the blood back up in the way it needs to go. Blood moving through varicose veins, slightly. Cause of varicose veins, the salt.

VITAMIN *** A vitamin and an enzyme are the same thing. Any chelated substance is a vitamin. In order for it to be a vitamin, it must be chelated. *** What is an enzyme? A product of a hormone,

and it's also a vitamin. Vitamins should be taken between meals. *** Generally, do not put on vitamins and minerals while on the fast. *** Use a variety, both synthetic and organic. You'll have better results most times. If it's synthetic, it's generally highly acceptable by the body, under certain circumstances. And sometimes a very dilute gastric juice and a very sick person, they cannot take the organic substance. *** The balance. Of most any drug, food, or any vitamin, how much can you take without killing you, they call that balance. There's no such thing as a balance of vitamin. However, in a great variety there is safety. *** An enzyme is a vitamin, and a vitamin is the product of a hormone. A hormone is a living cell. *** An enzyme and a vitamin are the same thing. Each are the products of a hormone. A hormone is a living cell. They are made of mineral. *** Grinding wheat flour, corn grits, or the meal - it will lose its vitamin in about 14 days, if you don't use it immediately, whether you cook it or not. *** Vitamin and enzymes, at their best, are only a crutch; and when you need a crutch, you really need a crutch. *** I think it is very safe to assume that vitamins are amino acids. It's just like if you think of insulin as an enzyme being produced by the pancreas. It is an amino acid. Everything that goes on in their system is related to amino acid. They are the electrolyte in your system. And all electrolytes either have to do with catalysation [catalysis] or promoting action. Vitamins are minerals, and minerals are minerals.

VITAMIN A *** If the hives break out all over, all at the same time, it means the calciums are becoming available to you and the vitamin A is becoming available to you. *** A great big black eye or broken vessels in the eye when vitamin A becomes available all of a sudden. *** Cucumbers are one of the richest sources of vitamin A. *** There is no difference between anemia and leukemia. WBC out of ratio. This means a vitamin A deficiency. If this body condition existed and you gave vitamin A by the pound, it would not be available to the system. Cucumber is one of the richest sources of vitamin A, skin and all, juiced. *** Real dry skin, it's a deficiency of vitamin A; should add oil to their skin after bath. *** Vitamin A is a vital element in the manufacture of bone marrow. A deficiency in A makes a deficiency in WBC, which also may cause the count of WBC to be too high or too low. I'm not talking about how much vitamin A you take, I'm talking about how much is available to you. *** Leukemia is a vitamin A deficiency. *** Algavim, it is an excellent product to make vitamin A available. It does not contain very much vitamin A, but it makes it available. Sources of vitamin A are carrot juice, yellow vegetables; cucumbers are a rich source. *** Cancer of the skin - vitamin A deficiency. *** Coli [villi] in the colon, it takes in vitamin A. Vitamin A is a must for iron. A and iron: They've got to be in sufficient amounts. You may have sufficient amounts of A and not enough iron or too much iron and not enough A, and it would not be available to you. A and iron. *** Because you don't have enough vitamin C, you don't have enough vitamin A, and therefore your pancreas starts manufacturing the least bit too much insulin, and then goes the vitamin A. A candidate for leukemia. *** When you have a C deficiency, you have an A deficiency. When you have an A deficiency, you have an iron deficiency. Vitamin A, carrot juice, if the sugar is low enough. *** At the base of the villi, vitamin A is picked up. *** You can get vitamin A out of any yellow light that you put upon you. You can get vitamin A out of that. *** It shows in the eye. You can see it; it's a good sign. It's correcting itself [red bloodshot eye, vitamin A becoming available]. *** How do I know there's an acne there? Vitamin A and C deficient. *** Losing hair, vitamin A, and also the skin is not absorbing enough oil.

VITAMIN B *** An electrical form of energy from the brain, a message, finds a transformer, a collector, a protein, nitrogen, the basic substance of amino acid, found in B vitamin. *** You'd have a vitamin B deficiency when the message is not going through. Chain reaction. The B vitamin chain would be needed. *** We know, like any vitamin, they have co-factors related to it, which are enzymes within that structure. If you take the B complex, it will have the biotin, it will have choline. It will have all these co-factors in with it, in a natural state.

VITAMIN B-1 and 2 *** If a person is overweight, do not give B-1 and B-2 because it makes them put on more weight.

VITAMIN B-3 *** One of the greatest mistakes with B-3 is that most people go onto it too fast. You must go onto it slow so the body will accept it. The body starts rejecting it because too heavy doses of it were given at first. Then it is very difficult ever again to re-pattern the body chemistry so that it will accept it. [see NIACIN]

VITAMIN B-6 *** Whenever oxygen starts to go back into those cells, it gives a tingling like lighting a gillion candles. B-6 is to stimulate the nerve in that area. It's a substance that's necessary in the nerve for it to conduct electricity, a type of mineral. *** It's a substance that must be necessary in the nerve. These nerves have many little lines inside the nerves. So actually what is happening is in order to keep those from short circuiting each other out, then B-6 is the substance that keeps them from short circuiting each other out. When they short circuit each other out, there's numbness.

VITAMIN B-12 *** Ferro is a very good thing to use but that depends on how anemic. Suppose you couldn't get Ferro. If you need it badly, I would suggest B-12.

VITAMIN B-17 *** B-17 and B-15 make vitamin C available to the system. That is the purpose of it, to make vitamin C available. It causes the body to contain more vitamin C than it would otherwise contain. It is not something that really shows a quick response. *** B-17 is cyanide that's found in
most seeds, especially apricot and almonds; and it is very rich in millet, a richer source than either of the other two sources. It is a colloidal cyanide and it is not poison. *** Apricot seeds: If you are sick, your gastric juices are too dilute; you cannot digest them. Pressure cooker makes them soft, and it does not change the cyanide that's in the seed, kernel. It's the cyanide that makes laetrile, laetrile; and it makes vitamin C available to your system. That's what it actually does. *** But suppose the body's acid and you are taking laetrile, B-17 and B-15. It's a type of laetrile. And if you supplied it, would it do any good? *** Let me tell you something about B-17. Whether you take it in tablets of 500 milligrams or more a day, or whether you take it IV, it takes about 20 to 30 days to begin to take effect. It does not take effect quickly. B-15 is made from mistletoe and comes from Germany, the one I know about. B-17: Unless it has the picture of a Christmas tree on it, let it alone. *** Nuts - steam them, freeze them, and they will not lose their B-17.

VITAMIN C *** There's one vitamin that holds these cells together, that's vitamin C. Vitamin C is the knitting agent, that's the mineral component that knits our cells together. Anyone having 4,500 mg of vitamin C per gram of blood never becomes ill. And the energy can be measured in percentage of the decrease of vitamin C. *** B-17 and B-15 makes vitamin C available to the system. It causes the body to contain more vitamin C than it would otherwise contain. *** Vitamin C comes from rose hips, also different kinds of fruits and berries, also wheat germ oil. If your body was assimilating it, then there would be enough in your food that you eat. *** Vitamin C is highly acid. It's very necessary that you get the vitamin C as high as possible in the blood. Don' t try to use the same kind all the time, small bottles of different kinds. Low pH means that the resistance is so great until your body cannot absorb it. *** Use vitamin C to bring the pH down to 6.40. *** If deficient in vitamin C, a rupture will not grow together after surgery. It will still be apart. *** The body chemistry must be above 6.40 in order to accept vitamin C, unless it comes from onions, stewed onions, which is the richest source of vitamin C. *** Never let them take vitamin C with a pH less than 6.40. It only aggravates the condition. I have worked on an alkaline vitamin C. I have made one that is good for 72 hours, but then it comes apart. *** For children, generally use chewable vitamin C. With adults, if their weight is above 100 lbs, we give 1,000 units of vitamin C BID between meals. *** Give lime water until the pH reaches 6.20, then leave them on the Cal II even after you put them on heavy doses of vitamin C in order to stabilize the calciums and the pH resistance at 6.40. *** You also hear that vitamin C cannot be stored. It can. *** The body can store it. The Savior fasted 40 days. If you do, can't store it, you can't exist. You'd fall to pieces. Many people have been on forced fasts, fast for hundreds of days, and the vitamin C capacity never decreases. It increased during this time. *** Vitamin C is not available without insulin. And insulin is an enemy of vitamin C, an absolute enemy. *** Chelation. Vitamin C is the one that knits these, that hooks these claws together, to make us up or hold man together. *** The pressure caused the cells to mass so tight together that vitamin C was pressed outward. Then the area died. *** You have a vitamin C deficiency indicated by the calciums out of ratio. *** Person on insulin, insulin is an enemy of vitamin C, and therefore the body's not throwing out enough dead cells; it's not cooperating as much. *** If you wash the oil off of your body, then a lot more of the vitamin C escapes. *** Different kinds of vitamin C, straight ascorbic acid as one kind. *** Vitamin C absolutely attaches the cells together, the molecules, by electrical magnetism. *** When the glands in your neck swell, or acupuncture glands, blood not properly circulating, become swollen; it's a vitamin C deficiency. *** Needed vitamin C badly, couldn't take it in vitamin C form. We fed him onion soup twice a week to get his vitamin C. Almost a neutral. So there's always an approach. *** If the other numbers are perfect, 1.5 denotes that your vitamin C is above 4,500 mil. per gram of blood. *** One thing you do to decrease vitamin D is to take vitamin C. *** High salt, body over-ionized or over-electrolyted, the first vitamin consumed is vitamin C. *** Goldenseal. Give it any time that you give vitamin C. *** Collagen disease. High pH. You can have a vitamin C deficiency. It means the body could accept vitamin C under certain conditions. But there's a very rough case of emphysema, and they are not getting enough oxygen for the body to assimilate and manufacture vitamin C. *** You don' t have enough vitamin C, and therefore your pancreas starts manufacturing the least bit too much insulin, then goes your vitamin A. *** Vitamin C is a cellular cement. We start talking about putting together these amino acid cells, we're talking about interplay of vitamin C in here. If you do

not have vitamin C, you start losing energy. It plays its part in bonding. A jelly fish is soft and mushy, and the only reason he's being held together is with vitamin C. *** There's a difference in vitamin C in an orange, a grapefruit, green pepper, acerola cherry, or whatever. It's that unique thing to that individual vegetable or fruit. So there's many different kinds of vitamin C's. *** On insulin, the insulin you take will not make vitamin C available. The insulin manufactured by your pancreas will make vitamin C available. *** Acne: vitamin C and A deficiency. If he stands on his feet very long, his feet hurt. Bryllium [beryllium] deficiency. Read it in the vitamin C deficiency. Means the flesh is not sticking to the bones tightly enough, and actually attaches itself very tightly to the joint. Sinus problem: vitamin C, vitamin A, and beryllium [beryllium].

VITAMIN D *** Vitamin D makes calciums available. If you have a high pH, don't take vitamin D or anything that's got vitamin D in it. *** 4.20 to 5.80 pH: a system that's highly acid. Give the highest number of vitamin D tablets that you can get. If you can get 50,000, break them in two and give 25,000 twice a day. You give it to them until the pH reaches 6.20. *** Sunshine. If your body is working anywhere near normal, it won't take any more than it needs; but if you're sick, go by the numbers. *** You find vitamin D in skim milk. It's vitamin D added, but it's a good form. *** pH at 7.00, if they take vitamin D and the pH would rise and slow down digestion. *** Skim milk is rich in vitamin D. *** Cancer, too much vitamin D, body alkaline. *** Vitamin D from sunshine, skim milk, D tablets, or fish liver, cod liver, oil, olive oil. *** A dark-skinned person absorbs more vitamin D. To decrease vitamin D, use vitamin C. *** Process of the food coming in from the air. You can get vitamin D right out of the sunlight.

VITAMIN E *** Vitamin E thins the blood, therefore taking some load off the heart. Urea has a tendency to thicken the blood. *** Anytime you have a 4 M, 3 M, 2 M on an adult, 1000 units of vitamin E BID between meals. The idea is to keep your blood thin enough. I have never found it to affect high blood pressure. If it makes one feel weaker, then you won't use the energy needed to restore reserve energy. *** Generally I suggest both mixed and alpha – one, one day and another, the other. *** Anytime a 4 M and weight 120 or above, 1000 units of E BID. *** Vitamin E does wonders for the heart, providing you can lower the urea. Lots of times if you take vitamin E, the body manufactures urea.

VITAMIN K *** If you want to thicken your blood if it's too thin, you can thicken it by using vitamin K. Richest source is a natural herb tea, either summach [sumac] leaves or the berries of summach [sumac], or from alfalfa tips, alfalfa leaves. You can tell when you need vitamin K because if you cut yourself, it is difficult to stop it from bleeding. It is not a good idea to take vitamin K and vitamin E at the same time. Vitamin E thins the blood, and vitamin K thickens the blood. Alfalfa sprouts are rich in vitamin K. *** One of the things that will thicken blood quicker than anything else is vitamin K. Whenever you're not drinking enough water, when you have cholesterol problems, the body has a tendency to accept too much vitamin K.

VITAMIN P *** Vitamin P, the one you get out of watermelon juice, rich in vitamin P as well as a lot of other things. One of the finest things in the world for kidneys. Naturally, if you get the kidneys to working normally, the whole system will work better.

VOLTS *** A live person lives on 110 volts of electricity. A dead person has zero. In other words when the energy turns to zero, you've lost your voltage. *** The biological difference between a dead and living body is one is operating on 110 volts and the other isn't. The electrical charge of our bodies has something to do with our spirit. The difference between a dead body and a living body is the voltage. If you have voltage, you've got to have an electrolyte. What is the electrolyte number of our bodies? 24 and 26.

WARTS *** Most warts are bacteria. However, there are genetic warts. These are little corns. People live with them all their life. An old-fashioned remedy is to tie a thread around them, and it will shear off. There's also Stoles [Scholl's] corn plaster to take off small warts. If warts stay on a long time, it's because of a lack of calcium.

WASTE *** CO_2 is waste material. It's the breaking down. It's the final stage of matter going back into the elementary stage.

WATER *** How much water should anybody drink? Divide your weight by 2 and call it ounces, and that is how much clean, pure, distilled water anyone should drink every day. This is what it takes to cleanse the temple of the Master. Water is the finest catalyst on earth. *** No two things exactly alike. There's no two drops of water in the ocean exactly alike. *** Atomic number [weight] of water, H_2O: Figure anions at 1 Milhouse unit, figure cations at 500 Mh units. Hydrogen = 1 cation at 500 + 1 anion at 1 = 501 x 2 = 1,002 Mh. Oxygen = 16 cations at 500 = 8,000 + 1 = 8,001. 1,002 + 8,001 = 9003 Mh of energy. This is very, very, very dry light water. Figure anions at 499 Mh units, figure cations at 999 Mh units. H_2O: Hydrogen = 1 cation at 999 + 1 anion at 499 = 1448 x 2 = 2896. Oxygen = 16 cations at 999 = 15984 + 1 anion at 499 = 16483. 2896 + 16483 = 19379 Mh units. This is very, very, very wet and heavy water. Look at the difference in the kinds of water. *** People do not drink enough water. And when they don't drink enough water, they have problems, problems, problems. *** The baby must drink water every day. Same rule: 1/2 the body weight as ounces of water every day. Start the baby drinking water, even by the end of the second week. It takes a little doing to get the baby to take water, but start when they're young. *** How long to stay on the lemon and water? Subtract your age from 100 and that's about it. About 7 to 9 months for an adult on the hour, 3 or 4 months for a child. *** Carbon is the governor for water, controls the amount. People that contain too much water are lacking carbon. When a person is dehydrated, they are lacking water - too much carbon. *** Substances in compound form have a variable amount of energy. There is a variable even of the same kind of element or compound. Like water. There's light water, there's heavy water; there's dry water, there's wet water. Yet it's all pure water, absolutely pure water. The less Milhouse units of energy - the anionic structure and cationic structure, the lighter the water. The greater amount there is, the greater the density and the greater amount of water. *** What compound does our body contain more of than any other compound? Water, H_2O. *** The human animal can exist on less water than any other animal. So, therefore, the human animal becomes the most difficult of all to kill, energy-wise. *** Our body contains more water than anything else, and that water must be on our frequency. It must accept the same wave length as our body. *** You've got to ionize water with something - an electrolyte, nitrogen. Two factors involved here that make carbon a governor of water in your system. Oxygen is one, and calcium. *** What holds the colloids in place? Water. It's the water in your system that holds it

together. If your body should lose the water instantly, it would blow away like dust. That's what colloids are, dust. *** The first primary necessity for ionization to take place is water, or moisture. *** Find the Mh units of energy in one gram of H_2O. 1,000 Mh of energy in one atom (1^3). 5,000,000 atoms in one drop of water (5^6). $1^3 \times 5^6 = 5^9$ Mh per drop of water. 22 drops per gram. 22×5^9 Mh units per gram = 1.1^{11} Mh units of energy in one gram of H_2O. *** If our bodies are approximately 65-80% water, isn't it important that we drink enough water each day? Isn't it very important? *** Drink the right amount of water regularly, body rhythm. *** Too much distilled water? If their sugar is too low, yes. If too high, no. *** There's only one substance that expands when it's heated and frozen. Water. All the rest of them do the opposite. *** The liver producing amino acids, we are talking about 3 main elements - nitrogen, calcium, oxygen - and water. *** How do these elements get into the air we breathe? Major part of the earth covered with water. When a metal comes in contact with a salt, corrosion, breaking down; oxidation taking place, gases being produced. *** Water is a catalyst and a carrier. *** Carbon that regulates the moisture. One molecule of carbon is able to hold, at 100% saturation, 4 times the amount of water. *** The water and lemon taken periodically helps the liver. Also get oxygen from the water. *** Dirty or muddy blood has too many delta cells in it, lacking drinking enough water to wash them out, or tired blood. *** The higher the water content, the texture soft.

WBC *** WBC at 6,000 and 10,000, that's normal. You can have leukemia with a minus 6,000 or a 10,000 +. I've had patients with 80,000 or 90,000, and I've had them with only 800. Polyglycemia, too many red blood cells. When the WBC goes down, it goes out of ratio and you have too many red automatically.

WEIGHT *** Paper, cork, glass, what makes the difference in weight? The number of electrons in orbit around the anion. The greater the specific gravity, the greater the weight per given volume. *** Give them a proper diet and their weight will drop to normal. Don't be surprised if they look like some of their ancestors, overweight parents. *** A person that's overweight, way overweight, we suggest that you put them in a place where they can be put on a 6-day fast of lemon water and water under supervision and guidance, and then a 3-day light diet. Then on another 6-day fast and shrink their stomach. And then begin to take as many days to break that fast as they were on the fast, including the 3 days light diet. And then, by that time, their body can take the nutrient out of the food they're eating. You can also get the calcium up where they will not have the neurosis and their weight will drop to normal. You can expect them to lose about 12 to 20 lbs. during the first week. But then you can also expect during the next two weeks to put on 15 lbs. Stick to the diet and about 6 weeks from the time they started the program, their weight will start dropping off, 1/2 to 2 lbs. per week. While they're gaining the 12 to 18 lbs. back, it will look like they are losing weight. The reason - lean is 400 times [4 times, 400%] heavier per given volume than fat, and the lean starts to form before the fat drops away. Factors that control weight: The size of the heart, the nervous condition, and the thyroid. *** Excessive salt: When the salt settles into the fat, people are overweight. It's a preservative. *** Differentials: Difference in weight, difference in height, difference in age and sex. *** Your question was that all atoms under the same temperature and pressure was the same size? Why was that true? If it weren't true, there wouldn't be any such thing as a standard of weights because there would be no standard. There would be no way to set a standard. *** Calcium is the single most important. The mineral available more by weight and by

volume than anything else in the body.

WHISKEY *** Everyone has a built-in whisky still. The pancreas makes alcohol from the glycogen made in the liver, and that controls our body temperature. People that are too cold all the time are not manufacturing enough alcohol. And when people are too hot all the time, they are manufacturing too much alcohol. I've known people that manufacture so much alcohol, they never touched a drop and they were highly inebriated. I know one fellow that manufactured two kinds of alcohol. It really knocked him out.

WILSON' S DISEASE *** What's the first primary thing that happens when people have copper poisoning? Skin turns yellow, dehydrated look. Looks like smoke. And scaly feet.

WINE *** The difference between dry wine and one that's not dry is the sugar content. Dry wine is natural sugar.

WITHDRAWAL *** About 5% of the people will not go through a withdrawal, a change of body chemistry, in a way that they will notice it. They'll go through it, and it will show on the numbers, but they will not suffer any ill effects. *** When you make the first test, you will find people whose body is in a state of change. They are in withdrawal and there is no picture. Keep hands off until you can get a true picture. *** Tell them what to expect. Because the very minute they start in withdrawal, they're thinking that the diet you gave them is killing them. *** A withdrawal is a body chemistry change from one pattern to another. You know what a perfect pattern is. *** How many times can a person go through withdrawal? That is a question that nobody knows the answer to. A patient may go through withdrawal all at once, or may go through it on the installment plan, or a few months. That is a variable. *** A person with a urea total of 20 and they go into a withdrawal. While their body chemistry's going through this withdrawal, it will drop below 12 and stay there 2, 3, 4 days; and then it will rise up above 12 again. And when this happens, you know they're out of withdrawal. *** A child's body responds a lot faster than an adult. No eats during this period because they're likely to go into withdrawal; and less in the stomach, the better. *** You cannot eat and work like a slave, and the body chemistry change. It will not change unless you slow the person down and do absolutely nothing. *** Sometimes it takes 4 days of fasting because they are in withdrawal the 4th day - still sick to the stomach, still vomiting, the stomach is rolling, they have a headache. Let them go another day. They're not going to starve. *** Take a pulse. A normal person going through a rough withdrawal, the pulse will be a steady normal beat. *** The right amount of oxygen has everything to do with getting a person into withdrawal. A person that has advanced emphysema, it's many times very difficult to get their body into withdrawal to change. Sometimes takes two or three weeks. Try to get them to breathing. *** Why does a withdrawal generally make people sicker than they really are? The change in frequency is what's causing it. The liver's flushing out.

WORMS *** If the hair doesn't have any sheen in it, if it's dull, they've got a good case of worms. *** These tests will indicate people that have worms. 80% of the people have them. *** Itching of the rectum is caused by tape worms. Nose itching all the time is a sign of pin worms. K-Min. *** Groundage is a worm that gets in the foot. Something like a ring worm, only he doesn't go round

and round - just crawls all through your feet under the skin. *** pH low? Digestive juices not strong enough to kill them. *** You can see worms in the sample. A big worm will have a circle. You won't see them unless you've got a microscope. They turn red, that's right. *** Use Pet Pet de-wormer for pets to get rid of the worms. *** Losing weight? It's worms, bacteria, or fungus. *** How do you tell if they have worms? Food digesting too slowly, dullness of hair. No sheen in the hair. [see K-Min]

WRINKLES *** When you see a person come in for the first test with a urea of 28 total, they have wrinkles in their forehead and are very tense. *** People with a lot of wrinkles, you should see them vanish after a few months; you'll see them go.

YEAST *** We could not get the system to break down Cal Min. It would throw it out and throw it out, and the pH would stay down. It would not pick it up. I calculated if I would get Cal Min plus yeast, that the body would accept it. I tried about every kind, and it killed the yeast germ. Yeast is a plant, and yeast breathes carbon dioxide and resists oxygen. So I figured it would be no problem at all to get calcium oxide to accept yeast. But it refused, it rebelled. It turned black, or green, or colors that people would be afraid to take. One day we learned how to put the two together, and today we have Cal II, which is calcium oxide and yeast, and the body accepts it readily.

YOGURT *** Often people do not use enough yogurt, or acidophilus. Use yogurt whenever your body needs almost a neutral bacteria in the colon. The yogurt you eat is no more milk than milk is grass. Milk is not grass, and yogurt is not milk. When you eat yogurt or cheeses, you're eating bacteria. You are eating "bugs." It's these aerobic bacteria that are assisting in digesting your food in your colon and in the small intestine. Anyone having a bowel movement with a very sour putrefying odor has anaerobic bacteria in the bowel and they need yogurt, and they need more calciums. If you must eat something at night, plain yogurt is very good. Or if you have low blood sugar, eat some of the yogurt with flavoring in it. *** Acidophilus is in the gypsum group of calciums. They may have yogurt regardless of which group, or where the pH is. *** Yogurt will work on the bowel a little bit, but it will not make the calcium you want. *** If it's amebic, yogurt is one of the finest things. *** Bacteria in colon that K-Min doesn't work on, yogurt is about the finest thing I know of. Takes a bug to fight a bug.

ZEST TONIC *** For acute indigestion, Zest Tonic. It is the nearest substance like the substance manufactured by the pancreas. Alcohol needed for the digestion of foods. Feet and hands will be cold. A few drops of Zest Tonic, and try to sit up and lightly pat their back. Makes the gas come up. *** Zest Tonic causes a relaxation and releases the tension on the heart. *** One teaspoon in 4 oz. of fruit juice; and if they have a high pH, grapefruit or fresh orange juice. Take it after meals and sip it very slowly for 30 minutes. You can use straight water or skim milk. *** Pancreas not manufacturing enough alcohol? Control that with Zest Tonic. It does an excellent job to control body temperature. *** The percentage of alcohol is 42%.

ZINC *** The ear drum is most affected when you have a zinc deficiency. There's more in the ear than anywhere else.

ZONE *** The more zones anyone's body chemistry is in, the lower the energy according to their age, weight, and height.

Nothing in this work is intended for diagnosing or treating disease. These are the opinions of Carey A. Reams, Dr of Science.