$$1.5 \quad \frac{6.40}{6.40} \quad 6 - 7C \quad 0.04M \quad \frac{3}{3}$$

RBTI

THE REAMS BIOLOGICAL THEORY OF IONIZATION

FOR

HOMO SAPIENS

THE LECTURES OF CAREY REAMS
Classes 1–5 - 1976-77 Transcribed, Compiled and Assembled By

ROBERT G. OWEN
(US version by Rex Harrill 120215)

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Disclaimer

What follows are my notes on the basics of the Reams Biological Theory of Ionization (RBTI) as presented in lectures during 1976-77 and other information inserted by me for my purposes.

The information contained in these notes is for educational purposes only. The author, distributor and provider provide no warranty about the content, the accuracy of the content, or the completeness of the content.

These notes were originally transcribed, assembled and compiled for me; my information, my education, my interest, my knowledge and to serve as a reminder to me of the information I listened to on tape; for when I review these notes I actually hear the voices speaking the words.

Any conclusions you draw from these notes are your conclusions based on your knowledge and your understanding. Any action you decide to take, you do so based on your own knowledge, your own understanding and your own judgement. Bear in mind that as with any limited education, "a little learning is a dangerous thing". This information forms part of a greater educational field and you are therefore encouraged to study as much as possible, enroll in further courses, and become familiar with the whole subject and all the rules, not just the ones presented here.

In providing an open release of these notes, all the material contained herein is presented as "incomplete educational information" only, and is not to be used to diagnose any physical malady or disease, nor is it meant to suggest a course of action on any disease or malady whatsoever and is not to be used as a reason for discontinuing any medically prescribed medications; the diagnosis, treatment and management of disease is the sole responsibility of licensed medical practitioners, and the management of your medical conditions is an arrangement between you and your physician.

The RBTI notes relate to programming a diet for one, single person based on one single test for one very short period of time. It is not one person, one test one diet for life. If you have any queries or questions on the content of these notes please direct them to your appropriate, qualified health care practitioner:

a. If it relates to RBTI material, please contact and evaluate the RBTI Teachers, seek information and enroll in a Course suitable to you to further your knowledge and understanding, or
b. If it relates to a medical issue please consult your family physician with whom you can openly discuss these things and whose opinion you value and trust.

Remember, whatever action you decide to take, you do so based on your own reasoning, understanding and judgement. You are responsible for your actions.

These notes are dedicated to the courage, faith, memory and teachings of Carey A. Reams.

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In putting these notes together, all parts of the Reams' Biological Theory of Ionization Course lectures have been used including:

- daily devotions,
- lecture material,
- questions and answers,
- stories, and
- jokes

because they all help to explain either the RBTI or the man, Carey "Doc" Reams. Also note that, in the main, Australian spelling conventions apply.

The sources for these notes are:

- Class 1 – Series 876D
- Class 2 – Series 877CA2
- Class 3 – Series 177-3
- Class 4 – Series 677, and
- Class 5 – Series 877

In studying these notes, please note that "Doc" Reams expected his students to use their brains, and think, and he used the following methods to pass information:

- Lecture Style, i.e. he would tell the class the direct information.
- Story. He would tell a story to illustrate his point.
- Parable. He would tell a parable to illustrate his point.
- Hint. He would sometimes hint that there was more to follow.

In view of his use of all these methods all available information from the course has been presented here in summary and, as far as possible, the wording and explanations are his. In some cases small liberties have been taken to make the text more readable and more easily understood while at the same time retaining the meaning.

Throughout the book I have attempted at all times to maintain three things:

1. To keep it as accurate as possible to the lectures,
2. To make it readable, and
3. To facilitate finding information.

In respect of point 3 above, there has been a lot of duplication and repetition of material in order to present it in its topic categories and to make it easy to find specific information.

In regard to the practicing of dietary planning and advice by RBTI, be aware that various legal things are mentioned as being allowed, or requiring special permits or some other such thing. Be aware that these notes were ORIGINALLY set down in the mid-70's, and in the United States of America. In the intervening period of time laws may have changed, so it is the responsibility of the individual, in whatever country, to become thoroughly familiar with all the relevant legal aspects that may affect a nutritional consultancy practice.

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I hope you enjoy studying these notes.

A word of caution to the wise. While I endeavored to make these notes as accurate as possible, they should be considered a BASIC, introductory text only. My interpretation, based on my understanding and knowledge, may be slightly off and therefore I'll continue to review and revise these notes. You are encouraged to do the same.

Carey Reams always planned to teach his Theory of Ionization in 9 Sessions, and I know there have been further developments, and more advanced classes are being taught. However, information from later than Session 5 will not be included here; that is the province of the current RBTI teachers.

The serious student is encouraged to enroll in those classes to further their own knowledge and understanding, clarify and correct misinformation, and pick up where these notes leave off.

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THE REAMS' BIOLOGICAL THEORY OF IONIZATION

General Introduction

The Reams' Biological Theory of Ionization (RBTI) is about how the body is put together and how it is taken apart. The equation for perfect health is central to RBTI as it provides a simple method of analyzing one person's body chemistry; assessing the loss or gain of energy and most importantly of all, providing a signpost for diet and lifestyle changes to correct that loss of energy. If the body is gaining energy then it's getting well, whereas if it's losing energy it's in decline. Perfect health has 100% reserve energy and "0" reserve energy is death.

The equation was developed for the sole purpose of designing a diet to suit a single person's individual body chemistry, but as a spoon can be used for things other than eating, so the equation too can be used for other things, but dietary planning and guidance is its main purpose.

The equation and methods used in the RBTI were originally devised by Carey Reams in about 1931 from a number of different sources, including the sciences, mathematics and his own original research in the realms of physics, chemistry and biology, all tied together with calculus and relative math.

Carey Reams was born with an insatiable curiosity to know the "WHY" of everything. In his own words:
"When I was a small boy my nickname was 'Question Box', and the whole community knew me as 'Question Box', and it's still 'Question Box' today. I still want to know the answer.

I had questions for everybody all the time and the only strange thing about it is, I remembered the answers, and how wrong I found some of the answers in later life and many times I also found out those that were wise enough when I asked a question to say, "I don't know." I also found out others would say, "well that's the way my daddy did it, and that's the way my granddaddy did it, so that's the way I'm going to do it." In other words they were just living robots."

Although reluctant to discuss his educational past, my understanding is that Carey Reams studied Science at Oxford University, from which institution he obtained his Doctorate in Science. His Doctorate, his intimate knowledge of anatomy and physiology, are presumed to be the reasons his students affectionately referred to him as "Doc".

In his studies and research, as well as his seminars, while he communicated physically in English, he actually thought and reasoned in the language of mathematics. Paraphrasing his words, he put it this way, "in order to work out the perfect pattern according to the frequency you need to use advanced calculus and relative math, and it also depends on how far you go, for instance, if you go far enough in advanced calculus you've got Euclid and Enid:

- Euclid Math (from Euclidean Theory) is the picture (which goes back to the geometrical patterns that architects use to draw the blue print of the building, or the bridge, or the railroad, or the mechanical engineer draws to whatever he wants the shop to build), and

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- Enid Math is what makes math become a language, in other words it's a language in which you can converse and convey ideas and thoughts

and then after you do that you're in relativity. The solid geometry is the door that opens the door to relativity. When you get to Enid in calculus you come to a place that there's nowhere else to go except to go in circles, and then you're in relative math, and in relative math the rules are entirely different, for instance, in geometrical math parallel lines never meet, but in relative math they must cross at least twice, and may cross many more times than that. Now if that were not true there would be no such thing as matter or substance."

Of his students, to most questions he asked he required a mathematically provable answer. To "Doc", things had to make sense and be provable in math before he accepted an answer.

In his quest for knowledge he found many things that were taught in schools and colleges were not only scientifically inaccurate in detail, but that to most people the details did not matter. For instance, most people do not need to know the ionic composition, or even energy levels, in one atom, but Carey Reams did, and in order to overcome the problems and inadequacies he found in the text books, he:

- studied with private tutors,
- conducted his own, original research,
- researched and developed his own scientific theories, and
- modified his understanding of chemistry to better reflect both the known laws and his own experimental results.

His work ethic and principles were such that he constantly sought truth based strictly on mathematical principles, not on a perceived truth, not on a generally acceptable truth, not on a financially beneficial truth, and not on a convenient theory. Needless to say, his theories and teachings often went against the grain of current teaching but that does not make them incorrect, only exceedingly unpopular with those who teach the orthodox way for to accept his changes put them on the bottom of the ladder again.

In order to begin to get his message across to his students, many of them health professionals with medical and chiropractic degrees, they often had to "unlearn" what they had learnt at school, in college and in medical school for not only did he show them that chemistry and physics were being taught incorrectly; but that anatomy and physiology also were being taught incorrectly to Doctors in medical school as well. Carey Reams made himself exceedingly unpopular with many people in the orthodox establishment because he questioned their beliefs, principles and teachings AND FOUND THEM WANTING. However, instead of criticizing where he found error, he taught and explained to those who would listen and learn. He loved skeptics and was often heard to say to his students "the more skeptical you are during these Courses the more benefit you're going to get out of it because a person that comes ready to swallow this teaching hook, line and sinker misses about half of it, but the skeptic picks the bones and gets the meat. So I love skeptics, they're the ones that really go out and do something about it because they've found a new toy [that] they can use to help people."

One medical doctor from California said to him, "I came as a skeptic to these Courses, and I was going to prove you a charlatan and wrong, so I wrote down everything you said that was contrary to what I was taught and what I believe, and for a whole month I've been trying to prove

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you wrong and I found you right 100% of the time. I now come to you and want to ask you to forgive me for thinking that I was a doubting Thomas."

Carey Reams also used to say to his students, "I want you to check out everything I say. You don't have to take a thing in the world I say as hook, line and sinker, or swallow it at all. Take what I say, use it, prove it beyond a shadow of a doubt, and then it will become a part of you and you a part of it."

So what did Carey Reams do?

Carey Reams used his knowledge of physics, math, chemistry, anatomy, physiology and biophysics to develop an equation which was a signpost of health. The equation expresses every possible degree of human health within the range of "death through 'perfect health' to death". Remember this; the equation is just a signpost that shows:

- How far away from perfect health a person is.
- The direction that is needed for a person to gain perfect health.
- Whether the body is cooperating or not.
- Whether the body is getting well or not.

Not only did he develop the equation, but he also tested and researched foods and food chemistry to measure their effects on the body chemistry. He had to formulate and prove theories, research the foods, the sciences and make definitions in areas where there was either no information, or incorrect information.

His frequently stated maxim was that the equation was a way of formulating a better diet for ONE person.

While the equation itself is NOT one of the healing arts, it is the greatest tool the healing arts ever had for not only does it show what healing methods work, but perhaps more importantly, it shows what methods DON'T WORK.

Running through his entire work is his devotion to his religion and his love of God, and in all aspects he found that his scientific knowledge and mathematical work reinforced and strengthened his belief in God and explained many otherwise inexplicable parts of the Bible.

Early in his life's work he realized he was able to trace its beginnings to a specific incident that occurred while he was a child. In his own words he said, "My work probably started when I was five years old. The first memory that I have of connecting any thoughts with this started when I was five years old and I didn't realize at that moment at all, by any means, that it would have any bearing upon my entire life, but I asked one question then that was a key, that gave an indication that my life had already been patterned, I was five years old. We belonged to a country church and we had a circuit riding minister that came around once a month and this particular Sunday was the first message that I ever remember hearing preached, I still remember the message to this day, and the message that he preached was on the resurrection of the dead. He went home with my parents that day and while we were having dinner I said to him, "Brother Smith, I don't believe what you said in your sermon today." I was only five years old. I saw my parents' faces cloud up, I still remember something was going on but I didn't know what it was, I was too young to know, but I

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knew when they frowned I did something that I shouldn't have done, and this man of God said, "Well son, what did I say that you didn't understand?"
I said, "You said in your sermon today that when Jesus comes the dead were going to get up and go to meet him in the air, and don't you know when something dies it goes back to dust again and you can't put it together again."
and he said, "Well son, who put you together to start with?"
I said, "Nobody, the doctor brought me." Just a child understanding in a childish way.
He said, "Well you're only a child now, but when you're a man you'll understand these things."

Well curious to say that when I became a man I became more confused about God putting things together again; the martyrs burned at the stake; the saints buried at sea; people that were torn asunder by explosions. Why, I only became more confused. The gases from the brain and body scattering out over the ocean, being brought down in the rain, falling down into the ocean, eaten by the plankton, and the bigger fish eating the plankton, and man catching the fish and scattering them over the earth. I really became confused. My problem was I was trying to bring God down to my size.

I'd been in practice a few years, 4 or 5 years, when two police officers brought some ashes into my laboratory and said, "Can you tell us whether or not these are animal or people that burned in this building?"
I said, "I don't know, but I'll try." Little did I dream then, practically 35 years later I guess, that the question that I asked at 5 years old would be answered.

Now the undertaker had been a good friend of ours since I was a child, he hunted and fished with my father. He was somewhat older than I was, his name was Carey Hand, and I went to him and I said to Mr Hand, "could I borrow some ashes of cremated people for some research work in my lab?" And I told him what my problem was with the police. I said, "I will not take any of it, use it or abuse it, I will return to you all the ashes, dehydrated in the same form that you give them to me. I do not need them, all I need to know is the ionization of them."
and he said, "certainly."
In two weeks I had gone through quite a group of ashes in which I had known the sex, age, height, weight, race, creed, color and so forth, and I was able to distinguish them and to come in on the frequency, and as far as I know this was the discovery of frequency for human beings. Now Doctor Northcott in Germany discovered the frequency of grapes, and he was the one who taught me what the frequency of grapes was, but I was the one who discovered the frequency of human beings.

Then I gave the report to the police. There was not one person there that burned, there was three. There were two females and one male; and this was done by the frequency of the ashes. I could not tell anything about their ages, but there was a mother and her two children, a boy and a girl, that had burned and had been missing since that day, and they evidently crowded into a closet when they couldn't get out and they burned together in that building. So I used that until I went to war, World War II, and at that time I gave it to the police department. It's still in use to this day as far as I know. By the ashes we can tell everything except the age, the age has to be measured in thousands and we cannot measure it delicately enough.

Then the question that I had asked at five years old became clear, because in the Book of Revelations it says this, "When the books are opened and your name is called you shall answer", but another

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translation says this, "When the books are opened and your number is called you will come as needles to the pole". When Jesus calls your number you will come. So you hear people say today, "I've got your number." We are numbers, and God knows our number, and we cannot hide from God, He knows where we are. Regardless of what happens to us this is the foundation in the Scriptures verifying the very thing that I'm going to teach you in this class. It's in the bible, and it's clear, and it will come out more and more all through this course. I believe that all of the healing arts are religions and no-one has a right to say the others cannot exist, and in the healing arts we have just like preachers, some good preachers, some poor, some good doctors, some poor doctors, just the way it is in life."

Through his research with the ashes Carey Reams was able to determine the specific identifiers of the human body:

- frequency,
- micronage,
- milli micronage, and
- milli milli micronage.

yet there still remained another trigger which was to cause him to actually develop his equation. In his own words:
"I'll tell you how this equation came into existence. I was a young engineer and as far as I know, I had the first medical laboratory in the South Eastern part of the United States. Fifty years ago (about 1925) doctors did not know anything about blood chemistry or body chemistry or anything, and while I was still in college I opened a medical laboratory to begin to show doctors some of the things that were being taught the students in the pre-med courses. So the doctors didn't pay much attention to it but they liked that kid, they wanted to help him get through college so they sent people to him and this is what they said, "I want to help that kid get through college" and they sent people to me to be tested and I sent the doctors the report.

I started a rapport with the doctors that kept up until 1968, and I was doing work in the three largest hospitals in the Orlando area for 38 years when I was arrested for practicing medicine without a license, doing the work for doctors, at doctor's request and no-one else. And in this 38 years they never found this system wrong once, not once. This system was discovered in 1931 and the way it was brought about was this. We had an engineering friend and helped him to learn something about an orange grove.

He'd married into a family and they didn't know what to do with him so they bought an orange grove down in Florida and put him at the head of it, even though he didn't know an orange tree from a grapefruit tree. He didn't know anything about it, but he was a smart fellow so he hired somebody who did know to teach him how to run an orange grove for a profit, so he hired our firm to do that.

Now this man lived the second or third door from my father and mother and he had a little boy, $2\frac{1}{2}$ years old, that had seizures. On this particular day he'd had his little boy to the doctor and this young fellow came down that afternoon after 5 o'clock and he said, "I just had our little boy to the doctor today and the doctor tells me that he's going to go into a seizure and just not come out, that it's impossible for him to live until he's 5 years old. Medicine has failed, you just got to help me." At this time the boy was having between 5 and 8 seizures every day.

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So I went to the lab that night and I started working, or started thinking at least. I was just sitting in a chair thinking and I couldn't think of a place to start. Nowhere could I think of anything to do, or any way to start. If I could only think of a place to start or what to do, and for 3 days and nights I sat thinking, I mean I didn't sleep, I was frustrated, praying and fasting for something to know what to do. The thought came into my mind, that if you knew what "perfect" was then you could find out what this little boy's body chemistry was. If you knew what a "perfect" body chemistry was then you could test this little fellow and find out how far from perfect he is and then make a diet to bring his body chemistry back to perfect. I'm sure that the Lord himself put that message into my mind because I had my first clue then on what to do.

Then by strictly calculus and working it through this equation resulted in 4 more days, although the original equation was much longer than that. Then I brought the little boy in and we tested the stools, the urine, the saliva, the tears, the fingernails, the wax out of his ears, everything we could think of we tested, and then I made a diet for the little fellow and in just 90 days the seizures had practically stopped and after a few months they moved away to Texas to take over another project the family had bought on which they were losing money because he had made an excellent success of the grove in the year and a half he had been there.

So they sent him out there and I lost contact with the family for 35 years, or thereabouts, and I was walking in the street of Orlando one day and this young man came up to me and he said, "aren't you Doctor Reams?"
I said, "yes."
He said, "I know you but you couldn't know me",
I said, "no sir, I don't know you. If I've ever seen you I don't remember."

He said, "you haven't seen me since I was about three and a half or four years old." He said, "I was the little boy who had epilepsy, and you gave me a diet and I got over it. I didn't have any more seizures although at about 7 years old we were in a little fender-bending accident and I thought I might have had a light seizure then, but I haven't had one since. I'm now happily married, and I have a family of my own", and he also told me about his parents and things of that nature.

But his problem was not epilepsy, it was diabetic seizures that he was having instead of epileptic seizures, his blood sugar was too low. So this formula was born out of that, or came out of that coupling and I have dropped off everything that was in repetition and now have it down to the basic facts because in the original formula that I had there was a duplication and repetition that was just more expensive and not necessary.

So this is how come this equation become into existence."

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PART 1

THE EQUATION

The equation for "perfect" health was calculated mathematically and incorporates the elements of frequency, micronage, milli micronage and milli milli micronage of the human body. Since every living species or "kind" of organism has a different frequency the equation for perfect health for different species must be different, and it is. The equation that shows "perfect" health for human beings is:

$$1.5 \quad \frac{6.40}{6.40} \quad 6 - 7C \quad 0.04M \quad \frac{3}{3}$$

where:

1.5	**Total Carbohydrates in the urine measured by a refractometer in Brix units.**
6.40	**Upper reading is the pH of the urine.**
6.40	**Lower reading is the pH of the saliva.**
6 to 7 C	**The Conductivity reading of the urine measured in micromhos or microsiemens. The "C" is the Roman symbol for 100, (so 600 – 700 micromhos or microsiemens).**
.04M	**The debris, cellular waste or albumin in the urine. The "M" means million.**
3	**The upper 3 is the Nitrate Nitrogen.**
3	**The lower 3 is the Ammonical Nitrogen reading.**

"6.40 over 6.40" and "3 over 3" are not division problems, they are separate factors that are considered on both their own merits and in relation with the other numbers.

Also, a person's AGE, HEIGHT, WEIGHT, RACE, SEX and perhaps RELIGION may form part of the problem because all these things may have a bearing on what is going on in a specific person.

When the term "NUMBERS" is referred to it means all of the following:

- EQUATION,
- AGE,
- HEIGHT,
- WEIGHT,
- RACE,
- SEX, and
- RELIGION.

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though not all of the above factors are of equal importance in all cases. For instance, if you take the following equation:

$$4.9 \quad \frac{7.40}{6.80} \quad 18 \quad 4 \quad \frac{10}{8}$$

You don't know what's wrong with a person, or what to do, because you don't know the age, height and weight. You need these in order to solve your problem. For instance, there is a different problem in each of the three following examples:

Problem 1.

6 months, 28", 24 lb, male

$$4.9 \quad \frac{7.40}{6.80} \quad 18 \quad 4 \quad \frac{10}{8}$$

Problem 2.

10 years, 5' 4", 76 lb, male

$$4.9 \quad \frac{7.40}{6.80} \quad 18 \quad 4 \quad \frac{10}{8}$$

Problem 3.

42 years, 5' 11", 180 lb, male

$$4.9 \quad \frac{7.40}{6.80} \quad 18 \quad 4 \quad \frac{10}{8}$$

So as you can see, the age, height and weight makes a different problem. Everybody is an individual and they need to be considered and counselled as such. These three problems will be explained in detail later.

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PART 2

CARBOHYDRATES AND THE PANCREAS

Rule. Unless all numbers are perfect no numbers are perfect. If one number is $^{1}/_{10}$ out on a zone then the whole equation is out.

Rule. The average blood chemistry over any 24 hour period will equal the average urine readings over the same 24 hour period.

Rule. When conducting follow up tests on the same or subsequent days the test that's critical is the sugars. You don't want the sugars to drop too low because the lack of sugar in the urine means a lack of sugar in the blood which means a lack of oxygen to the brain.

Rule. Alcohol is the greatest enemy calcium ever had.

Rule. One NO-NO about green drink and low blood sugar, never give comfrey, or comfrey tea, to people with low blood sugar because it lowers the sugar faster than anything else, but on all high blood sugar cases use plenty of it.

Brix. Brix is a unit of measurement and is an exact percentage of sugar.

Sugars - General.

Carbohydrates are the sugars and the sugar level determines the amount and type of oxygen that the blood will carry. In general:

- the lower the urine carbohydrate reading the greater the oxygen in the blood, but the more the reading is below 1.5 brix towards 0.0 brix the more unusable the oxygen is to the brain, i.e., it will not release to the brain, and
- the higher the urine carbohydrate reading the lower the oxygen in the blood because there's not enough room in the blood for both the carbohydrate and the oxygen.

In summary, a sugar reading that is either too low or too high will result in lowered oxygen to the brain, and lowered oxygen to the brain can cause symptoms like irritability, fuzzy thinking, strange or unusual behaviour, and even blackouts.

Remember, the results for high and low blood sugar are exactly the same, "not enough oxygen to the brain" and it is also common for some symptoms to be present in both the high and low sugar range so unless you know what range the sugar reading is in you cannot confidently make a health assessment, or recommend the right course of action to correct the person's problem. Would you trust your health to someone who has to make a best guess on symptoms alone?

Sugar Zones

0	-	5.49	Low Blood Sugar (includes "perfect" 1.5 when all numbers are not perfect)

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0	-	1.0	Hypoglycaemic Zone - Low Blood Sugar (Danger Zone)
1.0	-	2.0	Normal (Ideal)
2.0	-	5.49	Zone of Misery
5.50	-	8.50	Hyperglycaemic Zone - High Blood Sugar
8.51	-	11.0	Danger Zone
11.0	-	13.0	Fatal Zone

Low Blood Sugar.
The Range 0 to 5.49 brix is classified as Low Blood Sugar and low blood sugar includes a reading of 1.5 brix when all numbers are not perfect.

Low blood sugar causes people to be irritable and cross, and you need to keep in mind that they're not fighting people, they're fighting for their life, and if you understand that it helps a lot. Now low calcium also causes people to be irritable, but when they have low calcium AND low sugar you've really got a wildcat on your hands, especially if it's your spouse because you have someone that has an exaggerated neurosis, an exaggerated tension, and those people are very hard to live with. Also their resistance is low and their energy rating is dropping at a rather rapid rate and actually they are really in pitiful shape.

One of the weaknesses of the sugar test that doctors use is that for maybe 23 hours and 55 minutes of the day your sugar may be running normal, but for that other 5 minutes you're either:

- in a coma, or
- you feel like you're going to die, or
- you have pins and needles, or
- you're sick at your stomach and nauseated.

you rush to the doctor, or the hospital, and by the time you get there the crisis has passed and they can't find a thing wrong with you and say, "it's all in your head." They're right, it was all in your head, but they couldn't find it. It was either:

- low blood sugar, or
- low potassium.

Either one could have caused those sensations, and then because the adrenaline glands started to work it probably turned some fats in the body to a sugar and built the level back up and so the crisis passed.

Now the doctors have no way of knowing what's wrong because they didn't find you with low blood sugar at that particular moment, so you keep doing this over and over and over for a few weeks to a month and then they say, "well I think we should do a sugar tolerance test".

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They do a sugar tolerance test and it comes out normal and your problem has not been found and it goes right on and on and on. You're feeling fine, then suddenly you start to feel "funny" or "odd" or "like nothing you've ever felt before" and maybe you even get blackouts, but by the time you get to the doctor to get checked out your blood sugar's come back up and you don't have that feeling.

Now with blackouts there are two general types:

- Slow Blackout. This comes on slowly and you recognize the feeling and you know you've got to lay down and you don't care where it is, you've just got to lay down or you'll fall down because you're blacking out.
- Fast Blackout. You could be walking along and just like a snap of your fingers you fall, blacked out, and you don't remember falling or anything. One second you're standing and the next you're getting up off the ground.
- In Between Type. Is a combination between the two, you may or may not feel "odd" and you may or may not have time to lay down before you black out.

There's three causes of blackouts:

- Low Blood Sugar.
- Brain Tumor. There's a brain tumor right on the top of the head pressing upon the edges of the medulla oblongata and the other section of the brain, or
- Low Potassium.

The danger line in the low blood sugar realm is 1.0, and you've got to know the tolerance. It is more dangerous for an underweight to normal weight person to be under 1.0 than it is for someone who is overweight, because where there's a lot of fat the fat will release sugar for a number of days, but if they're anywhere near normal or below weight then they need something to eat right then. Now you need to know the tolerance regardless of their weight but the more fat they have the less the tolerance means.

Let's say you test a person and they have a reading of 6.0 so you send them home with a diet program and they come back in 3 days for a retest to see what effect you're having and the reading at 2.00 p.m. is 0.0. Now don't become terribly excited if you see a 0.0, but don't let it stay that way very long because for a while nature can patch up and make up.

Now theoretically this person should be in a coma but there they are, they walked in for a test, looking good and healthy and the thing that you need to do as quickly as possible is to get the sugar reading above 1.0. If you have a reading like this then right then and there get them some prune juice to drink because they could pass out at any time unless they're extremely overweight with a lot of fat. It also means that they need not only a sweetener in their lemon water every day, but also a DIFFERENT sweetener every day.

Now if you have someone with a sugar reading of 1.0, and nothing handy except:

- Sprite, or
- the juice of some raisins that's soaked in water, or
- even if you've got nothing else but white sugar give them some of that because a little bit of that is not going to do any harm,anything, it doesn't matter what it is, so long as it's sweet, because with a sugar reading under 1.0 you don't know how close to the danger zone you are, so just don't take a risk. Do it right then.

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Now a half an hour after giving them something sweet do another test and see if you've got them up to somewhere near 1.0, and in all probability in that length of time the sugar may have risen to 4.0 or 5.0 or 6.0 or 7.0 because they've settled down, they're quiet, they're out of the cold, they're in a warm room. The sugar number could even rise up as high as 9.0.

If their sugar number is below 1.0 then do not let them drive because they could blackout at any moment and have a serious accident. Even if they have to call somebody to come and drive their car home for them, do not permit them to drive when their sugar is below 1.0. When the sugar comes up then it's safe for them to go home.

Now let's suppose that we have a sugar reading of 5.0. On the 1st day I would not put any sweetening in their lemon water but from the 2nd day I would. Also if they get light headed or dizzy then tell them to carry a few raisins with them so that they can chew them slowly and immediately the sugar will come back up (because unless you have learned to figure the energy you won't know whether it's going to act quickly or slowly). Now on the 2nd day the sugar will probably drop below 1.5 and before the day's over it could well be in the hypoglycaemic zone and you'll need to bring it up.

Always "Go By The Numbers".

At some point you may have 2 clients sitting in your office at the same time, one with a reading of 1.6 and the other with a reading of 5.0 and you tell each of them they have low blood sugar. They'll sit there and shake their heads, how can both have low blood sugar when their numbers are so different. So the people also need to be taught and educated. In talking with many clients one of the things that helps the most is to let them know that their body is akin to a car, and the blood to sugar ratio is much like oxygen and gasoline, the proper mixture gives you the most energy.

With low blood sugar they're starving the brain of oxygen, and they're probably:

- under a lot of stress,
- working very hard, or
- in need of more rest.

their blood carries too much oxygen and they run out of steam. By saying too much oxygen it's actually oxygen in a non-usable form to the brain.

What Doc Reams means by low blood sugar is when you consume something you're not supposed to, or your body can't handle and the reading goes all over the place and when that happens you'll notice that they quickly run down.

The lower the energy the more the numbers will fluctuate. With low blood sugar, the sugar level's at one point and a later test on the same or next day will show a significant variation. For instance, a test may show a 5.2 and later that day or the next day they could be at 0.9, and that's the low blood sugar syndrome, they'll change even within ten minutes or less.

Low blood sugar causes a lack of oxygen to the brain and is the cause of:

- motion sickness,
- about 50% of the automobile accidents, and

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- highway hypnosis is always low blood sugar, never high blood sugar.

0 - 1.0 (Hypoglycaemic Zone).
This is also called "Dangerously Low Sugar", or "Severe Low Blood Sugar". Under ordinary circumstances with a zero reading and a total tolerance of 0.6 most people go into a comatose condition or spasms.

Very low blood sugar is one cause of children having convulsions or spasms or seizures, which are all the same thing. About 80% of all the medically diagnosed epileptics in the United States are not epileptics at all, they are having low sugar seizures, and most of the time the doctor gives them Dilantin which effects the adrenaline glands and increases the ionization between the brain and the vital organs through the vagus nerve and helps to bring them out of a seizure, or even keeps them from going into one, but you have to know what the blood sugar is doing, whether it's a low blood sugar seizure or not.

In a severe low blood sugar zone the heart beat can do all sorts of things too, like palpitate irregularly, but it can do all kinds of different things with different people.

Sometimes when you have people on a diet at home the family will call you and say the person is:

- having a seizure,
- in a comatose condition,
- asleep, and they can't be woken up,
- stiffened up, they're just perfectly stiff and they've thrown their head back,
- thrashing around with their arms or kicking with their legs,
- their legs are twisted together or something, or
- they may be doing all kinds of things.

There's no two seizures alike. Just keep your cool and tell them to put a little honey on their tongue, and in one minute they'll be back. Now a hypoglycaemic may be able to take fructose or other sugars between meals to keep the blood sugar up but you'd have to try it, test it and see what happens, though raisins are generally a better way.

If their sugars remain too low, say below 1.0, then reduce their water intake and have them to eat just one fruit a day, or one food a day, and so forth in order to try and find out which:

- food,
- sweetener,
- starch, or
- oil

They're having that's causing the pancreas to flush, and then just discard that one. At this time do not eat food combinations, eat single items and you'll find out very quickly which it is, but this should be a retreat case.

A foetus uses 3 to 5 hundred per cent more oxygen than we do and it gets its oxygen only through the mother's blood stream. In places where there's a high smog content then the unwanted and undesirable natural abortion rate is greater than in areas where there is pure, clean air.

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A sugar reading of 1.0 brix is the point at which the mother's urine sugar must not drop below or she will abort, and it is very important to know whether the mother has emphysema and whether she's getting enough oxygen or not and one of the sad things is that smoking mothers have a higher natural abort ratio than non-smoking mothers.

1.5 - 2.0.
Basically this means that we're getting most of the energy that we need, their energy supply meets their demands. As we go above 1.5 the blood begins to carry a little more sugar and a little less oxygen, because it cannot carry sugar and oxygen at the same time in the ratio that you need at 1.5, therefore it gives up the oxygen.

If your sugar levels are normal or low then you can eat your sweets all through the day, but it's best to eat most of them in the morning part of the day because that's when you need the energy. When you have "low blood sugar" fruit can always be eaten but there's also a question of, "can they have enough to raise the sweetness level?" because they're going to be washing a lot out if they're going to be drinking the right amount of water.

Now the behavior of the sugar number does all sorts of things:

- There are some people that will never come close to 1.5.
- There are some people who will hover around 1.5, 1.6, 1.7.
- There are some people who will come close to 1.5 but their body chemistry doesn't turn off soon enough and they slide right on by it and down below 1.5.

Now suppose that you have any sugar reading except 1.5 and then the next test shows 1.5. Understand that the sugar is not perfect, because all numbers are not perfect.

Try to keep the sugar reading between 1.0 and 2.0, and that's all that's required to keep your weight to where it is normal, and normal isn't what you want it to be. Normal is what your genetic structures says it should be. Your normal weight is related to the size of your head, feet, bones, joints, hereditary aspects, the condition of the thyroid, and size of the heart and many other things, and your genetic code doesn't have anything to do with the chart of a perfect figure or a figure that everybody adores.

If your pancreas is working correctly and your numbers are perfect you should be able to throw anything at it by way of a sweetness nature and the insulin sugar reaction should keep you at 1.5, 1.6 with a relatively minor variation.

The sugar reading anywhere between 1 and 2 on an average first test is very good, providing the other numbers are proportionally out. It is better to have a sugar number between 1 and 2 on a first test stay between 1 and 2 in the consecutive test than it is to have one at 3.0 or 4.5 or 5.2 come in at 1.5 on a second test because there's more fluctuation in the second case. In other words, the further out these numbers are the lower the reserve energy and the more dilute the gastric juices, period.

2.0 to 5.49 (Zone of Misery).
In his classes "Doc" Reams compared the people in the Zone of Misery to being much like two cats having their tails tied together and then draped over a clothes line. Each cat thinks the other one is the cause of its problem, hence it will fight.

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Whenever you have a person tests 7.0 or above on your sugar level and you lower it to just on the 5.50 mark they'll get along very fine at home, but from 5.49 down to 2.0 is called the Zone of Misery and one of the things that people often do is get their body chemistry into that Zone of Misery, they feel like something the cat's dragged in and couldn't eat and they're just simply miserable, and the first thing you know misery loves company and their favorite song becomes, "Nobody knows the trouble I've seen .." and they're simply miserable because their body chemistry is out.

When you lower the sugar level from the high sugar range to about 1.5 the person may very well get headaches or nausea and in this case the finest thing in the world is to let them suffer through it because if you add any sweets it'll only prolong their misery. Now their head hurts, and because their favorite headache remedy won't affect their chemistry, they can have it to help get them through, but having sugars and starches will affect their sugar level and will only prolong their misery.

By taking many married couples who were fighting and ready for the divorce courts to a retreat, and not even giving them marriage guidance counselling or anything else but simply reducing their sugar levels out of the Zone of Misery the couple settled down, talked and their problems tended to level out and shrink down. It's Doc's prayer that more ministers will be aware of this sugar relationship and they'll begin to look into how a person in the Zone of Misery can be helped out of that zone so that no only the victim but others around him or her will be more understanding and acceptable.

When the sugar reading is in the Zone of Misery (2.0 - 5.49):

- the person is tired,
- there's usually a tightness in the chest,
- tightness in the shoulder blades,
- the back is also tight,
- the whole person feels like they are being bound together, and
- quite often they are very irritable.

You could just walk up to them and say, "Good Morning", or anything, and you have a fight on your hands. Quite often husbands or wives will say something to the other and it's misunderstood and causes an argument.

5.49.

Now let's take a sugar reading of 5.49, and we'll draw a line through it. 5.49 and below denotes a low blood sugar whereas 5.50 and above denotes a high blood sugar. In that one tenth there's not much difference but it is critical and the main thing that's very important about that number is it seems to be both stable and accurate for everybody. There is a distinct line at 5.49 in body chemistry that you can depend on.

5.49 is the mark that in about 99.98% of the people this will be the margin line that if the reading rises above it won't drop below without being directed. Under the numbers you'll find about .02% of people who will have both a low blood sugar and an extremely high blood sugar on the same day, and the suspicion for those people is either cancer of the liver or the pancreas.

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At 5.49 and below is low blood sugar and there SHOULD be sweetener in their lemonade, and sweetener refers to natural sweeteners. Honey is not the only one, in fact there is also:

- white Karo syrup,
- red Karo syrup,
- rice syrup,
- treacle,
- golden syrup,
- sorghum syrup,
- cane syrup,
- dark brown sugar,
- maple syrup,
- blackstrap molasses,
- the different varieties of honey.

Never recommend one sweetener only. Remember, people are supposed to be on a sweetener rotation basis, that is approximately 1 sweetener a day for at least 3 days, preferably 5 days, then start over again, because you will find some people with an intolerance to honey, or to any number of other natural sweeteners.

Now if three subsequent sugar tests show readings of:

- 3.0
- 1.4, and
- 1.0

and you're sure the person was on sweetener then they would definitely be losing energy.

If you see this reduction, even from 3.0 to 1.4, and they're on sweetener, then it's the wrong kind of sweetener and the body is not responding, whereas if they were not on sweetener then it may be a normal decline especially with the amount of water they're drinking. In other words, going from 1.4 to 1.0 and the person was using sweetener and still the reading went down then it's a definite energy loss, if it's just water alone, without sweetener, then you may be washing it out and a natural dilution may be taking place. In this case the person was on sweetener so there's an energy loss.

Even though honey is quite often the universal sweetening agent there are some people for whom it reverses its effect. If the person is on sweetener and the readings keep going down or stay low you need to find out which sweetener is wrong and change it because when a person has a sugar intolerance the sugar reading stays low or actually drops. You think you're giving them sweetener and you should be lifting the reading but instead the body reacts to it and it drops, and this is Doc's reasoning for you having at least three sweeteners. The important thing is to rotate the sweeteners to reduce the chances of intolerance reactions.

Now if the person is using a sweetener and the sugars stay too low it could also mean that they're allergic to lemonade, but many times it may go back even further than that. For instance many times there's nothing wrong with the pancreas except that the liver is in such poor or bad shape until it has not had time to rebuild, to manufacture the correct amount of its enzymes in the pancreas to control your body problems. So the pancreas often gets blamed for something that it's not guilty of because it did not have the supply. The story on "Tobacco Road" illustrates this

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fact of cause and effect. The girl had no income and she had to feed her babies because she loved them and she had no way to do it except to break the law.

Now, your pancreas is something like that girl, it's willing to do anything in the world that's got anything to do with it, but the liver's not supplying, the liver's acting as the welfare board and just as the welfare board wasn't supplying the girl so your liver is not supplying the pancreas, and so your poor pancreas rebels and does the best it can and kicks these numbers all over creation and you lose energy.

If you have a client with low blood sugar that absolutely does not care for sweetener at all, you should still insist upon it because it is what their system needs. The depth of the need depends a lot on the other numbers but if their program calls for it you tell them to do it.

If the sweetener in water or lemon water makes them gag purely because of the sweetness then one solution may be to take the sweetener straight and then drink the water so that it is not actually sweet water that they're drinking and maybe these are some little games you've got to play to get your clients to take in the water, or the sweetener or the lemon juice at some point.

If your clients need sweetener have them add it as follows:

- Reading 5.4 to 4.5. Two Tablespoons of sweetener to every 1.2 liters (40 oz) of water they drink.
- Below 4.5. This is where it gets a little touchy. In Doc's words, "you have them add sweetener until it tastes sweet" and that's as subjective as you can get because what is sweet to you may not be sweet to me.

The point is, they've got to be taking some sweetness in and this is Doc's guidance, that if it's below 4.5 they add sweetener until it's sweet.

Now you'll find there are times when people drink water, and they drink sweet water, no lemon at all, because if they just drank straight water you'd flush them right off the floor, they'd have no sugar left in them. So some people have to do this. Remember, go by the numbers.

Strange Effects of Low Blood Sugar.

One woman reported some problems that she's never had answered by the doctors. When she was young and feeling perfectly well she'd go out during summer and sometimes really low, dark clouds would come across and as soon as they approached she'd get a violent pain and feel like vomiting immediately, no warning whatsoever. Sometimes she'd also have motion sickness in boats and sometimes she'd feel nauseated when up on a high mountain. Those effects are all due to low blood sugar.

High Blood Sugar

5.50

is a tendency to high blood sugar. If you have a tendency towards high blood sugar on the first test then you do not eat fruits or sweets after 2.00 o'clock in the day, or white potatoes for about a year. You will find a lot of people that are completely allergic to Irish potato and it makes them very ill. Also, do NOT give carrot juice to anyone that is high blood sugar or on sugar controlling drugs like insulin, diabinese, orinate, diabinate.

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Inside of the central core of the eye there is a lot of fluid and whenever the body chemistry begins to get too many carbohydrates then that fluid begins to increase and it's the first sign of a diabetic person. You've heard people say, "that child has the most beautiful big brown eyes", or "big blue eyes", or "big hazel eyes". All they're saying is that child has diabetes, or is a candidate for diabetes.

6.00 and Above, General.

For 6.0 and above it's not so much a matter of which zone you're in, because when you start hitting 6.0 and go up from there you have problems no matter where you go, and you better not try and work with someone up in the higher ranges very long. So at 6.0 and above you should see a big red flag waving at you that this person needs immediate help, and you don't wait:

- You know that they're entering the diabetic range,
- There's fluid retention and puffiness, and
- Vision is affected.

The symptoms of high blood sugar are related to the level, age and duration and you need to check:

- Their eating patterns.
- The type of food they're eating.
- Their elimination habits, because when someone tends to become constipated it effects the elimination of fluids because they retain more fluids.
- Their work schedule or life habits, because depending on what they do, the high sugar could be highest and affect them most first thing in the morning, especially if they haven't been having any water. For others, their sugar level will rise through the day as they eat and it'll continue to go up and up and up, and by the end of the day they just have trouble focussing and seeing.
- Headaches are quite a common thing. When you start to deprive the brain of the oxygen it needs, and you've got all kinds of sugars when the reading is up but you don't have an awful lot of oxygen, then headaches will take place. People will complain about dull headaches for years, they'll come in and say, "I don't know why I have headaches, I feel pretty good except I have headaches all the time" and quite often when you test them you'll find their sugar level is extremely high. Get the sugar level down, and when their sugar level comes down you'll find the phone ringing within a short period of time, "my headache's gone", and then they call us back in a couple of weeks, "it's still gone, we've never had this happen before", and all we've done is a rather mechanical thing and that is lower the sugar level.
- Vitamin A is not being utilised when you have such a high sugar.
- Potassium will generally be absent from the system because you just cannot take it in, it's not available. Remember, the further out the numbers the lower the reserve energy and the more dilute the gastric juice.

5.50 - 7.50.

The Fatigue Zone is from approximately 5.50 to 7.50. Many people will say if you had to have them describe themselves they would say, "I just don't feel good, I don't know what's wrong, I just feel punky, I just can't put my finger on it." The fatigue zone. In this zone a person can be:

- Frequent headaches,
- Still irritable, but it's a different type, it's not a perennial thing, they're not just always that way.
- Body, leg and foot sores. In general slow healing.

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- Frequently Tired. The main characteristic is that anything you ask them to do is just too much trouble, too much effort, and if you push them you're liable to end up with somebody on your hands who's crying. Their emotions are right there at the surface. You may have quite a few young people, teens and preteens, who are this way, and when their sugars are running into the 6's and 7's they are just tired. Now if you think about most of the foods that people of that age are eating or drinking then you'll understand a great deal why. Many of them have an attitude of "put off 'til tomorrow what they should be doing today" and you think that they're trying to con you, but they're not, they really feel this way and it's because of the sugars.

At a sugar of 7.2 the body is functioning as a diabetic, even if the patient is one year old and the condition has existed only a short while, as far as the body is concerned at the time of the test it was diabetic and the pancreas was responding as if it was a diabetic. However, due to the age factor of a 1 year old though it may not stay that way too long.

Danger Zone 8.0 - 11.0

Near 10

- If you start getting up into the area of anywhere near 10 or above you could enter into a coma and many people who are diabetics are acquainted with that. What is happening is they have an imbalance of oxygen and sugar and the body responds the only way it can, it closes down.

Fatal Zone 11.0 - 13.0

There was a call into the retreat in Roanoke where a child had a sugar reading of 11.0. The tester asked the parents, "is the child on insulin or sugar controlling drugs?"
The father said, "No." "Has the child ever been?" "No."
The tester told the parents to get the child into the retreat at the earliest moment possible.

The parents took the child to the doctor and the doctor said, "the child is not a diabetic". Three days later the parents called and made a reservation for the child, but the very next morning when they went to wake the child up it was dead in the bed, because at sugar 11 most people die, at 13 all die.

So they called in and cancelled the reservation because their child went to sleep and never awakened. What happened there? The child died in his sleep from a lack of oxygen to the brain. Now if the system is throwing off that much sugar it means there is a terrific deficiency of oxygen to the brain. Now if there is a potassium deficiency
and an oxygen deficiency you die around 11, but if there is plenty of potassium and just the high sugar then it's about 13 in ratio. Those are your fatal marks and these are factors that you should remember.

Diabetes

Doc Reams was firmly of the opinion that a diabetic was most often created by the food the person eats and doesn't eat, which then causes mineral deficiencies, which then effects them later in life. If a true diabetic is on insulin, orinase or debenese then their sugar level will go below 5.5.

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Allopathic Sugar Scale.

Here are some facts about blood sugar. The allopathic blood sugar is measured on only one kind of sugar and that's glucose, and the glucose tolerance test (GTT) is only about 50% accurate because certain people can digest certain kinds of sugars but can't digest other kinds of sugars and therefore it only works about 50% of the time.

The scale that doctors go by is:

- 70 - 90 mg of glucose / gram of blood is normal
- above 120 mg of glucose / gram of blood is diabetic.

There's a ratio that's very important on the allopathic diabetic scale in that you're considered to be a diabetic at 120 mg of glucose per gram of blood and anything above that would be a diabetic and anything below it wouldn't be. At
119.9 you're not a diabetic, but at 120 you are. Now some doctors use 130 mg, some 135 mg, some 140 mg, but when do you actually become a diabetic?

You actually become a diabetic anytime the GTT number moves above 40 mg, yet Mercks says you have diabetic tendencies at 80 mg. Some people become diabetics whenever their glucose is 80 yet others do not become diabetic until their numbers get to 140 or even 160. Now what they're not taking into consideration is the ratio between your total carbohydrates and your glucose.

Now these medical allopathic numbers are determined by taking a large number of people, say 1000 or 10, 000 people that looked healthy and this is what they found. Now these numbers were not based on a gain or loss of energy, they were based on appearance only, and they are inaccurate.

Now if you went to a doctor and you had 119.9 glucose you would not be diabetic, but if you had 120 you probably would be, however he probably wouldn't do anything about it if you had 120 until your sugar got to be about 130 and then he'd first put you on diabenese, or orinate or diabenate, but when it gets to 145 or 150 then he'd put you on insulin.

This is the method of treatment used by the medical profession, and although I'm not casting any reflection on the medical profession you who are doctors will agree with the overall picture of it, and there's a variable even among doctors.

All the way through the GTT the doctors use glucose readings, for instance you may have a man at 80 mg glucose, and a total carbohydrate reading in the urine of 5.4 brix and he would be a full-fledged diabetic and if it stays long enough he'd have every symptom of a diabetic, the eyeballs are carrying extra fluid and they become enlarged and the vision is also effected; sores that don't heal, scruffies that stay too long, body, leg or foot sores and things of that nature. Overall there'll be slow healing and so forth.

Now notice this, the blood glucose has been known to go as high as 500 mg of glucose, yet they had a 1.5 total carbohydrates in the urine and the glucose didn't affect them. Theoretically they'd be in serious trouble, say comatose, or you'd be able to tell that something terrible was happening to them, but there wasn't. There's been no correlation that I know of that's been made between the total carbohydrates in the urine and the glucose tolerance readings.

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Here are some facts that you need to remember. You may have 1.5 brix refractometer test yet have a 300 mg, 400 mg or even 500 mg glucose test and be perfectly alright, no bad effects at all.

However the higher the sugar goes on your refractometer reading the more damage you'll get from the glucose reading, in other words, if you have 1.5 Brix and a glucose reading anywhere from 150 to 500 mg you're comparatively safe on glucose, but if the refractometer reading was 5.50 and you had 150 mg glucose you're in trouble, in other words, you are a full fledged diabetic according to the doctors numbers.

So this is the relationship or tolerance between glucose and your total carbohydrate. The refractometer number is a reading of your total carbohydrate whereas the doctor only measures the glucose.

Now you might say how do we know? Well if this is the only problem the people have, and is the only reason for them to begin to lose Reserve Energy, then that is the line that determines the accuracy of these equations.

Sugar Controlling Drugs.
If people are on sugar controlling drugs like:

- insulin,
- orinate, "Orinase" (tolbutamide),
- debenate, "Diabinese" (chlorpropamide), and also includes the other members of the same family, like "Dymelor" (acetohexamide) and "Tolinase" (tolazamide).

then they are a candidate for the retreat, which is another way of saying you should not get involved with it as much as you want to, you should not get involved with it at home and under no circumstances do you ever:

- take a person off of insulin or their medication, or
- put them on a fast. If they are a diabetic or being controlled chemically you do NOT put them on a fast.

Glucose is one form of sugar and sugar is a rather tricky substance. For instance, some carbohydrates will cause the pancreas not to manufacture enough insulin and others will cause it to manufacture too much insulin, so the idea of the diabetic being taken off all sweets and put on all meats is only another way of saying, "I don't want you to die as a diabetic, I want you to die of a heart attack." He's just as dead one way or the other. Now a diabetic also drinks water like it's going out of style, if he didn't he'd be dead a long time before.

If people have sugar problems and want to use sugar substitutes it's perfectly alright and the chemicals in it won't affect you one way or the other because it relates back to the frequency of the body, and later you'll learn that if you take something into your body and it's not on the right frequency it'll pass right on through.

Now this holds true for diet colas and things of that type if somebody is more or less addicted to them but only as far as the sugar is concerned, but as far as the caffeine or coal tar substitutes it may not be and this is something you'll have to work out individually.

Diabetic Child.

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People with a sugar of 5.50 or above should NOT be put on lemon water and water fast because when their body chemistry starts to react it'll generally overreact, and when it overreacts that's what gets you into trouble, especially so in children because their bodies respond very quickly, the X factor, 1X, 2X and so forth and that goes even for children of maybe preschool age. They can have diabetes too and you'll work on those later, but you can tell very quickly with a child because they gain Reserve Energy much faster than an adult in recuperating, but they also lose it faster, so be careful in dealing with children. Don't ever attempt to try to handle a child with diabetes, send them to a retreat and I'll tell you why.

Suppose you came across a child who was not on insulin, or other sugar controlling drugs, but they had such a high sugar that sugar controlling drugs would be the doctor's next step, well that child has a terrific amount of pressure, hypertension, inside and if you put them on a lemon water and water fast or a program and their sugar drops then that child will go through a rather severe withdrawal, vomiting, sick stomach and so forth and the parents will be most deeply concerned about what is happening because after the child vomits two or three times it'll then go to sleep, and will sleep anywhere from 12 to 30 hours, and you'll find it difficult to wake at all, it's just like a dish rag, the eyes roll back in the head and it scares mommy and daddy to death almost.

The child won't be giving you much problem but the parents will, they're just sure you're killing the child and that the diet is impossible and they'll call you up at any hour of the day or night and I don't blame them, they're deeply concerned about their child.

Parents don't like to see their children vomit, but yet you know, and you've already told them what would happen but it didn't really strike home that it could happen. Please if you run a retreat tell the people what to expect before it happens. When the first upchuck comes:

- it's very green,
- then it turns brown, and
- then yellow

and it doesn't last very long. But immediately after the child upchucks, if it's through the day in about 5, 10 or 15 minutes they're feeling better than ever. This upchucking is not a lingering, hanging on type of illness.

After the vomit begins to turn yellow the child will go to sleep and it will sleep anywhere from 12 to 30 hours and it's very difficult to wake the child up at all, it's as limber as a dishrag. The child is in a very, very deep sleep because it's so relaxed because the tension from the high sugar has been released. Whenever this condition exists check the pulse and temperature and go by that because a child seldom has a temperature whenever they go through withdrawal, seldom ever, and you'll generally find both the pulse and temperature is normal and everything else, including the numbers, is doing just fine. They generally do wake up just long enough to barely get to the bathroom and so forth but it's difficult to keep them awake long enough to eat anything at all they're so relaxed.

When that happens to the child it scares mummy plumb to death even with advance warning, and I'm going to tell you if mommy's there you can kinda get along but if daddy's there mommy's going to excite daddy and he's ready to fight you. He is ready to fight you and you have to comfort them and guide them and this is no job for an average tester in the field.

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Now I've had it to happen hundreds and hundreds and hundreds of times and I know what they'll do but then the child wakes up and he's rested, the hypertension is gone and you should see the energy that kid's got. He just bounces all over the place, he's absolutely obedient, where he had horns before the parents begin to look for wings because he's so obedient, so anxious to please and it's really remarkable what has happened, then the parents are very, very happy about it but, during this withdrawal on a child it's really something to take them through it and what I'm trying to say is the child won't give you much problem but the parents will.

Never, never, never touch a child that's on insulin, send them to a retreat and let the retreat take that responsibility because they have to be tested every hour of the day and through the night, also one of the things that you have to be very careful about with a child that has high blood sugar that the sugar will drop too low and the child will go into convulsions and that too scares a mother and father plumb to death, and all they know to do is put them in warm water, that's what the doctor says do, but all you need to do is put a little honey on their tongue and then in one minute they're back to normal again. So what I'm trying to say is these are not cases for the average tester to try and handle, don't attempt it.

I'm not trying to get people in a retreat I'm trying to keep peace in your neighborhood, and keep the police off your neck and keep that person out of the hospital because the first thing you know if they're trying to do this at home the kid's in a hospital and it was the diet that you gave him that almost killed him, and then you're under investigation and your troubles have really begun. So these are things that you need to memorize and if you think that you can get along without them you've got another thought coming.

Pancreas

The pancreas manufactures three major things that are essential to life and health and if you can get your pancreas to function normally it will do great things for you. The things it manufactures are:

- Alcohol. Everyone's got a built-in whiskey still and it's the alcohol manufactured by the pancreas that controls our temperature. Alcohol in our system is not made by fermentation, it is manufactured. Some of the books says it is and some of them says it isn't, but it is manufactured. With people that are too cold all the time their pancreas does not manufacture enough alcohol and people that are too hot have too much alcohol.
- Insulin. Often the pancreas doesn't manufacture enough insulin because the liver doesn't manufacture enough glycogen, and while it's not the only substance, it's the main one the pancreas uses to manufacture insulin, and
- Thyroxine. This is a cationic substance made in the pancreas, sent to the thyroid where potassium is added and you get thyrotoxin, the worn out cell.

Alcohol

The pancreas has special cells called the Islets of Langerhans which occur in clusters, or masses or groups and when looked at under a powerful microscope they look like the skin of a porcupine with its quills.

Glycogen is a polysaccharide of linked glucose molecules which is formed in the liver. When glycogen comes into the pancreas it passes over the needlepoints of those pancreatic cells and the first thing formed is alcohol. Sugar is $C_6H_{22}O_{11}$ or O_{12} and as the sugar passes over the points it

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is pulled apart by deionization and alcohol, C_2H_5OH, is formed by ionization along the line of least resistance. One interesting thing about alcohol is that you can take a bottle full of water, and it doesn't matter what size bottle, and then add 8% more in alcohol and still not run it over because there's plenty of room for the alcohol to get in between the atoms of water in there, there's that much space.

The alcohol the pancreas manufactures is similar to 94 Proof Gin and the purpose of the alcohol is to:

- keep the body warm, and
- keep the digestion functioning properly.

It takes one drop of pancreatic alcohol per 100 pounds, or 45 kilograms, of body weight every 30 to 60 minutes throughout the day to maintain proper body temperature. If there is not enough alcohol produced by the pancreas the body temperature will be somewhat lower than it should be, and they'll complain of being too cold all the time. If they have cold hands and cold feet all the time it's NOT poor circulation, it's because the pancreas is not manufacturing sufficient alcohol to warm their whole body. You can usually tell if a person has cold hands by when you first meet them, if you shake their hand. Low alcohol may also cause acute indigestion, and you can tell the difference between whether the patient is having a heart attack or whether they are having acute indigestion because with acute indigestion you have cold hands and cold feet, low alcohol.

If people have spasmodic production of alcohol then they'll complain of hot flushes, especially in the earlier part of the day.

If people have too much alcohol in the system they'll complain that:

- they're too hot. They may have hot extremities, hot feet, hot hands, and so on.
- alcohol evaporates quicker than water, and it also has a heating effect on the inside of the body, and the heat inside of the body has an effect upon the alveoli in the lung. If you've got too much alcohol inside your system that little alveoli isn't going to open up, it's going to stay closed like a ball and moisture's going to form inside that cavity, and
- in the morning hours they may have a slight headache, which is a hangover, and that's even from eating white potatoes.

Now people who come in with this headache problem, which is their major problem, would be told "you're an alcoholic."
"But I've never touched a drop of alcohol or wine in my life".
"I didn't say you had, I just said you're an alcoholic, and it's your own pancreas that's manufacturing too much alcohol."

If they complain about getting up in the morning with a headache, the way to tell whether it's from too much alcohol or from something else is to ask them to drink a glass of water immediately when they get up. If the headache goes away it's because they've had too much alcohol in their system, and the headache's going to come back later on, plus they're going to have a little bit of dizziness. If it doesn't go away from drinking the water then the headache's from some other cause of which there's many. Maybe constipation, and so forth.

Now sometimes the headache will go away about 10.00 or 11.00 o'clock in the morning (or even at another time) if they do nothing, then if they drink a glass of water it'll come back. Now the water does that because it reactivates the alcohol because they haven't drunk enough water to wash it out

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of their system. Remember about the alcohol, if you take a glass of water and fill it to the top and then pour pure alcohol in it it's going to slide in among those water molecules.

Now the Florida hospital had over a thousand beds and Doc Reams was called there by a doctor (M.D.) that had a patient who was a deacon in the Presbyterian Church. The deacon had come to the doctor for a week, highly inebriated, and swore to the doctor that he didn't drink a drop, never touched it. Of course a lot of the people that drink alcohol will say that, and so the doctor didn't believe it, but he put the deacon in the hospital for two weeks solitary confinement.

After a week and a half the deacon was still as inebriated as the day he was when they put him in there, and that's when Doc Reams was called on the case. The first thing he asked the doctor when he got there was, "let me see the man's chart and his diet that he's been getting in that hospital" because in that hospital the patient orders the foods one day for the next, and all the deacon was ordering was sweets and starches and breads and they were turning into alcohol, and so before he ever saw the patient, even before a test was done on him he said, "take all the sweets away from this man and give him only vegetables," and in three days he was sober. His own pancreas manufactured enough alcohol to keep him inebriated.

Now the body burns fats by converting them to carbohydrate, that is fats to sugar, and the pancreas converts sugar to alcohol and the alcohol makes heat in the body by the action of the frequency of the particles rubbing together, creating anions of heat by friction. Now the temperature of collective anions is 980 deg Celsius and the thing that keeps the anions in your body from burning a hole in you is that there is enough space in the cationic matrix for them to get out without burning a hole, for instance, a man smoking a cigarette walking through a double garage door does not burn a hole because he has plenty of room to get out. In other words, alcohol creates a high amount of friction and the friction kicks off the anions and they have plenty of room to pass out of the body.

Now the pancreas manufactures alcohol to keep the body warm and functioning at the right temperature and if it's making too much alcohol you are too hot all the time. To reduce the amount of alcohol in the body drink some Brazilian Tea made from coffee (weak black coffee where you can see the bottom of a teacup, and NOT one like molasses that's strong enough to stand up and dare you to attack it) and in those cases the coffee often makes them sick at their stomach, and that's exactly what you want to happen, and praise God it is because it's trying to change their body chemistry. If they won't take coffee because they don't like the taste of it then shame on them, and anybody that tells you that. Just tell them to make out their last will and testimony.

You know good health is not a lot of do-do's and no-no's, good health is using the right thing at the right time, for instance, the caffeine in coffee is the greatest enemy that alcohol ever had and if your pancreas is manufacturing too much alcohol and you're hot all the time, or have hot flushes during menopause, a little bit of Brazilian Tea will help dilute that alcohol until you'd be more comfortable. What I'm trying to say is there is a time for coffee, but if you've got to have a cup of coffee every morning for a crutch then you need more mineral of some kind and you'd better find whatever it is that you need. Now people that drink wine and drink coffee at the same meal are only throwing nature into confusion because they act in opposition to each other.

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People that drink a lot of alcohol get cirrhosis of the liver because it destroys the calcium in the liver. Remember, alcohol in excessive amounts is the greatest enemy calciums ever had, and alcohol dilutes or destroys the gastric juice by the destruction of the calcium in the liver. In other words, the more calcium that's destroyed in the liver the more dilute the gastric juice becomes, and some people's own system will manufacture too much alcohol and this still causes their gastric juice to be too dilute. If you're healthy you don't need to drink alcohol at all and it will make you too hot if you do, and if your pancreas is manufacturing too much alcohol and you take in still more in any form, it'll make you too hot.

"Zest Tonic" was a tonic developed by Carey Reams and was the closest substance to the alcohol manufactured by the pancreas that's ever been made. It was made specifically to support and supplement the body's production of alcohol, but unfortunately it may no longer be available (See "Zest Tonic" in the "General Information" Section for a suggested recipe). In its place other forms of alcohol may have to be used, like 94 proof gin, or even an alcohol based peppermint essence. Sometimes a medium-dry, naturally fermented wine can be used but that too is a poor substitute. The percentage of alcohol in Zest Tonic was 42% and by comparison the percentage of alcohol in pure vanilla is 35%.

Since the body uses sugar to make alcohol it follows that if the sugar reading is too low, say less than 1.5, AND the body temperature is on the cool side then alcohol may need to be added to the diet. Alcohol is used for anyone having:

- indigestion,
- heartburn,
- gas,
- cold hands and cold feet.

Usually people that have a high pH will have gas, cramps, poor circulation, and if you are anaemic you'll have cold hands and feet then alcohol may have to be added to aid in the maintenance of body temperature and digestion, and in fact acute indigestion is related to the lack of pancreatic alcohol.

I'll just explain something to you here and that is in your urine pH when it's up around 7.10 or 7.15 (Zone B say) and you have a 5.40 saliva pH, or even lower pH, then you have an ideal setting for acute indigestion. Now people don't have acute indigestion anymore they have heart attacks because there's no money in acute indigestion. They can get acute indigestion well in 30 minutes, but it takes 2 weeks for a heart attack in a hospital and you can tell the difference between whether the patient is having a heart attack or whether they are having acute indigestion because with acute indigestion they have cold hands and cold feet. Those are symptoms that let you know it's acute indigestion, cold hands and cold feet.

In the case of acute indigestion or gas the fastest way to get relief and the thing that you can do is:

- give them a teaspoon full of Zest Tonic, 94 proof gin, or half a teaspoon of pure peppermint essence, in 120 ml (4 oz) of ordinary water, skim milk, grape juice, 7 Up, Coke, Sprite, or something like that and have them sip it, sitting up, slowly for 30 minutes. Do not let the patient lay down, be sure they sit up and it's also a very good idea to pat them gently on the upper part of the back or use a vibrator on the back to help them burp, and when they start to burp they will get relief. Don't beat them too hard and don't beat them to death, just a gentle

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pat will do very well, like burping the baby. It's steady, like you're beating on a drum, but it has to shake the body and that'll cause the gas to be released.

Now the cause of indigestion is only the gastric juices being too dilute to digest your food for whatever age you may be and the major cause of indigestion is not the combination of wrong foods or drinking water with your meal. The major cause of food not digesting, or indigestion, is hate, lack of love, emotional causes and remember this too, you cannot hate anyone else without first hating yourself. Hate is the finest cancer seed on Earth. If you want cancer just hate people and you're on the right track.

Also interference with the regular way the heart beats, or heart skips, can be caused by a whole lot of things, including:

- Your pancreas not manufacturing enough alcohol to control the body temperature,
- there may not be enough arsenic in your foods. Your heart has more arsenic in it than any other organ in the body and it can be a lack of arsenic,
- it could also be that your calciums are too low and there is a nervous indigestion, or
- it could be that you have a brain tumor, a 220 case.

Also heart palpitations may come after you put someone on niacin, and if they start flushing immediately it means that they need it. Now niacin does not lower the sugars but if they get a real bad flush with heart palpitations then the heart palpitation is caused by fear, not the nicotinic acid. If they're told what to expect and what to do they don't get afraid and then they go through it nicely but if they are not told then they become afraid and it's the fear that causes heart palpitations.

Now many times patients have complained about heart palpitations when they were not having heart palpitations, and even at the very minute they said they were, they were not. What happened was that the pancreas had not manufactured enough alcohol and there was some gas in their stomach and as you pushed on one part of the stomach as the heart beat it buzzed another and then while the heart didn't beat then it moved back into the other place and made it feel like the heart was beating twice as fast as it was when it was really just a shift in the pressure in the stomach. It's a very annoying feeling but the heart is really beating an absolute perfect rhythm but it's like pushing in on a pouch and pulling your hand out then the part you pushed in comes back out. Now when you push in on the pouch in one place it pushes out in another, so actually you've got a sensation of a double beat there, a palpitation twice as hard when it isn't so at all, and anyone with a stethoscope and a good pulse count can tell you the difference. In these types of cases the alcohol can help here.

For alcohol support, if the weight is 90 lb or over then mix 1 teaspoon full of Zest Tonic, or 94 proof gin, in 4 oz of either skim milk, grape juice, or whatever you have because you want it diluted down. Have them sip it slowly for 30 minutes because if they drink it quickly they'll not have accomplished anything, they must drink it slowly and when I say 30 minutes I don't mean 29 minutes, I mean 30 minutes.

If someone has low blood sugar they can have fruit after 2.00 p.m. in the afternoon but in regard to alcohol, only about half the cases are cold and half are not. On the cold ones the alcohol will do a terrific job if given as directed that is sip it slowly for 30 minutes according to the pH.

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One more thing that you need to know if you're ever called to a person that's in a coma, or has every appearance of being comatose. The first thing you do is to push your finger in on the calf of their leg, or their arm muscle above their elbow, when you push your finger down into that muscle and lift it off and if that print stays in there get them to a hospital quickly, give them a teaspoon full of Zest Tonic directly, pour it into their mouth very slowly, and get them to a hospital quickly because they are in serious, serious condition.

As to what happened, it could be a jillion things that happened, but one thing if you follow the rules of numbers it was nothing that you did in the numbers that really caused it, it was their body got in withdrawal, and it probably saved their life if they survive it but it probably would have happened anyway if you'd have done nothing about it.

In place of the Zest Tonic or gin, if you can't get it when you need it, you can use a naturally fermented medium dry wine, it's not as good and is really a very poor substitute.

Now don't be down on that which you're not up on. One person came into Doc's office and said, "Doctor do you drink? There's a bottle of wine here in your office."
He said, "no, I don't drink, but I have patients sometimes with a bleeding nose. They can't get their nose to stop bleeding and I have to have the wine quickly. We get them to sipping on about 4 oz of ordinary medium-dry, naturally fermented grape wine and it stops the bleeding in a matter of fifteen minutes."

People with a dark skin absorb more Vitamin D energy from the sun than people with a lighter skin, and the more Vitamin D that you absorb the more alcohol your body is apt to make. One reason why the dark skinned man, the Negroid races, can be more relaxed than the white man, is because their systems manufacture more alcohol and they may be more sleepy all the time, so relaxed their sleepy. It's been said the black races are afraid of work, in fact they're not afraid of work at all, they can lay down and go to sleep right by it and many times it is the manufacture of pancreatic alcohol that causes a lack of initiative, or laziness, so to speak.

While we're on the subject of alcohol we might as well discuss inebriation, being intoxicated. The alcoholic starts off to drink some alcohol, drink a little whiskey socially then it becomes more and more, more and more. The first thing that alcohol does it begins to destroy too much of the calcium in the liver and then lack of calcium dilutes the gastric juice and then one of the first major elements to be lost is manganese, and then the lack of manganese initially causes the production of the least bit too much testrogen or oestrogen and then they become addicted to something, because the least too much oestrogen or testrogen causes an addiction to something, and if it's alcohol it's alcohol, or pot, cigarettes, or anything, even white potatoes "I just cannot let it alone", then what happens next is that the food that they put in their stomach is preserved in the alcohol, and it lays in the stomach, lays in the stomach, lays in the stomach and they burp and they burp and they burp and then some of them vomit it up and then they swear they'll never eat food again and they drink to get more energy, and around and around and around they go and they're very, very sick people.

When you're faced with an alcoholic the first thing in the world to get an alcoholic off of alcohol is to get him to want to be delivered, he needs a desire to co-operate and then once you do that then you start giving him calcium and it makes it much easier. The AA is doing a fabulous job except that it's not coordinating diet with their program and when they do it's going to do a much greater job

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in putting a great more zing behind the AA. Now the patient's got to want to do it and many times they're so nervous because of a lack of calcium available to their system that unless the first dose does it, it's no good. The people need patience and education about how this system works.

The Supreme Court of the United States ruled that alcohol was an illness and should be treated as an illness, and when the police pick up people that are inebriated they cannot put them in jail, they have to take them to a hospital and the hospitals don't want them.

Insulin

Insulin is a small (51-Amino Acid) protein consisting of two amino acid chains linked by disulfide bonds and is the second thing produced in the pancreas, nature still following the line of least resistance. Insulin's most prominent effect is to regulate the blood sugar levels:

- Too much insulin means too little blood sugar, hypoglycemia, and
- Too little insulin means high blood sugar, hyperglycemia.

Where somebody has too much sugar in the blood stream you should take them off of carbohydrates and starches almost immediately, including things like:

- potatoes,
- bread,
- wheat products,
- pies and cakes, etc..

Not only do these things raise the blood sugar level but can also cause the pancreas to manufacture too much alcohol.

If the pancreas is not manufacturing enough insulin and the sugar reading is below 5.49, and all of a sudden it starts to flush up an oversupply of insulin the sugar level drops quickly causing headaches.

When a person's on insulin it also destroys the ability of the body to accept Vitamin C, but as you begin to correct the condition through diet and foods and dilute the insulin they use, you'll also need to supplement them with Vitamin C and it's the Vitamin C that's actually doing the rebuilding job and not other substances within the food itself. Foods rich in Vitamin C do a marvelous job in rebuilding the pancreas and body.

If you find someone with a high sugar level and give a diet to fix their body chemistry, and that chemistry responds, then they won't need to go on insulin. So far there have been 100's of people every year that were supposed to go on insulin but refused and we got them to the point that they don't need to go on it. Now it is a tailor-made diet for each individual and the only thing about it is it is not a cure-all, there isn't one thing that you do to everybody, it's all done according to the person's body chemistry. You simply tailor make a diet to fit an individual according to his needs. Go by the numbers.

The insulin you take is a drug that has never cured any disease, not even diabetes, and people should never be put on it to start with. The only reasons why it would ever do any good would be:

- cancer of the pancreas, or
- cancer of the liver.

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And only then because the body couldn't supply the insulin, and even then the insulin would do very little good. To get someone off insulin depends on:

- the effects they have, and
- how much they've been taking and for how long.

For instance, you need to know whether it's oxidised the blood vessels or not, and this would be a variable that would have to be determined for each individual, and also how much insulin they have been taking. For people who want to get off of insulin we give them a diet to cause the pancreas to behave and to manufacture the right amount of insulin, but you have to be careful because over the years of taking insulin their systems have stored it up and their systems are like salted pork to the stage where it's hardened their arteries and veins and if they've been on it long enough to have crystallized the arteries and veins in their joints, in their kidneys and their brain then they're really in trouble.

Now if they've not been on insulin too long and they're lucky, when their body starts to release this stored insulin then many times they begin vomiting and start to dehydrate, and in the meantime the insulin is still pouring into their system, released from their body actions, and then their platelets begin to drop because the insulin salt is too high in their blood and then you've got to get them into a hospital where they can have IV solutions in order to cut it down so it can pass out through the kidneys.

If they're been on insulin for quite a while and the arteries and veins are crystallized to the point of breaking and they're NOT so lucky then:

- the arteries and veins may start breaking down in the joints causing excruciating pain in the joint, or
- if it's a little more advanced, the arteries and veins may break in the kidneys, causing the kidneys to break down and then they start passing blood, or
- if it's still more advanced, the arteries and veins may break in the brain, they'll go into a coma, and you've lost a patient.

So when you come to get a person off of insulin you've really got a problem on your hands.

People that have been on insulin less than 10 years, and are taking less than 40 units, and have a high energy rating can be gotten off insulin providing they have a diet that will cause the pancreas to function normally. Some of them go with no problem, and others you have to put them in the hospital as much as 3 times, but at no time do you ever take insulin away from anyone, and at no time do you recommend that they discontinue insulin. Only the patient themselves or the physician that put them on insulin can take them off.

The only ones we take on at the retreat to get their pancreas to function properly are those people that say they can tell when they have too much insulin, or not enough, and are able to regulate it themselves according to their tablets. We generally only work with those who use the short acting kind so that if they test through the day they can always add to it. The long lasting insulin is unpredictable on how fast it's going break and many times whenever this insulin turns loose in the muscle it does not turn loose at an even rate, for a while it'll turn loose with a very rapid rate and then it'll turn loose very slowly. Testing needs to be done every hour of the day and night in order to determine what their water intake and food intake should be, and there's been better than 80% success.

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For people that have been on heavy amounts of insulin for a long time do not take them off of food, they must have their food, but start lowering it down, it's all you can do. I mean it's a touchy thing to do in the first place. I've never seen a person yet that's needed to go on insulin in the first place.

There was one person on 180 units a day and in three weeks he was off of it completely, but during that time he couldn't walk 60 feet because it was effecting his heart and effecting his mind, and he was a fellow that absolutely was an abomination of abominations to be around because he was actually so sick he didn't realize what he was doing, kid stuff, acting like a 2 or 3 year old and was unaware of it and the public didn't excuse it at all. But in the end you should have seen the complete change in personality, and he did it all by himself, he went off the insulin, took it off, and got off it no problem whatever and his heart improved and he could walk a mile in just three weeks with no problem, and he couldn't even walk a 100 feet when he came in without his heart trying to pound out or skipping, jumping and it was insulin that upset it.

The body will react the same way on the sugars, salts and urea's in that it will hang on and hang on then turn it loose and dump. It often does that because they get stored up, and so does insulin (which is a salt), and this is why it's so dangerous for you to try to work with anybody with insulin because whenever you put them on a diet:

- you don't take them off of insulin, and
- you don't put them on a fast.

During this time they have to regulate their insulin by the clinotest themselves, plus a suggestion or two, because there'll be times when the body will release more insulin that's stored in the flesh than it does other days and they've got to adjust the clinotest and the diet and the food intake and the insulin all according to the insulin supply.

Now there are tell tale marks that a trained person can tell whether a person has too much or not enough insulin, for instance:

- if their hands and arms are moist they don't have enough insulin, but
- if they're dry and parched they have too much insulin.

Now suppose you found that the left hand was moist and the right hand was dry or parched. This happens because the dry side, right, has released too much insulin and the left hand side hasn't. When that happens you do the best you can because in those cases you need all the care and wisdom and knowledge and experience of the years and that's what you have to send them to the retreat for.

Thyroxine (Tetraiodothyronine/Triiodothyronine)

Thyroxine is the third substance made in the pancreas, in other words, it's what's left over. Now thyroxine goes into the blood stream and up to the thyroid organ (not gland, but organ) where the thyroid then adds potassium to it to form a substance like "old fashioned grandma's soap" that's there for the purpose of dissolving the excessive fats and oils in your system and keeps your weight to normal. If it manufactures too much "old fashioned grandma's soap" then that's one cause for underweight, but if it doesn't make enough of it then you're overweight. The thyroid organ also manufactures one of the potassiums needed for the brain.

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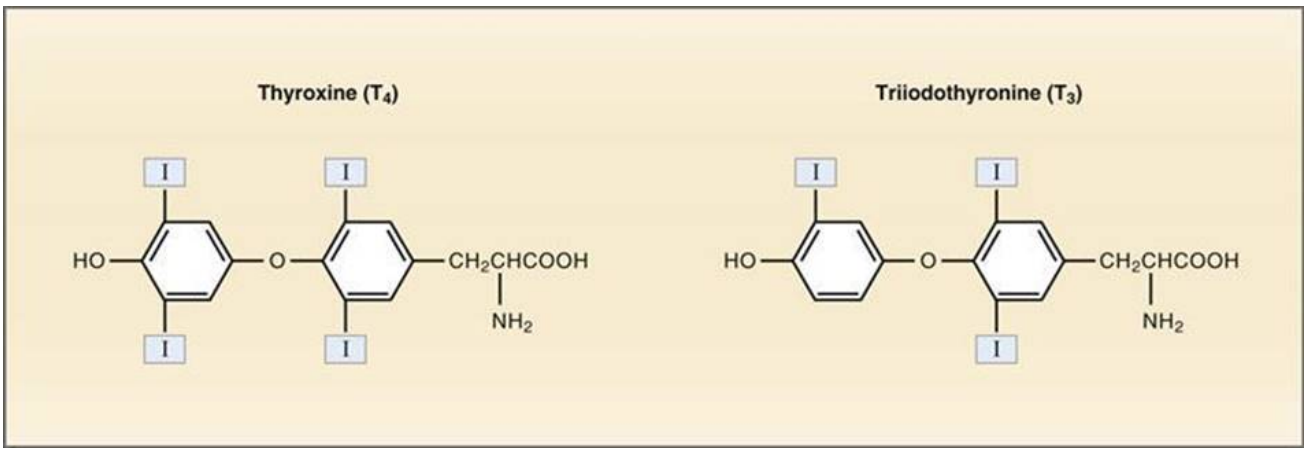
When you're looking at a card with the numbers on it the part that tells you about the thyroxine is the person's weight. The "soap" takes the oil out of the system such that:

- too much thyroxine, you're going a mile a minute, and you're going to have a less proportion of muscle to fat, in other words, you're going to be more lean, skin and bones. In other words you end up being skin and bones because the ratio of muscle to fat has been thrown in the wrong direction and the oil that should be there is not there. Remember this, lean by any given volume is four hundred times heavier than the same amount of fat. Too much thyroxine means it's dissolved the body oils and fats and you've become thinner, more lean, but not necessarily dehydrated. The dissolved oils and fats are being kicked out of the body and this kind of a person is a sinker, in other words, if they go to a swimming pool and try to float they're on the bottom.
- too little thyroxine you start to become a little heavier, the fat starts to increase. If you've got too little thyroxine you're going to have more fat to muscle.

The T4 thyroxine molecule looks like this:



- The T4 thyroxine molecule has two benzene rings and two atoms of iodine per ring.
- There is also a T3 molecule that has three atoms of iodine, not four.

You recognise a thyroid problem by:

- overweight, or underweight,
- or by a malfunctioning liver, by pH (saliva) being too high,

that's some of the signs of it and the overall picture gives you an idea but there is no oversupply of such a thing as sugar or salt or whatnot and therefore to identify a thyroid problem you go by what we call deduction. You deduct from your problem the possibilities of things that could cause certain symptoms or certain mineral losses.

Not enough thyroxine AND also not enough insulin go hand in hand when there's an overweight problem. Now the body can have enough insulin or too much insulin giving a low blood sugar reading and have not quite enough thyroxine and that can cause them to be overweight. The reason that people don't lose weight is a malfunctioning pancreas. If they're hypoglycaemic they've got too much insulin.

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All thyroid problems begin with a malfunctioning of the liver, and then the pancreas doesn't manufacture enough thyroxin and therefore the thyroid becomes irritated because it also supplies the material to rebuild itself and if it doesn't have that then you can have all kinds of problems. Hypothyroid or hyperthyroid just means a malfunctioning of the liver is the cause of the malfunctioning thyroid and it doesn't matter whether it's hyper, hypo or any other kind.

Remember, when people are too thin their body makes too much "old fashioned grandma's soap" but you really need to see all the numbers, but get the calciums right and get them to slow down and rest. Sometimes the cause of underweight may be a case of worms, but go by the numbers. Now the converse of that, too much weight, is covered elsewhere on the causes of overweight.
It's all a matter of bringing balance to the system, the whole pattern you want to achieve body balance. Another thing that can happen with thyroxine is:

- it can either be thrown out through the kidneys, or
- it'll go into the blood stream and land in your stomach.

If it gets into your stomach it's going to cause a little bit of nausea, maybe a little bit of roly poly but as far as the body chemistry is concerned there will be a loss of energy and it'll show in the saliva pH, for instance:

pH Tests

First	Second	Third	Fourth
5.30	6.40	6.30	6.50
7.50	7.50	7.50	7.50

Over a 6 month period the range of the urine pH has improved, but the saliva pH didn't budge. To change the saliva pH the person needs to slow down and rest. As he said, "I haven't been able to bring my saliva pH down because I'm too active, I'm a goer, I'm a doer, I'm just going all the time, and the excess thyroxine lands in my stomach and it's effecting the digestive juices and I'm losing energy."

It's showing a loss of energy and remember that the saliva is directional proportional to the gastric juices to start the mixing of your food. So that's why when we're testing the saliva pH we're really testing the pH of the liver bile. To correct the situation with the thyroid so that it works right you've got to go back and work on strengthening the liver, providing oxygen, iron, iodine, water and so forth for the liver and bringing the whole body back into balance.

Other Sugar Factors General

Remember, what is food for one is a poison for another and if you'll read enough health books and do everything that every one of them says, you'll starve to death, because everyone is up on something and down on something else. For instance, if you've read the health book on vinegar and honey you'd think that all in the world you need to be healthy, and live to be 150 years old, was to take vinegar and honey the way it's written. But suppose that you had a body that was extremely

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acid and you were also a diabetic with it, hyperglycaemia, so into this system you put more acid and more sugar, that's pure foolishness and a shortcut to the undertaker.

In reading those type of books every cure-all would have to be extreme in order for it to suit everybody, and it'd be just like cutting off your head to get rid of a headache. Do you understand?

What we're doing is taking the fads out of your diet and lifestyle and putting your health down in mathematical numbers, and we're going to go by the numbers.

Abuse of Sugar.
It's the abuse of sugar that's wrong, not the use of sugar. "What's wrong with white sugar?" The abuse of it is wrong. Two pounds a year is not going to hurt anybody. It's the abuse of it. The average American uses over 150 lb of white sugar a year.

Allergy, Carbohydrate.
When we have some patients on the lemon juice and water, with sweetener, and their sugar reading keeps going down and down it indicates that the body has a problem handling one or more carbohydrates that they're having and that's generally an allergic reaction to certain specific kinds of carbohydrates, but not all kinds. Find out which one they're allergic to and discontinue that one.

Now the medical profession considers that a person that has low blood sugar is allergic to all carbohydrates and they give high proteins and tell you to discontinue your carbohydrates but what we do is break all rules and find out why. We decrease their protein meats terrifically and put them into a low protein diet, no protein substitutes, or anything of that nature and also put them on fruits and things, one at a time until you find out which fruit or which carbohydrates causes the pancreas to flush and then we discontinue that one and it solves the problem.

Allergy, Honey.
Now lots of people are allergic to honey and an allergy to honey causes the pancreas to over flush and therefore it manufactures too much insulin, and the sugars go down but occasionally there will be too high a blood sugar. Honey isn't classed as a hormone, it's an enzyme.

Allergy, White Potatoes.
Doc Reams had a family come to him one time and there were seven children in the family, and the father and mother, and every one of them was in a diabetic zone. He told them, "all of you folks are allergic to white potatoes."
And the mother almost died with shock, and said, "what else is there to eat? We buy them by the 100 lb, what else is there to eat?"
So he had to tell them what else there was to eat.

Now rice, bread, wheat, and potatoes all effect the sugar reading.

Carrot Juice.
Carrot juice is rich in vitamin A but you don't give carrot juice to anyone that is on sugar controlling drugs (insulin, diabinese, orinate or diabinate) because it is high in sugars. Also carrot juice is an excellent thing for leukemia.

Coma.

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Suppose a person goes into a coma or seizure because of low blood sugar then you've got to have something close by and handy to help them. Just keep your cool and tell them to put a little honey on their tongue, and in one minute they'll be back.

DES.
About cows and still be sterol. You know they still (in 1977) inject DES into animals in the USA, but not in Europe where it's illegal. You inject this stuff into an animal to fatten it up, make it gain weight. Now it works by effecting the thyroid which uses potassium to produce an oil emulsifier like "old-fashioned grandma's soap". If you inject DES into an animal it interferes with the function of the thyroid and cuts down on the amount of "soap" that's produced and the effect is to increase the fat layer in the body of the animal because if the soap were there it would act to dissolve it.

Dizzy.
When a person goes on a fast for maybe about 10 or 12 days he might become dizzy or light headed and this could be from either loss of potassium or low blood sugar or both.

Energy from Foods.
It is the carbohydrates in foods that give you all your energy. Remember, all of your energy comes from carbohydrates and carbohydrates are the sugars. If the energy comes from carbohydrates then the proteins transmit energy to the various parts of the body and store it also. Proteins both transmit and store the energy, and if that were not true there would not be any such thing as an amino acid. Amino acid stores protein and this is why the amino acid is so valuable to you.

Frustrations.
Lack of calcium is one cause of frustrations, as is low blood sugar, high blood sugar, high ureas and so forth.

Good Health.
Now there's a time for:

- surgery,
- drugs,
- cherry pie,
- a little wine with your food,
- coffee,
- a little bit of Gin

and there is a time for most things, but there is no time for cigarettes or tobacco in any shape, form or way. I have never seen a person yet that it benefited.

Green Drink or Chlorophyll Drink.

Green drink is made by juicing edible green vegetables and is recommended for anyone that has a sugar problem, either too high or too low. It helps the pancreas to make the right enzymes to regulate your insulin so it's good for high or low sugars. One NO-NO about green drink and low blood sugar, never give comfrey, or comfrey tea, to people with low blood sugar because it lowers the sugar faster than anything else, but on all high blood sugar cases use it plentifully.

Everybody should be getting green drink, and of course it depends on how much they weigh:

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- For a large person - 6 or 8 oz twice a day,
- Average sized person - 4 oz twice a day, and
- Small people or children - 2 oz twice per day. The usual amount is 4 oz twice a day.

Green drink is one of the most perfect things you can take in:

- it helps to either raise or lower the sugar level,
- it works almost as a super charger to the liver, and
- not to be overlooked, it is also a pain killer.

There are many people who need a pain sedative, one to mask the pain, but it doesn't mask as an aspirin does, it goes to the cause of what's causing the pain, cause and effect. The raw chlorophyll in the green drink is one of the finest pain killers in the world and it begins to work on the whole system, and it's only after you've done a number of tests that you'll begin to see whether you recommended the proper amount or not. In the retreats they give green drink like they're trying to change them into little green people but they're on top of the situation there and can monitor the sugar levels but you cannot do that easily at home.

When taking green drink, SIP IT SLOWLY. Now sometimes it takes a day and a half to two days for it to work on the pain, but it works, and you can use the fresh chlorophyll with any pH. The next thing you can use is the bottled liquid chlorophyll, use it freely with all of your patients that have the urine pH over 6.40. Now you can use a little in dilute form under 6.40, but go easy because it's a little on the cationic side.

Green drink is made by juicing edible green vegetables like:

- spinach, wheatgrass, celery, clover, lettuce, escarole, romaine, endive are excellent sources.
- ordinary grass can be used, like Bermuda grass, Kentucky Blue grass and so on but make sure they're clean. Zoysia grass is different to Centipede grass or St. Augustine grass and is more in the class of Bermuda grass. It's good chlorophyll in there but it's also a very high protein grass.

Do not make it from collard type plants, cabbage, cauliflower leaves, broccoli leaves, turnip green leaves and so forth because they're too strong, too rough.

You can grind it in a food chopper, or use the old-fashioned sausage mill, or you can get an electric grinder then put it through a centrifuge and sling out the juice or just run it through a good juicer.
Please DO NOT dilute it because you'd have to take too great a volume with a sick person. We use the raw chlorophyll from different plants for different things:

- For low blood sugar it's OK to give chlorophyll from spinach, wheatgrass, celery tops, onion tops and so on.

Do NOT give comfrey in cases of low blood sugar because comfrey really tumbles the sugars down.

- For cases of real epilepsy, use the juice of "Centipede" or "St. Augustine" grasses. Those are the ones that will do more for real epilepsy than any other grasses. Generally they're not in health food stores, you have to get them out of your lawn or get them where there's a lawn that has them growing in it.
- For Hodgkin's Disease, or cancer of the lymph glands, use the chlorophyll from wheatgrass juice because it has a low protein value.
- For MS we use spinach and comfrey, PROVIDING they don't have a low sugar.

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- For high blood sugar cases only, you use comfrey and you do not want to substitute comfrey tea for fresh comfrey in the green drink. They can have comfrey tea extra. If you cannot get the green comfrey to put in your green drink the comfrey tea is the next best thing.

Headaches.
Now in the pattern shown below you've got someone that has headaches because he has low blood sugar and the sugar number fluctuates, it goes downwards, and as it drops quickly they have headaches. If it should drop slowly they don't have headaches, if it goes down quickly they do, so this would denote headaches. The urine pH factor has to be in an alkaline range to give you the headaches though.

$$5.4 \qquad \frac{7.40}{6.80} \qquad 7 \qquad 4 \qquad \frac{3}{3}$$

Healing.
Now this is something that is really not clarified in many medical texts but healing will not take place without enough oxygen, not because the blood sugar's too high. It's the lack of oxygen that prevents our healing and so people will rub vitamin E in and they'll do everything else they can think of on their sores and cuts and for some people it may help and other people it won't.

Lips, Blue.
If the lips are showing blueness it's an oxygen deficiency.

Overweight.
There's a whole lot of factors to be considered with your sugar reading and your weight and we'll just cover a few of those because it does have a direct bearing on your sugar readings. For instance there's a number of reasons for overweight:

- Obesity is only one and that only covers about 2% of the people even at that number. I even probably think it's lower than that.
- Many times people eat, and eat, and eat because they're so bored with life.
- Your liver manufactures a substance called glycogen. The glycogen goes over to the pancreas and it makes thyroxin, and the thyroxin then goes up to the thyroid and the thyroid mixes potassium with it and then you have a type of "old fashioned grandma's soap", that's there for the purpose of dissolving the excessive fats and oils in your system and keeps your weight to normal. If it manufactures too much old fashioned grandma's soap then that's one cause for underweight, but if not enough of it then you're overweight.
- Another cause of overweight is what we've just mentioned, the sugar imbalance, the sugar was out of ratio, there were too many carbohydrates, your body was retaining too much sugars.
- The third thing is insulin. The taking of insulin so many times increases weight, or an excessive salt in the system can often cause an increase in weight.
- Another cause of weight is lack of calcium's, nervousness that can cause an overweight.
- There's also a genetic reason, in other words you will generally look like, or fat people will, their ancestor that they wished they didn't look like because of their overweight. Their grandfather, grandmother, mother or father, uncles or aunts, you'll generally look like one of them you wished you didn't. Especially by the time you become to be a senior citizen. Now you may or may not but I'm just talking about those that are overweight. Now if it's a genetic condition there's not anything you can do about it.

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- Also the birth control pill has effected many people, it's thrown their weight out of all proportion and it's one of the causes of an imbalance in your body's ability to control sugar and your fat content.

Pregnancy

Keep the sugar level on pregnant women above 1.4. Miscarriages or premature labor pains are always caused because of low sugar and the finest thing in the world to do to prevent premature labor pains is put the expectant mother to bed for a few days and give her 4 ounces of medium dry grape wine once or twice a day and that will delay labor pains and bring the child on through to normalcy.

Morning sickness may be caused by:

- low blood sugar,
- low calciums, especially phosphate of calcium, or
- too much difference between the pH of the urine and the pH of the saliva. In other words it creates a lot of gas while they're sleeping and the little bit of gas with the pressure of pregnancy causes quite a lot of distress.

So these are rather easy to handle is the low blood sugar causing a nausea or sick feeling.

If the uterus is in such bad shape that you would lose the mother and the child then you have the means to bring about a natural abortion. Lower the blood sugar intentionally and keep it below a total of 1.0 for 3 to 5 days and the foetus will die and then labor pains will start and then you can give them a small amount of wine to get them into a hospital.

If it's a first child you won't have to give them the wine because the labor pains will be far enough apart that you've got time but they may come in at 3 minutes apart then you need to give them wine until they get to the hospital. 4 ounces of wine will delay the labor pains until you get them in the hospital and then the baby can be delivered. Unless there is a reason to save a mother's life I will not use that method.

This method works because a foetus uses 300 to 500 percent more oxygen than you or I do, and if you cut that oxygen low enough the foetus dies - and that's a natural abortion, but I do not use that and never have and never will only as a means of last resort to save the mother's life because if the uterus is in such bad shape that it could rupture causing both the mother to lose her life and the foetus' life also then it's justifiable.

So these are things that you need to know and need to use. Now I ask you, humanitarianly, not to do it unless there is a reason and you should not attempt it unless you're a doctor or a chiropractor or someone that your State permits you to do this. Put them into a retreat, or put them into a hospital where this can be done under control because there's quite a very narrow margin there you've got to work with because you want to lower the sugar content in the blood low enough that the mother will not become comatose or unconscious and yet cause the foetus to die for lack of oxygen.

One of the indications that the mother's life is in danger is high delta cells in the uterus, or the upper vagina, or the entire uterus, vagina and ovary area in the lower pelvis.

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We had a woman, $4^1/_2$ months pregnant, come in last August and she was having labor pains when they brought her. The couple wanted their baby, they did not want it to abort and she still had about 4 months to go.

We immediately ran a sugar test and found it was 0.8 brix, so we immediately took dietary steps to raise the sugar above 1.0 and after a week and a half we got it up to 1.6 or 1.7 and finally got it to around 2.0 at which we kept it.

The baby, a boy, was delivered on Christmas Eve and the parents did a terrible thing, they named it after me. Poor little fellow, what did he do to deserve that to start with?

The sugar level was raised with lots of fruit and honey every half hour and we also gave her 4 oz of medium dry wine twice a day between meals. This is what we did in order to keep the sugar level up, and it's a very beautiful little boy.

Retreat Case.
Anyone with a sugar that is constantly below 1.2 should be in a retreat and you should not give them a diet. If you give them a diet you're taking an unnecessary risk that you shouldn't take because there's one or two critical things you do not know:

- You do not know whether it's the person's diet, or not the diet, that is causing the pancreas to flush too much,
- You do not know at what hour the flushing takes place, or
- Whether it's a day thing, or whether it happens through the night.

It is possible that if you give a diet to a person that has a tendency to extremely low blood sugar then after they go to bed at night as usual, during the night the pancreas may flush causing them to go into a low oxygen coma and nobody would be there to help them. Now if they go into a coma with lowered oxygen to the brain then in the space of a few hours, if they even survived it, they would be a vegetable.

Now if you have this type of extremely low blood sugar case and the person must stay at home, with no chance for them to come to a retreat, they should have someone sleep with them; someone who they can call or who can check on them at least every half hour. It doesn't do much harm for a person to be in a low blood sugar coma for up to two hours but after that great damage could be done to the brain.

Now generally when a person's body chemistry, like the sugar content, starts to lower real quickly, they generally can let somebody know that they need help and to get somebody, especially if they're laying down and taking it quite easy. They begin to feel very badly and they wake up, they know something's not right and they may call out, "nurse" or, "somebody, help". This is why we need to have them in the retreat where there is care on call if this happens.

Starch.
Starches and carbohydrates are not the same thing, somebody was trying to tell me that starches turned into sugar, throw that out, it's not true, it won't work and it'll be proved later.

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Another way of talking about alcohol production in the pancreas is that in the liver it is the starches, carbohydrates and fats and oils that give up the sugars, not the proteins. The starches act as a catalyst to collect and hold the sugars much like a sponge and this is where your carbons come in.

Now to achieve this there is a loss of energy in the liver for if there were no loss of energy in the body then life would not be possible. Now the liver in its many manufacturing jobs produces about 6 billion different enzymes and some of these enzymes manufacture the 94 proof alcohol (47%) in the pancreas from the starches, carbohydrates, fats and oils. The alcohol then is used in a mechanism to control heat in the body. Now one drop of the alcohol produced by the pancreas will control the body temperature in a 100 lb body for about $^1/_2$ an hour.

Sugar.
When we talk about sugar we're not talking about white sugar or brown sugar, we're talking about the natural form of complex carbohydrate out of the plant before it's processed, in the sugar cane itself for that matter. Now the problem with a high or low sugar reading is that it means a lack of oxygen. A "correct" sugar level actually holds and transfers oxygen but a high or low reading means you build up oxygen debt.

Sugar is a chelate because it becomes a binder for oxygen transfer, it grabs onto the oxygen to hold it in on a transfer basis, and in our system this is why the sugar's important, as a transfer mechanism. Now in the equation of cause and effect and the relationship of foods, the sugar range of between 1 to 2 is the place of our ideal balance, where we get our ideal oxygen transfer.

It may be interesting that medical research says that if the brain goes without oxygen for about 4 minutes there's permanent damage. Now there's some people doing research on this when they saw people who had been comatosed for 35 and 40 minutes and brought out without absolutely any brain damage at all. In doing the research on it they're finding now that what's important is not the fact that the oxygen can't get to the brain but the brain metabolism centered around sugar at the time. If you have a proper sugar level in the system your brain will survive quite a while without oxygen.

In other words people who are partying and indulging and carrying on and all of a sudden they get exposed to a drowning situation and their possibility of surviving past three to four minutes is really low, and if those people have good balance of sugars within their system it seems their possibility of surviving goes way beyond that 3 or 4 minutes.

Symptoms, High Blood Sugar & Low Blood Sugar.
The symptoms of high blood sugar and low blood sugar are identical.

Water Consumption with Low Sugar & High Ureas.
There are times when you shouldn't drink the water that you're supposed to, for instance, suppose you had low blood sugar, and you had a high ureas, and you started to drink water, then you'd go into a coma.

So if you have high ureas, and a low sugar, then you're going to have to use lemonade or some other juice along with it in order to get the ureas down and many times if it's a juice it's going to draw the ureas from your own fat until they won't drop down.

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PART 3

pH of the URINE and SALIVA
pH AND RESISTANCE

1. Rule.
No number is "perfect" unless all numbers are "perfect". "Perfect" pH is 6.40 over 6.40, when, and only when, ALL numbers are perfect.

2. Rule.
The pH of the saliva equals that of the liver bile. That's very close to constant and, most of the time, absolute.

3. Rule.
The slower the digestion the higher the urine pH and the higher the pH the greater the bowel congestion.

4. Rule.
Keep your instruments and your equipment absolutely clean and properly adjusted.

5. Rule.
The greater the specific gravity of a mineral the less likely the body is to take it the more dilute the gastric juices become. In other words, the more dilute the gastric juices the less mineral any one can get out of their food, and the less mineral they get out of their food the less energy they get on the frequency that they need and consequently the very energy that they need is passing out of their system undigested.

6. Rule.
There are two extremes that bring about resistance, 0 and 14 and somewhere between 0 and 14 is your line and measure of resistance. 7 is said to be neutral.

7. Rule.
Any number that deviates from it's perfect means a loss of energy, and the more the deviation the greater the loss of energy.

8. Rule.
The urine specimen is only good for about an hour. After an hour the tests lose their real meaning because the bacteria in the specimen change it.

9. Rule.
Calcium is needed more by weight and volume than any other mineral.

10. Rule.
When the resistance is low the ionization is high, and when the resistance is high the ionization is low, just like a see saw, see sawing up and down.

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pH

Introduction

Søren Peder Lauritz Sørensen (9 Jan 1868–12 Feb 1939) was a Danish chemist at the Carlsberg Laboratory in Copenhagen, and the term "pH" was first used by him. In 1909 Sorensen published a paper in Biochem Z in which he discussed the effect of H^{1+} ions on the activity of enzymes. In the paper he invented the term pH ("p" was taken from "potenz", the Danish word for "power", "activity" or "resistance", and "H" stands for hydrogen) to describe this effect and defined it as the -log[H^{1+}]. In 1924 Sorensen realized that the pH of a solution is a function of the "activity" of the H^{1+} ion not the concentration and published a second paper on the subject. A better definition would be pH=-log[aH^{1+}], where aH^{1+} denotes the activity of the H^{1+} ion. The activity of an ion is a function of many variables of which concentration is one, and the concentration of hydrogen ions was determined by measuring the current generated in an electrochemical cell when the ions migrate to oppositely charged electrodes. Sørensen used a negative logarithm of the hydrogen concentration to create a scale from 0-14, where a pH of less than 7 is an acid, 7 is neutral and higher than 7 is an alkali. So water has a pH of 7, lemon juice 2.4 and bleach 12.5. The pH of beer is 4.5.

In simple terms, pH is a measure of the resistance of substances as compared to the hydrogen ion, and hydrogen was used because it's a simple ion with a ratio of 1 anion to 1 cation.

Carey Reams may have set up the first pH system that was ever in existence, using his own pH system for 7 or 8 years before the current system was introduced. The system he devised went from 0 to 12 but when he came across the later system, ranging from 0 to 14, he preferred, and used that one.

The current pH system is based on a logarithmic scale and the end points were determined by taking sulfuric acid, H_2SO_4 (the father of all acids) at the most cationic end at 00. This is the greatest resisting thing that there is in all chemicals on the cation side, there is nothing that has greater cationic resistance than this. On the other extreme, the highest one in the anionic field is calcium and calcium hydroxide in its purest form is at the other end at 14.

So 0 - 14 is the pH range in which you're working and with 7 as the neutral point, scientists consider that:

- all substances with a pH less than 7 are acidic, and
- all substances with a pH greater than 7 are alkaline or basic.

Under the principles of biological ionization the pH is considered to be a MEASURE OF RESISTANCE between anions and anions, cations and cations or anions and cations as compared with the hydrogen ion. It's a measure of resistance; it's not a volumetric reading and unless you can keep that fact in mind you can be led astray very easily. The difference between acid and alkaline is considered in a new light:

- acid is cationic and the electrons in the outer shell travel counter clockwise, and
- base is alkaline is anionic and the electrons in the outer shell travel clockwise.

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In view of these more precise atomic definitions it means that hydrochloric acid is not really an acid, it's a base because the electrons in the outer shell travel clockwise and that also has everything to do with the body's digestion of food. Remember this, in all of our foods there's only three alkaline, or anionic, elements:

- Potassium,
- Calcium, and
- Chlorine.

We'll break your first fad right here, remember this, all foods are cationic with the exception of lemonade, (fresh squeezed lemon juice, water and sweetener). Carey Reams tested over $^{1}/_{4}$ million different species and over 16,000 different kinds of things that people could eat and found only one anionic food, lemonade, all the rest were cationic. The electrons rotate clockwise in lemons, regardless of the type of lemon.

Now it's perfectly possible that there's another food somewhere that's anionic that has not been identified as being anionic. It's all in the direction of rotation of the electrons.

Now pH is a measure of resistance and it is the resistance in our body that gives us energy, and the various forms of energy are like the parts of a jig saw puzzle that are put together to form the micronage or molecule, and they are in such great proportions until you can't express them in numbers. As well as being a measure of resistance the pH is also the factor that determines:

- Which calciums our body is deficient in; and the pH readings of 6.40 over 6.40 is perfect when, and only when, all other numbers are perfect.
- The strength of our gastric juice, which then determines how heavy our diet should be (baby food or meats or nuts or other heavier foods).
- Which kind of calcium our liver needs most for the manufacture of hydrochloric acid in our stomachs.

The pH factor can be related to the speedometer of a car, it lets you know at what rate the foods are digesting. The pH tells how fast the electrons are travelling in the foods that are trying to be digested, and whenever that speed gets down to the speed of your frequency then it is energy that you can live upon.

pH is also shows the measure of resistance in soils, and the calciums that are needed to maintain our perfect health in life goes back to the responsibility of the farmer, and he hasn't been taught anything but to put lime on the ground, because there's no money in lime, it's only about 8 dollars a ton delivered, and many times they'll apply it on your farm for that much. Now the experiment station tells you that if you have a low pH you need calcium in your soil and if you have a high pH you don't need calcium in your soil, and that's the biggest lie that was ever told. For instance, pure water with a pH of 7.0 has no acid, no alkaline and no calcium in it. Pure white builder's sand has a pH of 7.0 and also has no acid, no alkaline and no calcium in it. You get the idea, so how can they tell the public that a pH reading will denote whether you need calcium or don't need calcium. The experiment station staff are a bunch of idiots and the farmer's gullible enough to believe it, and cry all the way to the bank, broke! Broke, because pH is a measure of resistance and not a measure of volume.

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There's plenty of times that soils can have a pH of 8.0 and be deficient in calciums. Following is the ratio in tonnage for agricultural purposes and you can figure it out about the same ratio for people. If you had 2000 kg of pure white builder's sand and you add 50 kg of lime, mix it absolutely equal throughout you'd have 2050 kg by weight. If you then added 1 kg of flowers of sulfur and mix it absolutely equal you'd still have a pH of 7.

Now suppose that in one hectare you had 50 kg of calcium and 1 kg of sulfur and it had a pH of 7. In another hectare you added 100 times the amount and had 5000 kg of calcium and 100 kg of sulfur you'd still have a pH of 7.

Now which would make the best crop, the one with 50 kg of calcium per hectare, or the one with 5000 kg of calcium per hectare considering that plants have more calcium in them than any other one element?

When you consider the value of a chart showing the pH on various foods you'll come to realise it's worthless because you'll not know the actual pH of a food you're eating, whether it's a 4 or 14, and that's the reason the chart is worthless. Now, if every peach had exactly the same pH range, or every orange had the exact same one, then it would be easy, but they don't. For instance, you have Valencia oranges that are so acid till you can't eat them, and others that are so sweet until they taste like honey. For instance, I've seen the same variety of peach with:

- a 10 brix sugar that were sweet and delicious, because it had a number 4 acid, but
- a 16 brix sugar AND a 14 acid and they were so sour you couldn't eat them. and that's the reason I said the chart was worthless.

pH, Resistance & Ionization

Resistance and ionization are like a see-saw:

- A high pH indicates a high resistance and a low ionization, and
- A low pH indicates a low resistance and a high ionization.

MEASUREMENT OF pH

Colormetric Measurement.
You need to be able to discern between different shades of similar colors to be effective at this.

Chemicals.
The chemical reagents used in the measurement of pH are:

Bromcresol Green	for pH between 3.8 and 5.4
Chlorphenol Red	for pH between 5.2 and 6.8
Bromthymol Blue	for pH between 6.0 and 7.6
Phenol Red	for pH between 6.8 and 8.4

Method.
Using a well plate, put one drop of urine into a well and add one drop of a chemical reagent, starting with the Bromthymol Blue. Take the reading off the color chart. Repeat the procedure with the next indicated chemical. Repeat until an accurate reading is achieved.

Repeat the procedure for the saliva.

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Do NOT read the color by fluorescent light because it's very, very poor. Use natural, full spectrum light if you can, or even a bright incandescent, but try to avoid fluorescent light.

If the equipment is not clean it may give you a lower pH reading than it really is. To be sure the well plate is clean you can check it with the Chlorphenol Red. Have some in a container and pick that up with a pipette, and if the Chlorphenol Red changes color in the pipette then it isn't clean. When you drop it onto your plate and it begins to change color around the edge and if you swish it around a little bit it'll contaminate showing the plate isn't clean.

If it doesn't change color put it back into your small container. Regardless, the plate and pipette again go through the water bath then the alcohol bath.

pH Meter

On your pH meter you know you need to check the accuracy of your reading several times with your buffer solutions, and don't let it get out of range. As well as keeping the meter correctly adjusted you also need to keep the probe and vials clean or you're going to get the wrong reading. Now the best thing to do is put the probe into distilled water and see if you get a zero reading, and if it is, it's clean.

Read and follow the operating instructions for the meter.

pH Range

The pH is measured on both the urine and saliva and the test range is from about 4.80 to 8.20, and a reading of 6.40 is the mid range, or perfect, or neutral (on the scientific scale, a reading below 7.00 is said to be acidic and a reading above 7.00 is alkaline). Consequently:

- 4.80 to 6.39 is low pH or acid, and
- 6.41 to 8.20 is high pH or alkaline.

If you have a pH reading above 9.0 or below 4.5 then it is likely that the reading is incorrect and you'll need to check the cleanliness and accuracy of your equipment.

pH and Energy

A pH reading shows how fast the electrons in the undigested food is travelling, or in the food that is trying to be digested, and whenever that electron speed gets down to the speed of your frequency then it is energy that you can live upon.

Basically any time both pH's move away from perfect the person is experiencing a loss in energy and a loss in energy generally effects the digestive juices and digestion and hence there will be a mineral imbalance.

Remember, a movement of the pH away from perfect, either up or down, indicates a loss of calcium.

Calcium

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There can be no discussion about resistance in the body without talking about calcium because there is more calcium in the body by weight and volume than any other mineral, and what makes calcium available? Resistance.

For instance, in soils and agriculture how much calcium is available to your crop is determined by the amount of resistance that you create in the soil and the same thing occurs in the body, the amount of energy that your body gets is determined by:

- The quantity of resistance. How much resistance there is in the body and the food.
- The quality of the resistance. The kind of energy patterns in the food and whether you need them, and
- The kind of resistance you need.

Lack of calcium is the PRIMARY cause of the degeneration of any organ in the body, and oxygen is the SECONDARY cause, and then it follows through with a number of other minerals.

At this stage there will not be a detailed discussion on calcium, just sufficient to introduce the topic.

Under the study of Biological Ionization there are 7 different kinds of calcium, and one kind is not available to human beings:

- Calcium Hydroxide (Not suitable for Human Beings as a hydroxide)
- Calcium Oxide,
- Calcium Carbonate,
- Tricalcium,
- Calcium Phosphate,
- Calcium Sulphate (Gypsum), and
- Dolomite (not available to human beings as a source of calcium).

The electrons in calcium always travel clockwise and therefore calcium is always anionic, or alkaline, and there's no exception. Now in a test tube it doesn't always appear to be that way but calcium is always an anionic substance, anywhere, anytime, anyplace, on the bottom of the ocean, in the ocean water, in the soil, in a seashell, or anywhere else, and that is constant. The calcium is an anionic substance because the electrons in orbit always rotate clockwise.

Because the body contains more calcium by weight and volume than any other mineral, it means that an insufficiency of calciums means a dilution of the gastric juice. A dilution of the gastric juice means that less mineral is taken from the foods you eat and when you get less mineral than you should it means that some tissue somewhere in your system is going to be starving for mineral, meaning that it's cells cannot be replaced on time and are going to become carcinoma, and may even turn to cancer if those needs are not supplied.

Saliva pH

The saliva pH and the pH of the liver are the same and the pH is the strength of the hydrochloric acid made by the liver. The greater the saliva pH is away from perfect the more dilute and weaker the gastric juice. For instance, if the saliva pH is too low, indicating the liver is too acid, you're not getting the energy you need from the food because it's turning it too rapidly into anionic and cationic heat, or electricity, and it's passing out of your body.

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According to Doc, the saliva pH basically indicates how much in tune the mouth and the stomach would be with the digestive juices that have been given out. The greater the difference between the urine and saliva pH the more of a challenge you're facing because the greater is the heavy mineral deficiency. For instance, you'll see some people with a 4.8 over 7.2 and you really have a challenge facing you. Generally we adjust the urine pH and the saliva pH falls into range.

The greater the difference between the anionic and the cationic substances, the greater the amount of gas is formed, in other words, if the saliva is the exact pH of the liver bile then it coats the food that we chew and swallow and therefore the action of the digestion on the food that we eat, or its conversion into usable energy, is rather slow to start with because if it was not slow a lot of gas would be created and need to be expelled. The greater the difference in the pH between the foods we eat, and the saliva, and the gastric juice, the greater the amount of gas that is formed down to the caecal valve of the small intestine. After the caecal valve then gas is passed out through the rectum. If the food lies too long in the colon it gives off CO_2 gas and creates cramps and pockets and difficulties in the colon.

There's other factors besides saliva pH involved in the equation and unless these other factors are evident there's no use to run a saliva pH every time. If the person is doing their program at home and coming in once every 2 weeks or 3 weeks the saliva should be tested every time, but with daily testing in a retreat or at home it is not necessary to do a saliva every day. For instance, some test cards may show a reading over X, reading over X, reading over X, day after day, or 2 or 3 times a day. So by implication they're putting more emphasis on a consistent urine reading rather than on the saliva.

Sometimes you'll have a low saliva reading that you'll have a very, very difficult time in getting it to rise. You can do everything in the book you can think of and it just about won't rise and generally (because I'm not aware of any exception) in those cases the reason is that the liver is not getting enough oxygen from the lungs. In order to change this around the person must do absolutely nothing for weeks, and weeks, and weeks. By this I mean practically nothing except go to the bathroom, walk slowly around the block, or walk slowly for about 400 meters in the morning, maybe 800 meters a little later, but very slowly, because if the saliva does not respond by rising it's a lack of oxygen is the cause of it.

A lack of oxygen from emphysema would be one cause, another probable reason would be damage to the vagus nerve between the main trunk and the liver, or a brain tumor. The lowest reading known to have been seen was 4.60 and the person was still living. Whenever the reading goes really low and stays there long enough they have diarrhoea, and if it gets high above normal then they may have slow digestion.

Sometimes you'll have an extremely lower reading on the saliva, high reading on the urine pH and next test the pH's have flipped. When you find an extremely rapid change in the pH of the saliva, which is the liver, and the pH of the urine be sure that it's not an equipment problem because it doesn't generally happen, the pH of the saliva generally changes slowly although once in a great while it may change quickly. If it flips upward it's excellent, but if it flips downwards you're losing a patient and real fast.

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So it's very uncommon for the pH's to flip when you have really clean equipment but it can and does turn downward quickly sometimes if your patient starts to pass. Most of the time it's the equipment not being clean, so be sure it's clean. It'll take you more time to clean the equipment than it does to do the test.

Now let's suppose that the hydrochloric acid had become too alkaline, too much of a base, way up high in the pH. What would happen? The food would digest too slowly, constipation would set in and then they need colonics. So the food would be digesting way too slowly and they'd have constipation with a lot of gas and misery. Constipation is the major cause for hypertension in children, they're miserable, the food is not digesting.

Now for a high alkaline system you can get the Calcium Lactate in shots.

Alcohol in excessive amounts is the greatest enemy calciums ever had and alcohol dilutes or destroys the gastric juice by the destruction of the calcium in the liver, in other words, the more calcium that's destroyed in the liver the more dilute the gastric juice and some people's own system manufactures too much alcohol and this still causes the gastric juice to be too dilute.

Urine pH

When the pH is:

- above 6.40 it is calcium oxide that caused it to be there. Whenever the body gets too much calcium oxide for too long a time then the calcium oxide displaces the lesser calciums.
- high, say high 7.0's, there is slow, poor digestion and the colon is not getting clean and the reason is the food being eaten is too rich and too heavy for the gastric juice that's manufactured by the liver. So it relates to the liver and the liver functioning. You would recommend a colonic.
- below 6.40 it is the lack of calcium oxide that caused it to be there, and if the pH is well below 6.40 then you want a calcium oxide or calcium carbonate or a tri-calcium in order to build it up.

The urine pH is the major guiding factor, take care of that carefully and accurately and generally the saliva pH will eventually come into line. Now there are some side steps to that and it is not a rule to go by because the saliva pH tells what's going on and what kind of foods to have. Although you're mostly concerned about the urine pH reading, it's the liver calcium that you really want to take care of. Give calcium according to the lowest reading but you may also need to give calcium lactate according to your highest reading in order for the resistance to create more energy. So there are times when you would actually administer both calcium oxide and calcium lactate.

General Effects

Rising pH.
The higher the urine pH into the upper 6's, 7's, 8's the effect is directly on the liver activities, it's malfunctioning or it's toxic and we have to watch for that because the liver effects may then spill off into the pancreas and eventually even spilling over into the ureas. So do not look at just one number by itself because "no number stands by itself." You cannot look at one number and

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build a case on it, you can for a short time but then you have to tie it into other parts of the equation.

Falling pH.
The lower the urine pH quite often you're referring to the bowel, its function and the fact that the bowel is becoming more toxic. There's putrefaction in the bowel and the body is reabsorbing all types of toxins and that in turn effects the liver. It's a vicious cycle that you have to break because the pH reflects the strength of the bile and the digestive juices and if you cannot digest the food it begins to putrefy in the bowel and you reabsorb the toxins from the bowel. That then effects the liver and the liver then can't do its task properly of making the bile and the digestive juices the right strength and you go round and round. It's our task to break that cycle using foods and minerals. Remember, when the resistance is low the ionization is high, and when the resistance is high the ionization is low and we need to maintain a balance between resistance and ionization.

Once you clean up the liver and sort out the bowel most allergies will leave.

Balancing pH's

The pH balance between the urine and saliva may be all right as far as the balance is concerned but there still may not be enough hydrochloric acid to do the job.

The main point you need to remember is that "the liver is the key organ that we work at." The liver is in the driver's seat and when it comes to balancing the pH's there's a reason for trying to balance it quickly. If you don't give properly absorbed calciums by the mouth the body will continue to take the calciums from the body itself to sustain life, and that leaching brings about:

- Osteoporosis. If the body takes calcium from the bones, if it leaches it out of the bones you're creating a situation called osteoporosis which simply means that the calciums are not being absorbed from the food and the body is taking from the body to sustain life, and
- Osteoarthritis. The leaching of the bone can only go on so long and once it's happened for a period of time, or it happens at the joint areas, now it's called osteoarthritis. Over a period of time you have thin bones and weak joints. This happens with people who are quite old, you always hear about people who fall and break their hip, and it takes them months and months and months to try and heal, this is their problem. The osteoarthritis.

UpH - 8.2

Constipation.
pH 8.2 describes constipation because the food is digesting too slowly. The slower the digestion the higher the pH and the higher the pH the greater the bowel congestion.

UpH - 8.1

UpH - 8.0

Cirrhosis
At about 8.0 there is terrific stress on the liver and you can have cirrhosis and that type of liver damage set in.

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UpH - 7.9

UpH - 7.8

UpH - 7.7

UpH - 7.6

Calcium Deficiency.
At around 7.6 you have a calcium deficiency.

Iron Deficiency.
At around 7.6 you have the iron deficiency.

Kidney Stress.
At around 7.6 you have kidney stress again.

UpH - 7.5

UpH - 7.4

Calcium Deposits.
At 7.4 they're beginning to have calcium being deposited, I want to say randomly but that's not right because the body doesn't do anything just at random. It picks out very specific spots which are out of the way, normally called joints, and they start to deposit calcium there. So you have calcium deposits or calcium spurs.

UpH - 7.3

UpH - 7.2

Gallstones.
At 7.2 and above you're in the gallstone area,

Cal II. The reason you use cal II up to 7.20 is that you also use Vitamin C, which is highly acid, and if you didn't use cal II in all probability the pH would drop below 6.40 and then the Vitamin C would not be available to you.

Sex Organs.
At 7.2 are effected again with both men and women and many men at this point would be developing the prostate problems,

UpH - 7.1

Healing. Anywhere in the 7's the person heals slowly, cuts, bruises, nicks, whatever.

UpH - 7.0

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UpH - 6.9

UpH - 6.8

UpH - 6.7

Slow Digestion.
Anyone having pH say over 6.60 you'd want to recommend prune juice. I usually write down take four ounces first thing in the morning mixed with 4 oz of hot water. So anyone that has any kind of colon problem it would be a good idea to recommend that they have prune juice in the hot water drink the first thing in the morning, either six ounces or eight ounces, depending on how big they are. First thing when they get up even before they have their either morning coffee or anything else, they should take it. Make a hot drink out of it, the hotter it is the faster it gets the job done. If they complain about getting a loose bowel from it just cut it back, cut it back to either three ounces and three, or two and two, and if it still works as too much of a laxative cut the prune juice out altogether and just have them drink the hot water.

UpH - 6.6

UpH - 6.5

Alkaline Tendencies

Digestion.
The higher the pH the slower the digestion or the tearing apart and the proteins are digesting slowly.

UpH - 6.4

Acid Tendencies

Bones.
The lower the UpH the more the bones begin to hurt and quite often young people, who are growing so rapidly, will complain about their bones actually hurting, the joints actually hurting. Check them out you'll find that most of them are into an acid situation.

Bowel Problems.
The more acid the system becomes the more you can look for digestive problems:

- Putrefaction. The lower the UpH the greater the putrefaction in the bowel and the body is reabsorbing all types of toxins and that in turn effects the liver.
- Ionization. The lower the UpH the more abnormal or irregular the ionization taking place, especially in the bowel area and such things as ulcers, colitis, spastic colon will show up.

Digestion.
The lower the UpH, the more acid the system and the more rapid the digestion, there's a rapid tearing apart:

- there is an extreme, rapid digestion of protein and in the rapid digestion of protein you have the rapid release of heat, and with the rapid release of heat and the breaking down of the

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foods the body will try and move this material out in a hurry and the result will be diarrhoea. There will be a loss of energy also, but the symptom will be diarrhoea, or loose bowel.

Dolomite & Low pH.
Be careful in giving dolomite when you have a low pH because the acid in the body will take the magnesium oxide and turn it to a magnesium sulphate and then you've got a problem. This applies for most people but the effect is exaggerated in pregnancy. So the dolomite effect is simplest when the pH is over 6.40 but be aware that the more acid a person is the less likely you are to give them dolomite.

Fat.
An acid body tends to store fat in the form of increasing sized buttocks, thighs and abdomen.

Female Problems,
women who are acid tend to have all types of problems that generally start in the reproductive system:

- their monthly cycles will be irregular,
- they'll have very difficult monthly cycles,
- they'll have hot flashes,
- young women in their early teens, 14, 15, 16 who have entered puberty and have exited puberty into menopause because of an extremely low calcium, as reflected in the pH numbers.

Many times young couples want to have a baby but the pregnancy can't start, it won't take place because there's too much calciums in the system (high pH), it's got to get down right before the pregnancy can take place. Many times two or three tablespoonfuls of vinegar a day on extremely alkaline systems will bring about a pregnancy in childless couples. Two or three tablespoonfuls of Heinz Sweet Pickle Vinegar, do not use the straight vinegar because it's too strong. If you must use a straight vinegar use only about one fourth the amount that I have just recommended. But I was speaking about the Heinz Sweet Pickle Vinegar it will generally bring about a pregnancy. Also whenever the body's too acid, a pregnant woman doesn't put on weight because the food is digesting too quickly.

Heart Pressure.
The lower the UpH the more work the heart is called upon to do and the greater the pressure on the heart.

Muscles.
The lower the UpH the more the muscles will tend to be sore and the person tends to ache all over.

Varicosing
of veins takes place in a very acid system

Vitamin C Problems:

- The lower the urine pH the greater the deficiency of vitamin C and the more acid a person becomes, say around 6.00, vitamin C basically becomes not available to the system, and a lot of people who are sick at that point think, "oh, if I could only have more vitamin C" so

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they start piling it in even more. Depending on what they're taking it could only compound their problem and make an acid situation more acid still.

- The other area that hurts so much on a vitamin C deficiency is the colon itself loses its tone of muscle and it tends to have a dropping or a prolapse, and this also shows quite often in the protruding abdomens that you see walking around our country.
- When the pH is running extremely acid that in turn effects the vitamin C and it's just a constant cycle and our challenge is to get in there and break the cycle.
- A severe and progressing vitamin C deficiency state used to be called scurvy, and is now called collagen disease.
- With a low UpH you need to work on them and this is where if you can teach the people to eat their vitamin C in the form of onion soup so much the better.
- The more acid the UpH the lower the vitamin C and the easier they bruise. The capillaries break and bruising takes place, without even any bump. In fact, again using a husband wife situation, if the husband even so much as helps his wife out of the car, later that day she can show an arm and here is the whole hand print right there. The body chemistry is reflecting what it does.
- Those of you who are chiropractors and you work on your clients and they're back to you in two or three days because the adjustment didn't hold. Chances are they're a very acid person. You as a Reams tester will tell someone to go get an adjustment, they'll go get the adjustment and in a couple of hours, couple of days it's gone. An acid body does not have the ability to hold a chiropractic adjustment. The muscles, the tendons, the ligaments do not have the tone, do not have the vitamin C to hold them in proper place.

You must remember sometimes whatever you refer to people and what you want them to do, if you tell them to take 500 units of C:

- they'll go home and do what you say, they'll take 500 for you,
- and then they add 500 for what Grandma says to do,
- and 500 for Aunt Matilda, and

pretty soon you have a person who is doing your program and they can answer truthfully if you ask them, "are you doing the program?"
"Oh yes",
but if you don't ask them, "are you doing anything more, are you taking anything extra?" they don't even bother answering that and you'll never know it. So sharpen up your pencil with questions when you do speak with them.

UpH - 6.3

UpH - 6.2

UpH - 6.1

UpH - 6.0

UpH - 5.9

UpH - 5.8

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UpH - 5.7

UpH - 5.6

Organ Stress.
The lower you go on the acid scale down to 5.6:

- the early stages of menopause,
- you will continue not to hold an adjustment,
- you have the bursitis tendency,
- the bone structure is beginning to change,

UpH - 5.5

UpH - 5.4

At 5.4, you'll find increased organ stress and when you get down around 5.4 you're talking:

- kidney stress,
- bladder stress, and
- anemia at this point.

so be careful what you're recommending to them. If the kidneys are already under stress be careful about how you begin in talking with them.

UpH - 5.3

UpH - 5.2

UpH - 5.1

UpH - 5.0

UpH - 4.9

UpH - 4.8

Alkaline or High Urine pH.

pH & Calciums.
So the calciums that are needed to maintain our perfect health in life goes back to the responsibility of the farmer, and he hasn't been taught anything but to put lime on the ground, because there's no money in lime, it's only about 8 dollars a ton delivered, and many times they'll apply it on your farm for that much. Now the experiment station says that if you have a pH of 7 you don't need lime, well, white sand itself has a pH of 7, pure distilled water has a pH of 7 and they don't have any calcium in it.

Now pH is a measure of resistance and it is the resistance in our body that it gives us energy that brings this about and the various forms of energy are like the parts of a jig saw puzzle that are put

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together to form the micronage or molecule and they are in such great proportions until you can't express them in numbers.

Double Acid, Diarrhoea.
Now suppose that the food that we eat was acid, the saliva was acid, the pH of the hydrochloric acid was too low, (the HCl is still a base but you can take comfort in the fact that it's actually on the borderline between and acid and a base), and the food can't digest, then what happens? What would happen in your system if you had a double acid?

Not much!

In other words, there wouldn't be a whole lot happening there at all because the food wouldn't be digesting, it would just be laying in the stomach and consequently you'd get diarrhoea that would be the result.

Why diarrhoea?
Because you have created a favorable environment for your anaerobic bacteria, or for a fungus to get in there and it's the fungus or bacteria which actually would bring about the diarrhoea. You better believe they'll have diarrhoea if it stays low enough long enough because the food is not digesting and nature would be throwing it out. Now with a very low pH it's too acidy in there, the electrons are moving too rapidly and the energy that's given off cannot be absorbed, and therefore diarrhoea sets in. Nature's trying to fix that undesirable choice of food in there and it bursts out and you have diarrhoea.

Remedies and Solutions

Acid System.
For a highly acid system you can also get the calcium oxide in saline solutions 5 cc, which does a marvelous job for neurosis, nervousness, climbing a wall and so forth.

Acidophilus.
Acidophilus culture is a lactate, and is only recommend when the urine pH is over 6.40.

Apple Cider Vinegar.
Apple cider vinegar can be used for the control of alkalinity but you have to dilute it about 5 times, but there's also a variable in that. The little bit of sweetening that's in the Heinz Sweet Pickle vinegar makes it much more palatable, and not only that, it seems to ionize into a realm that is more acceptable than the straight vinegar.

Dilute Gastric Juice.
There's two causes for a dilute liver bile,

- Lack of calcium in the liver is the major cause, and
- Lack of oxygen for the liver is the minor cause.

You can have numbers that are almost perfect looking, they seem to be only a little bit out yet the liver is in very bad shape and the liver bile is very dilute.

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Male, 42, 5' 11", 180 lb.

$$1.5 \qquad \frac{6.40}{6.80} \qquad 10 \qquad 4 \qquad \frac{2}{8}$$

The very fact that those ureas numbers were way out (2 over 8) means that the liver bile is very dilute.

Alcohol is the greatest enemy that calciums ever had and some people's own system can manufacture too much alcohol. Excessive alcohol in the system oxidizes the calcium in the liver which means a lack of calcium for the liver which causes the gastric juice to be too dilute.

A deficiency of oxygen can occur if there are lung problems, like mucous on the lungs, asthma, emphysema, cystic fibrosis, and so forth, even smog and pollution can affect the oxygen availability to the liver also causing the gastric juice to be too dilute. A loss of reserve energy also means that the gastric juice is becoming dilute, there is a lack of mineral content in our diet or a lack of mineral available to our system.

If you're healthy you should mix acid with alkaline in your diet, but if you're sick then you better go easy. The more dilute the gastric juice the more careful you have to be with your diet.

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PART 4

SALT

Salt. See Also "Conduct - Salinity", "Insulin", "Pancreas - Insulin", Ureas". Salt performs many and varied vital functions in the body, like the destruction of worms and parasites, purification of cellular waste, conduction of electricity, ionization, and so forth.

The "perfect" salt reading is between 600 and 700 micromhos (or microsiemens) per centimeter as measured by the dilute method, and that is abbreviated to 6 to 7 C (C being the Roman letter for 100). Remember 6 - 7 C is perfect when, and only when, ALL numbers are perfect.

The saline reading is derived from at least 48 different varieties of salts within two main groups in the body. The two main groups being:

- Chloride Salts. Like calcium chloride, potassium chloride, sodium chloride, etc.., and
- Non-Chloride Salts. Like insulin, ureas, nitrate nitrogen, ammoniacal nitrogen, etc..

There are many different kinds of the chloride salts, in fact most of the salts are chloride, and when you get a salt substitute it simply means that the salt is not the sodium chloride table salt, it is a chloride salt but it's not sodium chloride.

The effects of the salts are AGE related, and generally the higher the salt reading and the longer the time the more damage is being done and the greater the stress on the heart and body. Remember the further away from perfect a number is the lower the energy. The increasing salt readings are:

- 0-6 The body is lacking electrolytes and therefore there is dullness, absentmindedness and forgetfulness because the nerve message is not going through.
- 6-7 Perfect (When ALL numbers are perfect).
- 7-12 As it starts to move above 7 towards 12 things are starting to go wrong. This is the first indication that the blood vessels and even the intestines are losing a little bit of their flexibility or elasticity.
- 12-18 From 12 up is usually the beginning of the cholesterol connection but it's really noticeable about

18. Also from 12 you begin to lose tone and elasticity in the intestines, veins and arteries. Instead of them having an elasticity to them they begin to harden and become solid tubes through which the heart has to pump the blood. You're setting the stage at whatever age for arterial sclerosis later on. Remember, the higher the salt the more rapidly the blood vessels and intestines lose their elasticity and the more cholesterol forms on the inner walls.

- 18-35 At 20 you duplicate some of the same symptoms from an acid situation, like bruising for no apparent reason, and the heart is having to work harder because as the salt goes up the blood gets thicker and it doesn't have as much oxygen as it should. At 30 you're beginning to have the chest discomfort and cholesterol is forming rapidly in proportion to 35.
- 35-48 Generally, when the salts have been high for a while they experience dryness of the mouth from 35 and at 40 angina pains start showing. The danger zone for cholesterol is from about 45 to 48.
- 48-80 At 50 you're looking at a person that's almost dead. This is the fatal heart attack zone for cholesterol to turn loose.

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Because the numbers move in circles, it means that there can also be a lowering salt level. For instance, when all numbers are away from perfect the salt level also should be away from perfect; if it is moving towards perfect then there is a problem. When all numbers are away from perfect, AND the salt is lowering, AND the person has NOT been drinking the water to reduce it, a reading a showing the numbers below indicates a problem:

- 20 At a reducing 20 there is a tumor developing,
- 16 At 16 it's starting to grow,
- 13 At 13 it's growing more rapidly, i.e. becoming more malignant,
- 6-7 At 6 to 7 there is an advanced tumor.

Those are the levels of increasing and decreasing salt, and remember, the further away from perfect the greater the loss of energy, and now you can understand that cholesterol forming in the blood vessels is actually a loss of energy. With all the test cards that Doc read in his 50 years of work the highest salt he saw was about 72, and that's very rare. The man was nearly dead.

In addition to blood salts there are:

- Muscular salts,
- Intestinal salts, and
- Vascular Salts

which causes the muscles, intestines and blood vessels to lose their tone and elasticity, i.e., their power to expand and contract. For instance salt stored in the intestines causes:

- diverticulitis,
- sagging intestines,
- pockets in the intestines, and
- all kinds of odd things which might even be called "cartoon intestinals". In other words the intestines actually look more like cartoons than they do an intestinal tract.

Vascular, or blood vessel salts cause similar things in the blood vessels as happens in the intestinal tract as can be seen on the legs of people with varicose veins.

Now your blood salts may be normal but the other three may be high, so in adults your blood salt is not an indication of how much salt is stored in the muscle, or how much is stored in the blood vessels or the intestines.

Now the higher the saline reading the more cautious you should be in lowering it. If the reading is above 47 to be exact, you must put them in a retreat. Please don't try to handle that kind of a case or you may have a corpse on your hand. Get them to a retreat where it can be handled quickly and wisely.

Now the more you work with the numbers the more you're going to see people with a high salt level and one comment many will make to you is, "I don't eat salt, I just don't have any salt at all." You can tell them it's the "total combined salts" reading, and they get their salts:

- indirectly from their food, and
- they're being processed and flushed from within their system and don't necessarily come from the salt shaker.

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Chemically on salts you're talking anything that's an electrolyte, chloride or non chloride, and this is what you've got in your system and it can be from Day 1. Now high salts in children MAY be from growth factors, such as nitrogen salts, but when Doc often saw high salts in young children his answer often was:

- pretzels,
- corn chips,
- crackers,
- popcorn, or
- some other salty snack food.

so it's a matter of finding where the salt is coming from. We should not be too upset with a salt of 52 on a child of 1 year because babies and young children tend to have a higher salt because of the child's growth factors, but sometimes a high salt, say 52, we can then assume that the child is either being fed crackers by grandma, or they're eating something that is salty. Even if that's not the case we find that for such a little body it registers a high reading and it takes a goodly number of tests over a period of time to see this come down even into the 20 range which, while still high, compared to where they were the body is making progress. Now even though the salt range may look horrendous, and it is, a baby's body chemistry will change so quickly that in a week this will not be the same body chemistry. It will change that dramatically.

We recommend additional "salt" according to the numbers. If your saline test numbers are over 7 you do not add salt to your diet. If you have a salt-free diet then it means NO salt, and that includes all salts, not just sodium chloride, but all salts. So many people think that they can eat "No Salt", or "Saltless Salt, or "Sea Salt" or "Celtic Salt" or some other substitute but just say, "no more salt"
"can I have sea salt?"
"No, you can't have sea salt. Actually sea salt contains 7 different kinds of salt, and three in organic forms and it's the worst of all salts to take because if one of them doesn't get you the other six will." Any chloride salt that is not sodium chloride is called a salt substitute, even potassium chloride. But they are still "salts" and will affect the body chemistry and the salts number. Even foods like kelp or dulse are generally high in salt but you may be able to get salt-free dulse. Remember, salt is salt is salt, period.

Salt is an electrolyte in the system and is necessary for the ionization process, but keep in mind the general effects of excessive salt in the system:

- It hardens the blood vessels. They lose their elasticity and their ability to expand and contract and over time they can even become brittle and break.
- It causes cholesterol to form in the arteries and veins and stresses the heart. The higher the total salt reading the more cholesterol there is being plated onto the walls of the arteries and veins, but not necessarily in the blood. In other words, the blood may show a perfect cholesterol yet there can be a very high amount of cholesterol on the arteries and veins, in fact there may even be phlebitis, yet the blood can show a normal blood cholesterol. Autopsies have confirmed normal blood cholesterol yet the arteries and veins are clogged with it.
- It overcharges the nervous system and causes it to fray leading to a breaking down of the nerves.
- High salt and a lack of calcium is one of the great causes of ulcers. If you want ulcers just let your calciums go down and use excessive salt and you have set the stage for it.

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There's two ways for salt to get out of the system in great amounts:

- Perspiration, and
- Urination.

and women generally have an extra one that most men don't have, the tears. It is said, "the oceans are made out of a woman's tears".

With the liver's function shown by the saliva reading of 6.40, any reading away from perfect means a dilution of the liver bile and the more dilute the gastric juice, the weaker it gets. The weaker the hydrochloric acid in the stomach then the liver is unable to split the salts that come in, unable to ionize them, and therefore they accumulate because there is generally insufficient water to wash them out. Remember this, if your liver is functioning properly you're going to be getting rid of the salts, if it's not functioning properly you're going to be storing salts, so the salt reading can also reflect how your liver is working.

You do not need to be deeply concerned about the salts until they get up to around 12 to 18 then you notice that cholesterol is beginning to form in the system. Also there's a ratio between your chloride salts (conductivity meter) and your non chloride salts (urea salts). Both are salts. The conductivity meter reads your total salts whereas the urea salts are only your nitrogenic salts which do not contain chlorine, so you must keep in mind what each thing does. Also there is a ratio between your salt and your urea such that the higher the salt number goes the lower the urea can be for a pectoris heart attack. In other words, you can have a fatal heart attack with a urea of 24 if you have a salt of 47 C or above, and you can even have two kinds of a heart attack at the same time.

Delta cells (or waste cells) do not go out through the skin, if they did people would be able to smell us a half mile off. Waste cells are thrown out of the tissues in cellular form into the blood stream and so the waste goes out through the urine with a high amount of salt. Incidentally, it's the salt in the ocean that purifies this planet and keeps it habitable. If it wasn't for the salt in the oceans this planet would become so filthy we couldn't live upon it and in a similar manner it's the salts thrown out into the urine that also keeps the urine from smelling like the stool. Now if the waste cells from the tissues stay in the blood stream for more than three days they break down into a urea salt and when that happens they cause the heart to beat too hard. If you drink enough water it will wash those cells out in cellular form, they will not break down into a salt and the heart will beat soft.

That now brings us to the point about the first test. The numbers in the first reading that you ever do on anyone will not mean the same if you found those exact same numbers 6 months later on the same person that had been on a diet because the timing would be different, the age would be different, they've grown a little older. It makes a difference.

You will notice that when you test people regularly, that one time they come in with an 18C, the next time they might have a 4C if they're on a fast or something, the next time they'll jump back up to a 12C then back down again then back up again. When you make your diet sheet notice the first test, if it was say an 18C originally and the next time it comes down to a 4C or something and the next time it jumps back up to a 12C. Just because it jumps down to a 4C one time you do not want to tell them to add salt to their diet because the 18C has not had time to come down and adjust itself, you want to wait until that 18C has come down and the bobbing back and forth has limited itself down before you put salt back in their diet.

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When the liver is working properly it splits the salts, takes the chlorine and uses it as a germicide, as a cleanser in the body and it's the chlorine that keeps our bugs under control, our worms under control, it keeps us from having too many parasites and keeps the bacteria at bay. Even though we think we don't, we sweat, a little bit of oil comes out of our skin and there's a little salt and sodium in that, and that also keeps us from being attacked by many different kinds of bacteria, or many different kinds of fungus. Viruses should not be in the blood, but some bacteria, like aerobic bacteria and the ones you find in yoghurt are normal and indeed a number of bacterial families should be in the blood, even a minor amount of some of the salmonellas should be in there in order to ward off the other salmonellas. Now the "Salmonella" group is a large group and Malaria is a salmonella, and if you get over it a little of it stays in the blood. Funguses should not be in the blood because the salt would break down any fungus, but it would not break down certain bacteria. Funguses are plants that require CO_2 gas and bacteria requires oxygen.

There are some people who eat no salt, no NaCl, yet have a high salt reading, yet their partner is pouring it all over their food, even before they taste it, and their salt number is relatively low. This occurs because one person is dumping it out of their system and the other person isn't. For instance, if the wife adds no salt to her meals and has a salt reading of 48C and her husband is a salt maniac and his test is 10C or maybe even a 26C the wife's body is releasing it while her husband's body is storing it. Now the exact interpretation depends on the other numbers but if you liver is working properly the salt will come out and if the liver is not working properly it will store the salt. If the salt is stored in the body then it'll be stored according to the line of least resistance, and as it hardens the arteries and veins and causes cholesterol to be deposited that will happen all over the body, even in the brain and cause hardening and crystallization of the arteries there too.

You cannot make a case on one number alone, if the salt reading is really low you have to see what the others are doing. The cause may be that the body is storing salt rather than dumping it because all you're testing is what the body is dumping, so look at all the numbers, see the picture. You could have a low salt and be storing it and you can have a high salt and be storing it also. But you could also have a low salt and be dumping it too because you're flushing it out. So you have to look at all the numbers and see what they're saying.

When you have a person with a dangerously high salt, or a dangerously high urea, before they do anything else they should take distilled water until:

- the urea level is below 20, and
- the salt level is reasonably lower. Sometimes the salt lowers quickly and sometimes it's as stubborn as a balking mule - it'll hardly budge for about a week and then it starts to move down. That may be because nature may be preventing a rapid contraction of the veins so that it gives the cholesterol time to get out.

Suppose that you have a patient and you're checking them every day for a while and all the numbers are in Range 1, all except the salt which went way up to 60 and you say, "I told you not to eat any salt. What did you do, empty the salt shaker on your food?"
"no I haven't used any salt at all, not one grain."

Now they told you the truth, they haven't used any extra salt. They were about as salted down as a piece of salt bacon and the body released the salt and for a day or two it was way up high then it dropped back down.

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The salt level does not refer to an intake of energy, it's really a reflection that there's a change in body chemistry taking place. Remember, too much salt hardens the arteries and then cholesterol forms in there and when cholesterol forms you are losing energy and remember too, the further from perfect the greater the loss of energy. For instance, suppose your salt was between 6 and 7, perfectly normal, you can empty the salt shaker on your food and it stayed between 6 and 7 all the time, but your urea was 29. Now the urea is also a salt. Now this situation is possible because the salts that are within the blood are turning the delta cells to a salt in the blood and while there's not enough salt in the urine to measure, there's enough to overstimulate the heart all the time. Now the cholesterol would be normal but this situation would bring forth pain in the left arm, and a constricture there of the muscles, and be a pectoris heart attack.

Burning urine when you urinate is caused partially by the salts in the system, in fact there are two causes:

- A very acid urine will burn, irritate and tenderise the lining of the urethra, then
- it is the salt, either urea salt or chloride salt, extracted from the system by the kidneys that actually causes the burning.

So the acid damages the lining of the urethra and the salt causes it to sting. It's like putting salt in a cut that causes the burning. As Doc used to say, "the finest thing I know for burning in the urethra is a little bi-carb of soda, a level teaspoonful in water a couple of times, and generally in 24 to 30 hours it will knock it unless there is serious deterioration and breaking down of the cell structure, even to the point of being really a cancer, and not carcinoma, and therefore throwing into the system a form of dilute post mortea and so keeping the body way too acid all the time.

Keeping in mind the relationship between salt and cholesterol, the cause of glaucoma is a mineral deficiency and the body retaining too much salt and the glaucoma is a cholesterol that forms in the eye.

Now keep this in mind, we need to get the salts out of our system, we cannot afford to let them build up or the effects will even go up into the arteries and veins in the brain because the irritation and ionization caused by the salt will cause the liver to manufacture cholesterol there. Salt is an irritant, it stings, it burns, and the liver manufactures this smooth, glistening, coating of cholesterol to relieve the irritation and there's no relationship at all to cholesterol coming in through your mouth and what comes out in your arteries and veins.

Now, when the blood salt level starts to increase, it's like pickling a piece of meat on the inside and not only is the body affected but the brain as well, in addition:

- There is a thickening of the blood,
- There is increased irritation of the inner walls of the blood vessels,
- There is an increase in ionization on the blood vessel walls, the plating effects increase which causes cholesterol to be plated.
- There is a loss of elasticity,
- There is a loss of muscle tone,
- Weakening of the smooth muscle, and
- There is the beginning of hardening of the arteries.

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When the salts were high then reduced by a proper program and the people still have thicker blood in the legs, or hypertension, or high blood pressure, then the recommendation is walking, walking, walking because it's the pumping and kneading action of the muscles on the vessels in the legs that starts moving this thicker blood, to begin getting it going back up to where it needs to go. In other words, the blood moves in the veins by muscle action and walking is about the best exercise there is.

The blood actually moves through the arteries by the muscular pumping action of the blood vessel itself, pulsation it's called, where the artery is pulsating (arteries have a muscular wall and veins don't, veins have valves) and that's why when you put your fingers on your wrist you feel that little thunk, thunk, thunk, thunk. That's the artery that's pulsating. (If the artery cannot assist in the movement of blood throughout the body because of hardening and loss of elasticity in the vessel walls, and the blood is also thicker, then the burden of moving this thickened blood falls back onto the heart, causing heart stress.

The blood moves back through the veins because of muscle action, and the valves in the veins keep the blood from moving backwards. Now with all this happening remember that the blood vessel going to the brain, the carotid artery, is really a vein because it does not have muscular walls and contains valves in it. Arteries move blood primarily by the pulsation of the muscles in their walls, and since the carotid artery is a vein it has no muscle in the walls and no inherent pulsation. The pulse in the carotid artery actually comes from its proximity to the heart, it's the reverberation, or the vibration, from the beating of the heart.

Now when the salt level is high enough long enough the veins get twisted out of shape and partially blocked by cholesterol and are called varicose veins. Here the blood does not move through as rapidly as it should and the action of the muscles can start to move that thicker blood along. Now when pockets of stagnant blood form within these varicosities then you have phlebitis. Now the blood is moving through the varicosities but it's not moving as well as it should.

Now the purpose of vitamin E is to thin the blood. The muscles do not thin the blood, the vitamin E does, but the muscles get it moving. See in addition to the vitamin E you need to tell them to walk, walk, walk and start drinking water and that should take care of the condition.

You bring the ureas and salts down the same way for everybody, both vegetarian or non-vegetarian alike, by using dolomite and lemonade and water. There is no difference in the treatment of vegetarians or non-vegetarian.

A special note needs to be made for people who are diabetics on insulin. Medical insulin is a salt, and it does all the things that a salt does. We do not take people off of insulin and we do NOT put people who are on insulin on a fast. If there are people who want to get off of insulin then only in the retreat do we give them a diet to cause the pancreas to behave and to manufacture the right amount of insulin, but remember, salt is age related and over the years of their taking insulin their systems have stored it up like salt pork. It's hardened their arteries and if they've been on it long enough it's crystallized the arteries and veins in their brain and in their kidneys and in their joints and they're really in trouble, and when their body starts to release this stored insulin then many times they begin vomiting and start to dehydrate and in the meantime insulin is still pouring into their system, released from their body actions, and then their platelets begin to drop because the insulin salt is

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too high in their blood and then you've got to get them in a hospital where they can have IV solutions in order to tone this down so it can pass out through the kidneys.

Now they're LUCKY if this is what happens, but if they've been on insulin long enough and those arteries and veins are crystallized to the point of breaking, and if they break in the brain they'll go into a coma and you've lost a patient. Or if it's not quite that far advanced they may be breaking in the kidneys, and cause the kidneys to break down and they start passing blood. If they're not that far advanced then they may start breaking down in the joints causing excruciating pain in the joint. So when you get a person off of insulin you've really got a problem on your hands. For more detail read the part on "insulin" under the section on the pancreas.

Once you learn to eat food without salt you won't even miss it, and if the cook knows how to season foods and use the condiments properly you'll never miss the salt. The proper use of your condiments, your all-spice, a little bit of honey, a little bit of blackstrap molasses will give the flavor of salt when there's no salt in it.

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PART 5

ALBUMIN or DEBRIS

(The information presented here has been updated by more recent teachings and the readings range is different.)

Albumin.
Albumin is another name for the cellular waste, or debris, in the urine and even includes delta and omega cells (carcinoma and cancer cells). The perfect albumin number is .04 M ("M" is short for Million), or 40, 000 parts per quart (1200 ml) when ALL numbers are perfect.

Albumin arises from a natural, cellular, base exchange, new cells for old, and is the waste cells that are thrown out. For instance, a carcinoma cell is a cell that is being exchanged, it's the base exchange cell before it reaches the stage of cancer or decayed cell. For instance, a perfectly healthy baby chick couldn't grow unless it changed every cell in its body every two days. Now these exchange cells are carcinoma cells and in people, if carcinoma cells stay in long enough they may, MAY, turn to cancer. In other words they may lose so much energy until they are a decayed cell.

When you're healthy and drinking the correct amount of water then an adult should throw out 40 000 milliliters, or
.04 M, of dead cells with each quart of urine, and if you throw out more than that something is seriously wrong. Many times the albumin reading is higher than 4 M, and I've seen it like soup, but above 4 M it's all counted the same, we just quit counting at 4 M. Now the higher the albumin reading the greater dilation of the blood vessels in the eyes so you see there's a link between the albumin reading with that in the eye.

The albumin at 4M shows that there's a disturbance taking place in the body, and the body is relieving the disturbance. Now when the body is rebuilding there's a lot of base exchange occurring, new cells for old, and the delta and omega cells can be thrown out with such extreme rapidity that they can look like pus in the urine, because they are still compacted, still together.

In the cell, nitrogen is stored in the cell membrane and the cell protoplasm and when you take the albumin reading you are actually analyzing cellular debris, dead cells, which in fact is nitrogen that's still bound up in there. If your system retains the protoplasmic parts of these dead cells for three days they'll start breaking down into ammonia salts, which then build up the toxicity and increase the salt content. Now a high salt content does many things including weakens the smooth muscles and increases the plating effects.

In the equation, 1.5 6.40 over 6.40, denotes an energy increase and the purpose in bringing it towards perfect is to have a result in the 3 over 3 part, the ureas, and that's cause and effect. Now when you start a program the albumin particles are big at first and then they get smaller and smaller and smaller until they look like little diamonds drifting in there when the light shines on them, and you can see those with no problem, but if ever the urea gets up to 20 and you can't see those little particles bouncing in there you're in trouble, I've never seen it happen but I've lived in fear to a certain extent that it could happen. But the person would be so tired and the wrinkles would be back in the forehead and it'll be visible. When you get it as thick as soup you know it's too high to

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count, it's out of proportion and after 4 million it doesn't make any difference, nature is cooperating and it's all you want to know.

Now if the total ureas are at 7 - 13 it shows that nature is practically not cooperating at all, maybe just a little at 12 or 13, but so very slightly it's barely noticeable, really just enough to be encouraging to continue, that nature is barely starting to relieve the disturbance by throwing out the delta cells as cellular waste. A urea reading from 13 - 24 or 25 is normal but if it gets to 27 or 28 they should begin to drink water like it's going out of style. Now as far as the heart is concerned the quick release and disposal of cellular waste is harmless because the waste (delta) cells have not broken down to a salt, and in those cases it wouldn't hurt if the urea gets up to 26 or 28 or 29 for three or four days, however it's not desirable, but you will sometimes see this happen if you watch enough numbers.

With a heavy concentration of waste cells just drink your regular amount of water and it'll drop them down. The exchange cells are just flowing out real fast and if the urea goes up then it's just temporary thing and generally have them to drink a little bit more water than normal, but it's nothing serious. Go by your stethoscope, use that stethoscope.

Now during rebuilding the ureas should go up into the 20's because they're also a measure of the delta and the omega cells that are thrown out of the body through the urinary tract. Now if these cells came out through our skin, like the salt does, you would smell us for half a mile, but God made it a different way of getting them out.

The herb Golden Seal is a blood purifier, not a blood thinner in the sense of Vitamin E, it's a blood purifier and it works by dilating the capillaries in the kidneys, letting large particles of albumin, delta and omega cells get out into the urinary tract.

The body replaces cells by throwing them into the blood where they're carried to the kidneys and filtered out into the urine and everybody should have waste particles in the urine. Put the specimen in a clear plastic or glass cup or beaker and hold it up to the light and look in it, counting any particles you see. However, when you look in the specimen it is better to use a penlight because then the particles will shine like little diamonds. Count the particles and multiply them by 20 000 because for each particle you see, even though it looks like a tiny diamond, it's really a boulder compared to the approximate 20 000 particles of energy you can't see. Also, after you get to 4 million just quit counting because it doesn't make any difference.

Unassisted Eyeball Reading	"M" Number	**In a good beam from a penlight**
Number of Seen Particles		Number of Seen Particles
Clear	0.04	2
1 - 3	1	50
12 - 15	2	100
35	3	150
45	4	200

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Whenever you see 1 or 2 particles in there with your eye you've got a pretty good one. This table is not worked out on volume, it's a table like πr^2 (no - pies are round). The volume of sample doesn't matter because the debris has been already mixed up in the bladder and it's constant. With the debris itself we're dealing in millions, but the main thing you want to know is, "is nature cooperating or isn't it cooperating", and this is actually what this reading lets us know, and that's very unimportant when you are writing a diet because these are cells cast off in the change process and are not a result of rebuilding, for instance:

- Some people are dying with cancer and their debris reading is almost perfect, because the cancer was not breaking up and getting into the blood stream, and all we want to know is, "if it gets in the blood stream is it getting into the kidneys?"
- There have been a few cases of cancer of the kidneys in which the small specimen we were able to get was almost totally clear because we couldn't get any water through the kidneys. In those cases the patient died within 3 days because their kidneys were unable to function, but the little drop they did manage was almost absolutely clear, and it's actually a miracle how they got any specimen at all.
- In some the specimen looked like pure blood coming out of the kidneys because there was such breaking down of the cancer.
- In others the specimen looked like very thick soup.
- I've seen others with very thick sedimentation in the bottom of the container because that was actually pieces of cancer cells coming out and thrown out through the kidneys, or are pieces of the kidney.

You can tell a cancer kidney cell from the other regular cancer cells by the color. In the specimen the kidney cancer cell is the light one and the regular body cancer cell is the most red, or the darker red, or deeper red, or deeper color, and sometimes it can be both which will give it a blend between a red and a greenish battleship grey, between a battleship grey and a green color.

Someone who has a 4M reading and goes on the program, and if they void a reddish urine within 3 days then this:

- may be a typical housecleaning situation, or
- sometimes it could be a kidney stone that turned loose and the irritations breaking up, or
- it could be ulcers in the bladder, or urethra, or
- it could be in the prostate gland of a man, or
- it could be during a woman's menstrual period (it doesn't make any difference whether the woman is menstruating or not, you can still do a reading just as well, just don't pay any attention to the red.)

Chaparral capsules are used and if they want they can have chaparral tea extra, but chaparral helps the body to exchange cells more rapidly by getting rid of them. On some people chaparral acts as a laxative and on some it does not. If it does have them cut it down. Chaparral is recommended according to how bad their problem is, the more numbers that show up on the card the longer I give them the chaparral. If they don't have too many numbers showing up on their card and they're in pretty good shape I give it to them for maybe 2 or 3 months, and if they've got a whole lot of numbers showing up on their card I usually put them on it from 4 to 6 months.

The measurement of cellular waste, debris or albumin is important, but it's not important enough to raise the price of the test US$60.00 to precipitate the cells out, which takes about 2 hours, and then to

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take those cells and run and find the protein and then run the other test then subtract the two, it isn't worth it. I mean it doesn't mean that much.

Even though the perfect albumin reading is .04 M, be aware that in a perfect pregnancy with perfect numbers the albumin will run about 1M.

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PART 6

UREAS
NITRATE NITROGEN
&
AMMONIACAL NITROGEN

(The procedure to measure the ureas has been updated. Presented below is how it was measured.)

Ureas.
See also "Salts" and "Nitrogen". The ureas we measure in the test are the undigested proteins; and protein and nitrogen are the same thing, only multiplied by a factor 6.4. For instance, if you have a breakfast cereal with:

- 6% nitrogen then the protein value is 38.4% (6% x 6.4), and
- 64% protein then the nitrogen factor is 10 (64% / 6.4 is 10%).

Proteins are both carriers and storers of the mineral energy required by the different parts of the body. If that were not true there would not be any such thing as amino acids. Amino acids store protein and this is why amino acids are so valuable to you. Is your kidney made out of the same substance that your brain is made out of? Is your brain made out of the same substance that your liver's made out of? Not at all, entirely a different substance. So what we learn here is that the body distributes and stores the elements required by the respective part of the body that contains the element that is in question.

When ALL numbers are perfect, AND your proteins get above a total of 6, whether it's 5 + 1 or 4 + 2, or 3 + 3 (which is perfect), that lets you know that there is a beginning of a loss of energy, and the FIRST real sign that there is something amiss in your chemistry is an upset in your proteins. In respect of body chemistry the ureas are the first thing to go away from perfect and, when getting well, the last numbers to come back to perfect.

After the first test the ureas should not drop below 12 for at least 6 or 8 months on an adult, or even a year or year and a half. It sits around 18, 20, 22, 24 after the first test and this indicates the body is using potassium.

Now if there is plenty of calciums, or almost enough calciums, then any loss of energy due to an increase in the total protein (ureas) can be caused by emotional causes such as:

- hate,
- revenge,
- worry, or
- not living the golden rule.

In other words these things can be the beginning of your liver not accepting enough calciums and it can be the beginning of ulcers (which again the liver's not accepting enough calciums). Now it looks like I've made a contradiction in what I've said here but I haven't. ALL disease is a result of a mineral deficiency and there's no exception to that rule, but your mental attitude can be one of the causes of why the mineral deficiency exists, and this will show up at the earliest stage in

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all of the numbers of a loss of energy. In other words this is where it starts moving down from and the higher it goes the greater the loss of energy, or the more rapid the loss of energy.

The urea is the very first indication of a loss of energy, that is, when all numbers are perfect except their urea and it's very seldom that you'll ever find this kind of a case.

That letter on the dolomite would be one of the best things to look at because Doc has in the bottom two paragraphs listed the pressure zones beneath that, and it's not in that section, but when you see a combined urea starting around 16 and below, in former lectures he's indicated that this can indicate a couple of things:

- it can be a body in a state of change,
- it can be a potassium deficiency.

By looking at the entire equation and/or using subsequent tests you'll be able to determine the difference.

In regard to nitrogen don't forget this rule, "magnesium is the greatest enemy nitrogen ever had". Magnesium releases nitrogen and dolomite (magnesium oxide of calcium), is used to reduce the undigested protein level in the body because it's not a purgative to most people.

In the analysis expression we measure the nitrogen and the difference between the nitrogen readings is:

- Nitrate nitrogen is anionic, and
- Ammoniacal nitrogen is cationic.

The nitrate nitrogen is the most dangerous because it causes the heart to beat harder, tiring it out pushing you, building up the inward tension a lot more. It's anionic and works faster and while the ammoniacal nitrogen causes the same thing only it just takes a lot more of it. It effects the heart too but it doesn't do it as fast and as quick and it's not as quite as violent. Now in the equation nitrate nitrogen is the top number, and ammoniacal nitrogen is the bottom number.

Remember, "no number is perfect unless all numbers are perfect" and the perfect numbers for the ureas is 3 over 3, when, and only when, ALL numbers are perfect. Now you add the two numbers together, and a total of 6 would be perfect. Remember the higher the numbers go above 6 the greater is the loss of energy:

➢ 6 – 12	Going up from perfect, this is the range in which the person knows something is wrong, that the foods are not digesting like they should, that the proteins are not turning into energy, and that the proteins are beginning to accumulate, and while it denotes some increasing problems there is nothing to be unduly concerned about. Now on a first test only, if all numbers are out and this is 12 or below it denotes a potassium deficiency and then you really need to pay attention to it. A 13 or 14 could also denote a potassium deficiency, but at 12 with all the numbers away from perfect, it definitely denotes a potassium deficiency. The sum of any two numbers 12 or below denotes a potassium deficiency on the first test only.

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➢ 12 - 18	Means that there's a loss of energy, and at 18 you really begin to be tired, in the morning, at night, all the time and there is an increasing irritability, particularly when there is low blood sugar too. Cholesterol is beginning to form in the system. There's a ratio between your chloride salts (solubridge salts), and your non chloride salts (urea salts). Both are salts. The solubridge reads your total salts whereas the urea salts are only your nitrogenic salts which do not contain chlorine, so this you must keep in mind what each thing does.
➢ 18 - 20	You're very tired and irritable all the time.
➢ 20 - 24	Entering the minor pectoris heart attack zone.
➢ 24 - 26	The major pectoris heart attack zone, but there's some exceptions too. It's also possible for 26 to be in the fatal heart attack zone.
➢ 27 - 30	Any numbers that are greater than 26 is the fatal heart attack zone.

Your numbers could be almost perfect at times and yet your ureas would be too high from eating too much of the canned, preserved and embalmed meats, luncheon meats and so forth and the ureas jump way up high and then you become tired, irritable and cranky.

Now let's see what happens when the ureas numbers begin to rise. If that number's up there what's happening inside that makes them so tired? In Doc's own words:

"When I was in college I learned the why of the ureas and I learned by accident what caused it.

There was a certain professor in the college who decided he was going to go organic and he bought himself two milk goats, and this was in the days when many automobiles had canvas tops. He had the goats tied to the automobile when a thundercloud come up, it scared the goats and they climbed on top of the car and poked the canvas top full of holes, and a new top then cost about $35.00, and that was like
$500.00 today, or even more.

Also at that time, a mate and I shared a farm to help get our way through school because work was almost impossible for your freshman and sophomores and by the time you got to be a junior you found the seniors had graduated and given you their job. But this professor came out to where we lived and said, "Do you want two goats?"

"Sure, why not." Food was hard to get and we could then have goat milk.

On the farm we also had a garden, and one afternoon we were planting some young plants and putting out nitrate of soda. Now with goats you only tie one goat at a time, and then the other one won't leave, it'll graze all around but won't leave. You tie one for a couple of hours then tie the other one for a couple of hours. While we were working, the goat that wasn't tied got into the bag of nitrate of soda (which was a form of urea), and he ate enough to kill him. It didn't kill him straight away but in a couple of hours he was a dead goat. So I did an autopsy on him and found out

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he'd died from a heart attack. The high ureas had caused such a severe heart attack that it ruptured the heart, it tore it to pieces.

After I began to do these tests I thought of the thing that caused the goat to have a heart attack, and then I noticed that as the ureas begin to climb the heart begins to beat harder each time. Harder, not any faster, but much harder and you can hear it in a stethoscope. Whenever I heard doctors say, "you've got a heart as strong as a horse", all they were saying was, "you're a candidate for a pectoris heart attack caused by the ureas being too high."

Now as the ureas go down, or the cellular form of the ureas change, then the heart begins to beat softer and the people aren't tired anymore. But when the ureas are high they're just as tired in the morning as when they went to bed at night because that heart has been beating too hard all night. It's simply tired."

In regard to these ureas readings, they're the biggest tattle-tales of all the numbers about heart attack,

AND HEART ATTACKS CAN BE STOPPED WITHIN TWO WEEKS OF ANY TIME THE PEOPLE DEMAND IT.

It's absolutely unnecessary for anyone to have a heart attack unless they've just got to have one, they can't wait.

Let's say for instance that we have a first reading of 12 over 14. If there is no other reading besides that one you would see wrinkles in their forehead caused by nervous tension, and that's cause and effect. Those wrinkles start when the ureas total is 20, and the higher the numbers go and the longer they're there the worse the wrinkles get. Wrinkles begin at 20, and also at that stage the person is tired in the morning, tired at night, and tired all the time. When you see a child that has the 20 reading you can say to the parent, "This child is hard to get out of bed in the morning because he's so tired, he can't get going, but once he gets going he's a stick of dynamite."

Now if you want to win a girl from 8 - 25 over to you as a patient, and really make a friend for life, especially girls in the age group 10 - 15, tell her "your numbers show that you're so tired all the time until you can't hang up your clothes and you can't keep your room tidy."
"How could you know?"
And the mother will say, "you're so right."
"well the child is so tired she just can't do it." She does do what she wants to do and that's just being human, but when it comes to things like this it just doesn't matter enough, she's just too tired.
"See mum, I told you I was too tired."

And you've got a friend for life, somebody that really believes in you. Then you fix their diet and the next time they're looking at you with a smile on their face from ear to ear almost.
"Doctor my room is clean, my room is clean. How is my numbers? How is my numbers?"

There are some people, especially those that have a weight problem, that you will have some difficulty in keeping the urea down low enough because the fat cells are being thrown out so rapidly until they keep the urea quite high, but as long as those cells are visible with your eye you have nothing to worry about, but if those cells become invisible you better watch that urea, and if you're in doubt about it use a stethoscope, or if they have large veins or arteries especially you can

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also tell by the pulse on the artery or how much a vein stands up on the back of their hand. When you see veins standing very high on the back of the hand it means the 7th to 8th vertebra needs adjustment, there's pressure on that nerve and it causes the blood vessels in the back of the hand to stand up and be prominent.

The purpose of the energy intake numbers, 1.5 6.40 over 6.40, is to have a result in the energy outflow part, the ureas 3 over 3, and that is cause and effect. Now the waste particles, albumin or delta cells are big at first and then they get smaller and smaller and smaller until they look like little diamonds when the light shines on them, drifting in there and you can see those with no problem, but if ever the ureas get up to 20 and you can't see those little particles bouncing in there you're in trouble, I've never seen that happen but I've lived in fear to a certain extent that it could happen. But the person would be so tired and the wrinkles would be back in the forehead and it'll be visible.

Digressing slightly, the foam on the ocean is nitrogen and that ocean foam is also cyclic, it comes from the atmosphere into the ocean, is built up, released, and goes back through the wind and this is part of the cleansing process that the earth has. Now if you sprout grains there is a foam formed on the grain that sprouts and if you don't wash that foam off it sours or ferments, but the bottom line is it kills the sprout. That foam on the sprout is nitrogen and it's the process of sprouting that causes the seed to release the nitrogen, thereby lowering the protein content while still remaining a very nutritious food. It can be low protein and yet have all the other enzyme factors that are extremely important.

For men, urine should not foam whenever they urinate into the water. If it forms too much foam it means a high ureas and if it smells of ammonia it also means a high ureas because the ammonia occurs from the urea breakdown in the proteins that are thrown off and if you can smell the extremely strong odor of ammonia then it's a very high concentration, in fact, you're on the verge of a major heart attack in that condition. While we're on this aspect of urea, many times mothers may say, "my baby's urine smells so strong of ammonia and it's really rough to change the diaper". In that case the diet is too rich in proteins for the baby and if she's nursing the baby then the mother should begin taking dolomite as follows:

- 1 x 2 a day, then
- 1 x 3 a day, then
- 2 x 2 day, and then
- 2 x 3 a day

so it won't upset the baby or give the baby diarrhoea. Now if this high ammonia remains in the urine you will get serious skin chapping on the baby because when that ammonia odor is in the diaper it's then very hard to get the soap out when it's washed and this is the same thing that happens in sewage lines whenever they put certain non- biodegradable detergents in the sewer system, it forms a film on the sewage system and then it clogs it up or breaks it down or tears it up. The same thing is happening in our system only on a very mild, mild scale.

In the cell nitrogen is stored in the cell membrane and the cell protoplasm. Now in the analysis when you look through the urine with a light you are analyzing cellular debris, dead cells, and the dead cells are in fact nitrogen, but it's bound up in those waste cells. If your system retained these protoplasmic parts of the dead cells for more than three days they would break down into ammonia salts and build up the toxicity and salt content.

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Remember the effects of increased salt on the system:

- Thickening of the blood,
- Increased irritation of the inner walls of the blood vessels,
- Increased ionization on the blood vessel walls which causes cholesterol to be plated.
- Increased heart stress,
- Loss of blood vessel elasticity,
- Hardening of the blood vessels,
- Loss of muscle tone,
- Weakening of the smooth muscle, and
- Overcharges the nervous system causing it to fray which leads to a breaking down of the nerves.

but the effects on the smooth muscle are particularly important. Now the enzyme for the handling of fats and oils comes from the thyroid (remember "old fashioned grandma's soap"). As the cellular waste stays in and breaks down to a salt it causes the salt level to increase. The high salt then effects the smooth muscle in the blood vessel walls and causes cholesterol to be deposited on those walls to protect them from the high ionization effects of the salts. In fact the cholesterol is there to do a job.

Now what would happen if your body increased it's thyroid production when:

- the delta cells are increasing,
- the salt is increasing,
- the blood is getting thicker,
- the cholesterol is increasing, and
- the oxygen is getting lower.

The urea would rise and you'd increase the stress on his heart to the point where he'd die, because what's happening is this:

- With a high thyroid output we start an emulsifying action on the fats, oils and cholesterol. Now sudden high doses of lecithin or other emulsifying agents can do this too.
- The cholesterol starts coming off the vessel walls and it puts a surge of it into the blood stream, thickening the blood still more.

The result may be vascular collapse and sudden death from either a pectoris or angina heart attack, or both of them at the same time. High ureas is what the medical profession call uremic poisoning and crib death is caused because of the high ureas.

It's the undigested proteins that's the prime cause of many, many crib deaths. Not all of them, but most of them are caused because the ureas are causing that baby's heart to beat too hard each time. The baby doesn't die from a heart attack, it dies from cardiac arrest, in other words, the little heart is so tired that it just can't beat another beat and it just stops.

That is the cause, and it's caused generally because the mother doesn't give the baby enough water to drink because there's nothing about it in the baby books. Most of the baby books say to give the baby liquids, not water, and liquids don't necessarily wash out the ureas but clean water does.

In researching this aspect of cot deaths Doc said,

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"I have tested many, many babies who were brought into the hospital, dead from crib death and when the doctors could find nothing wrong every one of them had a urinary ureas reading of 30. Not every cot death had a high ureas because some of them were smothered and so on, but most of them had that urea reading of 30. Every baby that died from cardiac arrest had a ureas reading of 30 and that is why I have established 30 as the number at which life will cease very quickly and that's cardiac arrest either in a heart attack, or in a crib death or in school.

Now if you see a patient that has an extremely high urea the first thing you'd need to do is have them drink water to wash it out, and one of the first things you'd do with their foods is take them off high protein foods like meats and put them on low protein foods and lots of sprouts. Keep them on the high water until the ureas go below 20, then in addition to the water use dolomite according to their weight and age. Although dolomite is not available to the body as a calcium it is a magnesium catalyst that will cause the undigested proteins to be thrown out of your system in order to prevent a heart attack, and this is the time when you use it. It will drop the undigested proteins in soluble forms which were overstimulating your heart, causing the heart to beat too hard and therefore asking for a heart attack.

Now there are times when you shouldn't drink the water that you're supposed to, for instance, suppose you had low blood sugar, and you had a high ureas, and you started to drink water, then you'd go into a coma. So if you have high ureas, and a low sugar, then you're going to have to use lemonade or some other juice along with it in order to get it down and many times if it's a juice it's going to draw from your own fat until it won't drop down. But the important point that you need to remember is to keep the sugars up while getting the ureas down.

A man had a urea of 25 and was taken off of meat for at least 8 weeks, and there was no cheating, but after all that time he still had high ureas. His pH's were away from normal and if that's the case even any medium to heavy protein will still leave residue behind. The body can only do 3 things as we understand it:

- digest (or attempt to), and utilise,
- digest (or attempt to), and void,
- digest (or attempt to), and store.

In his case it stored the ureas and was releasing them when his system was able to handle to load. Many people who have been called arthritics after they've been on distilled water for a while the water flushes it out and they weren't true arthritics at all, they were the victims of stored excess calcium. I haven't yet seen the ureas fail to move once you:

- work on the pH, and
- remove part of the source of the problem.

because there are two parts to his problem:

- the food he's eating, and
- the rate at which it's digesting.

Take away the food he's eating and substitute, and change the rate at which it's digesting, then the urea has to change. Remember he might only be eating meat once a week but if he's eating meat once a week and not digesting it correctly he's still creating urea. If the undigested protein stays in the body for 3 days and not being completely utilized it gets stored in the form of urea.

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Potassium Deficiency

Now let's look at what happens when the ureas are lower than they should be.

With the ureas number the first test is most important. On a first analysis, on a first analysis, don't forget, on a first analysis, if the sum of the ureas is:

- 15 There may be an ever so slight potassium deficiency, depending on weight.
- 13 There may be a potassium deficiency, depending on weight,
- 12 Definite and noticeable potassium deficiency,
- 11 Early stages of 220 case, look at the other numbers
- 9 Definite 220 case. The tumor has formed and it's not a minor problem, it's a major problem and those people should be gotten into the retreat at the earliest date possible. They may look perfectly healthy as though there's nothing wrong and about the only thing that they will notice, and sometimes they don't notice it because it depends on where it is in the brain, that they are absentminded or forgetful.
- 8 Serious 220 case
- 7 Very serious case.

Now if they have a 220 case and an acute low sugar, less than 1.0, then it's very noticeable, but if they have a higher "low blood sugar", say 1.4 to 5.4 then many times they don't notice it as much. But remember also that the sugar zone from 2.0 to 5.49 is called the "Zone of Misery".

Now suppose that you have a urea test with a total of 10 and all the other numbers are way out of line. You'll need to ask some questions for any time the urea is from 10 - 13, and the questions you'll ask are:

- Are you working quite hard?
- Are you very busy?
- Do you work long hours?
- Are you a hard worker?
- Are you a busy bee? I don't mean trouble maker, I mean they work like crazy.

One of the signs of a brain tumor is a person works, works, works like a machine, they never slow down because it seems that nature knows that their time is short and they're trying to turn out as much work as possible, they work like crazy and the urea keeps dropping until it's down to about 7 or 8 and they're in serious condition and all of a sudden they either have a heart attack or they run out of "get up and go", their go has gone, they can't go, and this is a potassium deficiency.

A 220 Case is a term in math for a brain tumor, and as you get into this you're going to find that brain tumors appear at other places besides below ureas of 12. You may find people with brain tumors where the total urea is 22, 23, 24, or 25 but it's a different kind of condition. Right now it's suffice to say if it's a first test and the ureas are below 12, if there's a picture, that they have a potassium

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deficiency and the worse the potassium deficiency and the longer they've had it the greater the chance of a brain tumor.

With a potassium deficiency, and a true reading, the greater the deficiency the less people are able to function. If on a first test you find a 7, and all other numbers are way out and yet the person walked into your office looking good and alert then that may not be a true reading, they may be in a slight withdrawal from recent changes in things like:

- Diet. They may have read a diet book and be trying it.
- Living location. They may have just moved house.
- Personal circumstances. They may have just gone on holidays. and you'll need to establish by questions what is happening.

Magnesium

But whatever the reading remember the rule, magnesium is the greatest enemy that nitrogen ever had" and while magnesium in dolomite form is used with high ureas it is never used when the ureas are below 15. Do not use dolomite until the ureas get above 15. One no-no is never, never, never use dolomite or magnesium when you have a 220 case, a brain tumor, because it will aggravate the condition.

Withdrawal

Now whenever the body chemistry is going through a withdrawal the urea will drop below 12 and this is one way to tell when a body chemistry is in withdrawal is that the urea will be below 12 along with the other numbers, or way below normal, below perfect is what I'm saying.

Now as soon as it rises above 12 again it means that they are finished their withdrawal and that they're ready for a light diet, and this is very, very important.

Now, as soon as it rises above light diet on a normal case, and they're over their three day light diet and back on food toward normal, and had a week for stabilisation for numbers so that you can give them an intelligent diet, then I would start an Adult, weighing 100 lb or more on 1000 units of vitamin E twice a day because vitamin E thins the blood and the delta cells that are being thrown out so rapidly thickens the blood so thick until it overworks the heart.

Now on a FIRST test you find a urea 24 or above and you put a stethoscope on the heart it's a very loud, beating very hard and you've heard doctors say you're heart is strong as a horse's heart. All they were saying is about to have a heart attack, a pectoris heart attack.

But then you watch this recovery after the withdrawal and then you still got the high urea, put the stethoscope back on the heart and it'll sound like a kitty cat walking on eggs, soft, easy normal beat, not beating too hard. Now if this undigested urea, which is really worn out cells that are very high in protein, stay in the body for three days they'll turn to a salt and this salt then turns to a urea which overstimulates the heart and causes it to beat too hard and this is why it's very good for these cells to be thrown out at a very rapid rate for months, for the rebuilding of all the cells in the body.

Now one more thing about this urea, it generally creeps up on you so slowly until you can have a fatal heart attack and think you're perfectly alright. There's no symptoms that an individual can really connect to it, however the tester can see telltale symptoms.

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If the condition of high ureas exists it's only going to be a matter of time until it's going to have an effect upon the other numbers, for example, let's take a person 40 years old and he has a 23 urea then it's only then a matter of time until he's gonna either have a major or a fatal heart attack, depending on the other numbers.

Number	Sooner Heart Attack	Later Heart Attack
Sugar pH	over 5.50, and below 6.0, and	5.49 or under 6.40
Salt	above 35	18

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PART 7

URINE & SALIVA ANALYSIS

HOW TO CONDUCT THE TEST AND FIND THE NUMBERS

Equipment Needed

The following equipment is needed to conduct the Urine & Saliva analysis:

- Refractometer,
- pH Reagents or pH Meter,
- Color Cards for pH reagents,
- Conductivity Meter,
- Reagent 1, Universal Extract Solution,
- Reagent 2, Sulfuric Acid based Reagent for Nitrate Nitrogen,
- Reagent 3, Potassium Hydroxide based Reagent for Ammoniacal Nitrogen,
- Color Cards for Nitrate Nitrogen and Ammoniacal Nitrogen,
- 6-Well Spotting Plate,
- 5 ml mixing crucible, or 1 dram vial
- 5 Pasteur Pipettes with rubber bulbs,
- Pipette Holder, 5 Pipette
- Penlight Torch,
- 100 cc Graduated Cyliner,
- 3 cc Syringes, and
- 180 ml Specimen Cups, Clear.

In addition you'll need a quantity Bicarbonate of Soda, distilled water and rubbing alcohol for cleaning agents.

Laboratory Rules

The following are rules to help ensure that all the test readings are clear and accurate.

- **Clean Equipment**. As you work with this equipment keep it absolutely clean.
- **Reagent Bottles**. Never leave a bottle open. If you take a substance out of a bottle 10,000 times in one day, close it every time. Close it every time you've finished with it. The reagents are highly caustic and if you spill them they'll burn.
- **Pipettes**. When conducting the analysis never drop your pipettes into the urine sample or reagent bottles, put them down easy or it cracks the tip or breaks the end off and consequently the drop is not the standard size drop and it gives you a wrong reading.

Leaving aside AGE, HEIGHT and WEIGHT, the "PERFECT" test numbers are:

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$$1.5 \quad \frac{6.40}{6.40} \quad 6-7C \quad 0.04M \quad \frac{3}{3}$$

We will go through each of these numbers in turn covering the instrument that's used and showing how the reading is made.

Carbohydrate

The first number is the "Total Carbohydrates" and is most often referred to as "Sugars".

$$1.5 \quad \frac{6.40}{6.40} \quad 6-7C \quad 0.04M \quad \frac{3}{3}$$

The REFRACTOMETER is the instrument used to measure the total carbohydrate content of the urine, and the units of measurement are BRIX. In addition to measuring the sugars in the urine it can also be used to measure the sugar content of anything you want, and in the agricultural course this instrument is used to measure the sugar content of vegetable juices like beans, carrots, oranges, apples, bananas and so forth. It will measure the sugar content of any liquid.

The best refractometer to use has a little thermometer on the outside that reads a tolerance figure from -1 through 0 to +1, but you don't use that small thermometer scale unless the main sugar reading is below 1.0 brix.

When you purchase this instrument make sure that you read and understand the manufacturer's instructions, especially the parts that deal with care, cleaning, maintenance and adjustments.

To get the main sugar reading lift the flap over the plate, take a little of the specimen in a clean pipette and put it right on the plate and fold the flap back over. This pipette is also used to put 1 drop of urine in the mixing crucible. Hold the instrument up to the light and when you look inside you can see the sugar reading.

Now there are two adjustments on the instrument, first is the focus. Adjust the eyepiece until the view of the scale is clear. Now you may also see what looks like a rainbow inside which has a line with green at the bottom then a little blue then purple and a hazy line up and down. There's a little adjusting ring that you turn back and forth, if you turn it one way the inner line goes red whereas if you turn it the other way it goes blue green and right in the middle is a line going straight across.

If the reading is not clear it might also be because it has a little shutter in front to shut out some of the light, so adjust it according to the light you're looking into.

If the reading goes below 1.0 then you look at the thermometer on the outside and you add or subtract whatever is on there and that is the tolerance figure.

In a case where the inner reading came to 0.5 brix, and the tolerance reading was +0.4 you add the inner reading and the tolerance reading together which gives your final reading as 0.9.

pH

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The next two readings are the pH of the urine and the pH of the saliva. The urine pH is always written in the top position and the saliva pH is written in the bottom position.

$$1.5 \quad \frac{6.40}{6.40} \quad 6 - 7C \quad 0.04M \quad \frac{3}{3}$$

The pH can be measured in one of two ways, either by:

- Chemical reagent, or
- Instrument.

The chemical reagents used are:

- Bromcresol Green for pH between 3.8 to 5.4
- Chlorphenol Red for pH between 5.2 to 6.8
- Bromthymol Blue for pH between 6.0 to 7.6, and
- Phenol Red for pH between 6.8 to 8.4

When using the chemical reagents put 1 drop of urine in each of 4 wells on the spotting plate. Start by adding 1 drop of Bromthymol Blue to 1 well and read the pH off the color chart provided with the reagent. Do not make a reading by fluorescent light because you get a very, very poor color from fluorescent light, use natural light if you can, or if you can't then use incandescent, but try to avoid fluorescent light:

- If the color goes blue, indicating out of range in the alkaline direction, then next use the Phenyl Red to zero in on the pH.
- If the color goes yellow, indicating out of range in the acid direction, then next use the Chlorphenol Red. If the Chlorphenol Red also goes out of range in the acid direction then use the Bromcresol Green.
- If the color for the Bromthymol Blue is within scale that is between 6.0 and 7.6 then use the appropriate Chlorphenol Red or Phenol Red to verify the Bromthymol Blue reading.

If the readings do not concur then run the test again.

If an electronic instrument is used then read, understand and follow the manufacturer's directions on use, care, maintenance and adjustments.

Salinity or Salts

(Note: the conductivity procedure has been updated from that originally given. The original procedure was the dilute method, but with advancing technology, an undiluted procedure was later agreed to by Carey Reams and included an “adjusting” denominator – explained later.)

The conductivity or salt reading, referred to as "salts", is the next number.

$$1.5 \quad \frac{6.40}{6.40} \quad 6 - 7C \quad 0.04M \quad \frac{3}{3}$$

In measuring the salt content, or conductivity, of the urine you use an electronic "Conductivity Meter" that measures conductivity in "MICROMHOS" or "MICROSIEMENS", i.e. in the range of 10^{-6}.

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This raw conductivity reading then needs to be "converted" to a "C" reading. Perfect salts are between 6-7C (see above in red).

There are two methods that can be used to measure the "salts":

- Dilute (which is the original), and
- Concentrated (a method determined later by Bob Pike and Carey Reams).

As with all electronic equipment's, read and understand the manufacturer's instructions on the use, care, maintenance and adjustments of the meter and pay particular attention to the "temperature" setting. A thermometer is an essential requirement if the meter has an adjustable temperature dial because a sample's temperature will vary from 98^0F (37^0C) downwards depending on the time the sample has been sitting, its volume and the ambient temperature.

The advantages of the dilute method are:

- It is the method devised and used by Reams for many years - it is the most accurate measuring method and is subject to the least error,
- It may be the only way to run the test where there is a small amount of urine, e.g., from a baby, an animal or even someone who's incontinent.

While the advantages of accuracy and reliability are the main drawcard, the main disadvantages of the dilute method are that:

- It is significantly slower as it takes more time to run,
- Temperature is more variable so a thermometer is more necessary for an accurate temperature setting, and
- The ratio of pure, de-ionized water to urine is critically important.

Dilute Method.

To use the dilute method take a 100 cc graduated cylinder and put a small amount of pure deionized water in the bottom. Add an accurate amount of $2^1/_2$ cc of urine to it then fill the cylinder up to 90 cc so that you have $2^1/_2$ cc of urine and $87^1/_2$ cc of deionized water (a urine to water ratio of 1:35 exactly). Mix well. The reason for the small amount of water, then urine, then the remaining water is to assist in the mixing process. If you can't get deionized water then use a good, high quality, distilled water.

If you can't get some small syringes to measure the urine then it takes 20 drops by a standard Pasteur pipette to make 1 cc, so 50 standard drops will make $2^1/_2$ cc's.

Carefully place the probe into the dilute solution until the hole is about 10 mm's under the surface and gently tap it to release any air. Take the reading in micromhos (or microsiemens) and multiply the result by .0406 to give the unadjusted reading. Divide by 100 to give "C" units.

Alternatively, and roughly, take the reading in micromhos or microsiemens, multiply the reading by 4 and divide by 100. There is little difference in being super accurate and roughly accurate. For instance, if your microsiemens reading on the LCD display is 250, then:

- multiplying by .0406 gives 10.15C, and
- multiplying by 4, then dividing by 100 gives 10C. A minimal difference.

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Note: "C" is only a shorthand figure and is the Roman letter for 100. In measuring the salts you only take a reading to the nearest 100 microsiemens, or 1 "C". So 600 to 700 Micromhos or Microsiemens is 6 to 7 C. When recording the salinity reading do not record the letter "C", just use the number, say 10.

The concentrated method is far quicker but is also subject to a greater error. To take the reading first check the temperature and set the dial accordingly. Next immerse the probe into the specimen and gently tap the probe to remove all the air then take the reading in microsiemens. Divide the result by 700.

For instance, a reading of 7000 microsiemens divided by 700 gives 10C for which a 10 is recorded. When working with the concentrated method it is often helpful to have a conversion chart handy per the example below:

Note: 700 microsiemens = 0.7 millisiemens so you need to watch your meter scale.

"C"	mS	"C"	mS	"C"	mS	"C"	mS	"C"	mS
1	0.7	6	4.2	11	7.7	16	11.2	21	14.7
2	1.4	7	4.9	12	8.4	17	11.9	22	15.4
3	2.1	8	5.6	13	9.1	18	12.6	23	16.1
4	2.8	9	6.3	14	9.8	19	13.3	24	16.8
5	3.5	10	7.0	15	10.5	20	14.0	25	17.5

Albumin

Your albumin, cellular waste, or delta cells are the natural base exchange in cells, and when you're healthy and drinking the correct amount of water then an adult should throw out 40, 000 millilitres, or 0.04 M, of dead cells with each litre of urine, and if you throw out more than that something is seriously wrong.

Many times the albumin reading is higher than 4 M, and I've seen it like soup, but above 4 M it's all the same, we just quit counting at 4 M. M is short for Million. (Note: later procedures take note of the particles above 4M).

$$1.5 \quad \frac{6.40}{6.40} \quad 6-7C \quad 0.04M \quad \frac{3}{3}$$

The albumin reading is the most subjective reading of the whole test procedure. When you hold the urine specimen up to the light and look in it you'll probably see some foreign particles floating around in there. Those particles are albumin but there are many more that can't be seen.

Hold the penlight torch to the side of the specimen and shine the beam through it. You'll see particles in the urine shining like little diamonds and they are cellular particles that make up the

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albumin so the reading of .04M means 40, 000 particles per litre. When recording the reading do not record the "M".

When you hold it up to the light, or use a penlight, count the particles you see and multiply them by 20 000. After you get to 4 million just quit counting because it doesn't make any difference.

Unassisted Eyeball Reading	**"M" Number**	**In a good beam from a penlight**
Number of Seen Particles		Number of Seen Particles
Clear	0.04	2
1 – 3	1	50
12 – 15	2	100
35	3	150
45	4	200

With the debris itself we're dealing in millions, but the main thing you want to know is, "is nature cooperating or isn't it cooperating", and this is actually what this reading lets us know.

(Note: this procedure has been updated by the implementation of a plus system (+))

Ureas Test
(This procedure has been updated)

The ureas test is the final part of the test equation and the ureas are the undigested proteins or the nitrogen's. There are two parts:

- Nitrate Nitrogen, and
- Ammoniacal Nitrogen.

The Nitrate Nitrogen reading is the upper number and the Ammonia Nitrogen number is the lower number.

$$1.5 \quad \frac{6.40}{6.40} \quad 6 - 7C \quad 0.04M \quad \frac{3}{3}$$

When we do the ureas test we use a small mixing crucible. Start this test as follows:

- Using the pipette that was used to place the urine on the refractometer put 1 drop of urine into the mixing crucible. You have now finished with this pipette so put it aside for cleaning.
- Using a clean pipette put 6 drops of Reagent 1 (Universal Extract Solution) into the crucible with the drop of urine. Put this pipette aside and cap the reagent bottle.
- Using a clean pipette mix the 1 drop of urine and 6 drops of Reagent 1. This is done by placing the end of the pipette in the solution and squeezing the bulb for 1 minute or 120 squeezes. When the solution is well mixed put 1 drop in each of 2 fresh, clean wells in the spotting plate. You have now finished with this pipette so put it aside for cleaning.
- Take the Sulfuric Acid based Reagent 2 (Nitrate Nitrogen) and a clean pipette. Into the edge of the top solution DROP 1 drop of Reagent 2 at the corners, north, south, east and west (or

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using a clock face, at 12, 3, 6 and 9). Do NOT place the reagent drops into the solution, let each drop fall and form as a drop then run down the side of the well into the edge of the solution. Put the pipette aside and cap the reagent bottle.

- This will form a blue color and ring pattern which will enable the Nitrate Nitrogen content to be read. Depending on temperature, the color and pattern will develop over a period of 5 minutes. The higher the level of Nitrate Nitrogen the darker blue the color. A reading over 10 will be indicated by color forming before the last reagent drop is added.
- While the Nitrate Nitrogen test is developing run the test for the Ammoniacal Nitrogen.
- Using a clean pipette and the Potassium Hydroxide based Reagent 3 (Ammonia Nitrogen) into the edge of the bottom solution drop 1 drop of Reagent 3 at the corners, north, south, east and west. Do not place the reagent drops into the solution, let each fall and form as a drop then run down the side of the well into the edge of the solution. Put the pipette aside and cap the reagent bottle.
- This will form a yellow color and ring pattern which will enable the Ammoniacal Nitrogen content to be read. Again depending on temperature, the yellow to brown color and pattern will develop quickly over a period of about 15 to 30 seconds.
- IF THE READING IS TOO HIGH THEN THE "DILUTE PROCEDURE" (detailed below) WILL NEED TO BE USED. (I've never needed to use the dilute procedure.)
- If you have another test to run then pipettes used for Reagents 1, 2 and 3 can be reused from the Pipette Holder.

Urea Dilution Procedure.

To get urea readings where the reading initially goes over maximum you use the dilution method and double the answer.

You use one drop of your extract solution with the urine in it and one drop of straight reagent and then just shake it just a little bit and then use your four drops of your each solution and multiply the reading by 2.

There's another way you can do it also and that is use a double amount of your extract solution and put one drop in it, but that's quite a waste of your extract solution, but you can double the amount of extract solution to start with and add one drop to twice the amount and then multiply it by two after concentrating it for one minute.

Another dilution method is to double the amount or reagent drops. Instead of using 4 drops of the Sulfuric Acid or Potassium Hydroxide on a dilution you use 8 drops.

Precautions and Laboratory Practice

There's no use in using sub-standard, or unclean equipment when you expect, and need, perfect answers, especially when dealing with human life.

The conduct of the analysis always requires good, solid laboratory procedures to ensure accurate readings, procedures that ensure:

- equipment is kept spotlessly clean and in good order,
- the laboratory or test area is also kept clean, tidy and in good order, and
- unused bottles are kept capped every time you use them.

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One thing about using laboratory equipment is that any laboratory technician or user that's worth his salt works with almost no noise at all, he'll lay every piece of equipment down like it was glass, which most of it is. You hear a laboratory technician making a noise and you're in the presence of a laboratory technician that handles his equipment poorly. You barely hear a light ting, ting, ting now and then as they locate the various things because most of the time they take a pipette out of a little bottle that it just fits, they'll reach over, pick it up, put the drops where they should and never look back and still put it back in the same bottle without even looking and then automatically get the bottle give a twist and the cap is on.

Having all the laboratory equipment in the exact same spot every time will greatly speed the completion of all the analyzes. In other words, be sure that every piece of equipment is placed where you can pick it up from the exact same spot each time and don't have it scattered all over the bench where you have to hunt for it each time. Have an exact spot for every piece of equipment, and in this manner you'll do much more accurate work.

You need to keep the bottles capped when not in actual use and use a specific pipette in one specific bottle. Do not change your pipettes from one bottle to another, if you do you'll ruin the solution. You must keep each pipette connected with its own specific bottle and not change it from one bottle to another. Before you change it from a bottle that you have emptied to a new bottle be sure that the pipette is thoroughly washed, sterilised, dipped in alcohol and rewashed in distilled water and then dried before you transfer it to a next bottle.

One of the very important things is to always be sure that your pipettes, your 6 well spotting plates and other vials are clean. Wash your equipment every time you use it and it must go through the following baths:

- **Plain Water** bath for a quick rinse and wash.
- **Soda Bath** of a strong solution of Bicarbonate of Soda. Wash for at least 30 seconds, or soak in it, and then rub it with your finger until it's squeaky clean, until it's no longer slick. It just doesn't go through a soda bath otherwise it'll form a plastic-like film over the platelet and you'll come up with a cloudy reading that no-one can interpret. If you have a urea reading that's too cloudy it's because your equipment is not clean.
- **Plain Water** bath, to rinse off the Bicarbonate of Soda.
- **Alcohol Bath**, wood alcohol, ordinary rubbing alcohol.
- **Distilled Water** or Pure Water, and then sling the water off or out of it, and
- **Alcohol Bath**, and if the alcohol sticks to the surfaces of the pipettes, plates or vials they're not clean. The alcohol bath is so it dries quicker.

If the equipment is not clean it will not give you a clear, concise reading and it can even give you a lower pH reading than it really is. To make sure it's clean you can use your Chlorphenol Red. Have some in a check container and pick that up into your pipette and if it changes color your pipette isn't clean. When you drop it onto your plate and swish it around a bit if it begins to change color around the edge it's contaminated. If it's got one contaminating cation in there it'll change color. If it doesn't change color put it back into your check container but even then the plate and pipette goes through the water bath and then the alcohol bath again.

If you have a reading in which the color is not according to your instruction then the equipment is not clean and this can even start with a pipette.

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With your pH meter you need to check the accuracy of your reading several times with your buffer solutions, and don't let it get out of range. You've also got the same cleaning problem with the pH meters, you must keep the vials and probe clean, and you have to really clean that probe or you're going to get the wrong reading. Now the best thing to do is put the probe into distilled water and see if you get a zero reading, and if it is, it's clean. You don't clean the refractometer, pH or conductivity probes in the soda bath. If you clean the electrodes in the soda bath the soda will coat it, it's better to rinse the electrode with plain water.

When you travel in an aeroplane all of your equipment, and especially the reagents, should be in ziplock bags, or plastic bags, and tightly bound together with a rubber band.

NOTE:

i. Each single test will require the use of 5 pipettes. When additional tests are to be done at the same time then an additional 2 pipettes are required per additional test.

ii. The cost of "Pasteur Pipettes" in bulk form is often so low ($12.50 per box of 200) that it may be more economical to use the pipettes once only then discard them rather than clean then in bicarb, alcohol and distilled water. In the same manner, the mixing crucible can be a “disposable” small 1 dram glass test tube vial which will eliminate cleaning.

iii. Equipment (not chemicals) can be purchased from "Laboratory Supplies" at Osborne Park, Perth, or your local laboratory supply house.

iv. Lamotte chemicals were purchased from “Vendart” in Sydney. Check with Lamotte for a local distributor.

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PART 8

A SHORT COURSE IN CHEMISTRY
(This needs additional review)

Introduction

The Theory of Biological Ionization crosses many boundaries, but while it's main use is in analyzing the efficiency of the human chemistry, and monitoring what's happening, the basis of BI is in the sciences; physics, chemistry, biology and mathematics. The Theory was developed by strict application of mathematics (calculus and relative math) and the laws of physics to the process of chemistry and biochemistry. So, no discussion about the Theory of Ionization would be complete without looking at the changes it would cause in the field of chemistry, and the redefining of some terms to reflect a greater accuracy of meaning.

Where new knowledge outstrips old definitions, as are used in current teaching, the problem arises whether to modify current terms and use them, or invent new terms and use those. Whichever option is selected both have their own problems. The pioneers of Biological Ionization decided to use the current terms, but modified their definitions; redefining them to be more accurate and more specific.

It used to be said that, "he who controls the atom will control the universe", but that's not exactly true anymore. That saying has been refined as our knowledge increases because "he who controls the ion will control the universe."

Atomic Particles

In starting to examine the physical universe we'll start with the ion and progress to the atom then look at the energy in ions.

An **ION** is the smallest particle of energy in existence, and it's so small that if one ion was enlarged to be the size of a golf ball then the next nearest ion would be 1730 miles, or 2780 kilometers, (or roughly the distance between Perth and Melbourne as the crow flies). The term "ion" is nonspecific because there are two types of ions, anions and cations, one negative and one positive and it is the association of anions and cations in a specific ratio that actually forms the core and outer shell of an **ATOM**. If you change the ratio of structure between the core and shell you change the nature and synchronization of the atom. In other words, a change in electrons is a change in element, an element being all of one synchronized substance, like iron, gold, carbon etc..

An **ANION** is the smallest particle of energy and is negative. A **CATION** is the second smallest particle of energy and is positive. Anions and cations are energy, and energy has many different forms and kinds and shapes and comes in many, many different patterns. A good chemistry book will show nine different patterns of energy that a single atom may have. Patterns like:

- Cubic, face centered,
- Cubic, body centered,
- Cubic

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- Diamond,
- Hexagonal
- Orthorhombic,
- Rhombohedral
- Tetragonal, and
- Monoclinic.

Now the origin of all energy is elementary and an **ELEMENT** is any substance with the same atomic number that cannot be reduced to any other substance and has two or more atoms in a definite energy ratio to one another. In other words, the anions and cations have synchronized to a single energy pattern and the synchronization has become equal.
If you could blow the anions and cations up big enough to see them with the naked eye they would look something like the parts of a 3D jigsaw puzzle, in other words energy is not all the same shape and form, and it's the different shapes and form of energy that makes things different and it is these actual energy particles that may or may not become a part of you.

For instance, the parts of a Volkswagen will not fit a Ford because they're the wrong shape and it is the same with the particles of energy. Energy shapes are different just like the parts of a Volkswagen or a Holden or Ford are different shapes. The shapes of the atoms and of the anionic and cationic molecules that we're made from are also different shapes. While energy in it's simple, elemental form has nine patterns, energy in its compound form has many, many thousands, even millions, of different shapes.

For instance, an apple is different from an apricot or a peach or a green bean because they're made out of different kinds of energy, different size particles. A fig is different from an olive because there's a difference in the shape of the particles of the energy that each are made from and this is what makes one thing different from another, is the shape of the energy in the matrix. For instance, when you smell a flower, you're smelling some loss of energy from that flower, and when that particle of energy strikes the little nerve endings in your nose and short circuits them you say, "that's the scent of a rose", or, "that's the scent of a violet" when you smell a violet, or when you smell a skunk that's a part of that skunk's energy that's been lost.

So whatever the odor is it's a part of that energy that you're smelling, and this is also the size that food must be in order to have it even available, or with a possible availability, of being put onto your frequency down to the milli micron of our own body chemistry, or else it can't become a part of you.

Still looking at the structure of the atom, the term **ELECTRON** is also a nonspecific term because an electron is the energy in the outer orbit, or outer shell, of an atom and an electron can be either anionic electron or cationic electron, either positive or negative electrons.

When using the terms ION and ELECTRON, the difference is such that ION generally refers to the atomic core and ELECTRON refers to the outer shell, but it can be either. For example, in an isotope you may have a cation as the ion or an anion as the ion, or vice versa. An **ISOTOPE** is when the energy particles in the ion and electron change places. The very fact that we have isotopes makes chemistry complicated and because nature and energy will follow **THE LINE OF LEAST RESISTANCE** it means that certain elements have the power to theoretically, and do, change from one side to the other. In other words, the isotope is going to be on the "winning" side, the side

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with the greatest magnetic pull because the Line of Least Resistance is along the line of greatest magnetic pull. When you look at an isotopic atom there's a constant change from the "center" to "out" and "out" to the "center" and that makes it a balanced isotope.

When something is IONIZED it means that something has been added to the ion. You can add the same thing, for instance, you can add gold to more gold, or you can take copper and add gold to it and have a gold plate. In other words, to ionize something is to add something to a substance. In the same way to deionize something means to take something away, and when you put the words together you get IONIZATION, and that means how things are put together and how they're taken apart. Ionization is the moving of particles from a negative pole to a positive pole, and the unhindered rate of ionization is the speed of light and is 186 400 miles per second.

Try to keep the Theory of Ionization as simple as possible, as small particles moving from a negative origin to a positive collecting point, as particles collecting in the heart, in the brain, in the eyes, in the toenails, in the bones, in the tissue and the many different secretions in the body. The Biological Theory of Ionization is the same theory that takes place in a silver plating, nickel plating, chromium plating tank, and

IN THE BODY YOU CANNOT CORRECT THE CONDITION THROUGH THE DIET UNLESS YOU KNOW THE POINT OF ORIGIN AND KNOW THE ELEMENTS NECESSARY TO MANUFACTURE THE SUBSTANCE NEEDED AT THE POINT OF LOSS OF ENERGY, WHICH IS THE MALADY.

The liver is the origin of the stomach's HCl and it moves the ionized particles that comprise it, a little bit at a time, to the storage sacs of the stomach, and all of this does not go through the bloodstream, some of it goes direct and some of it goes by the ionization that takes place within our bodies. The little particles in this solution start off as a negative charge but as they come to the collecting point they accumulate and, being a relative matter, many of them form between the point of origin and the point of collecting but they're still manufactured at the point of origin. For instance, thyrotoxin and thyroxine are both cationic substances and are not made in the liver.

So it is through this that we can predict anywhere from minutes to months or years in advance where disease is going to strike, and it is through this that we know where the malady is going to strike. For instance, suppose you had a four year old child and the child had a potassium deficiency, it wouldn't take any great amount of brains to know a brain tumor was developing, or suppose you had a child with a carbohydrate reading of 8 or 9, it wouldn't take any great amount of brains to know that the child was going to be a diabetic if you didn't correct that condition.

So corrective action for these conditions should begin at the earliest point of discovery, even in childhood. Do not wait until the disease knocks you down or makes it absolutely impossible for you to go, and then do something about it. Parents should be taught that when children misbehave there may be a biological reason for it.

There is a specific difference between an anion and a cation, and the difference is determined by an oscilloscope and occurs in the direction of rotation and the energy levels. Leaving the energy levels aside for the moment, an anion rotates clockwise and a cation rotates anticlockwise, simple as that. Also in relation to electrical charge, an anion is a negative charge and a cation is a positive charge.

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An **ATOM** is a particle that contains anions and cations. The atom may have either:

- a cationic core and anionic shell (positive core and negative electrons), or
- an anionic core and cationic shell, (negative core and positive electrons).

An atom is either a cation or anion all by itself and it doesn't have to be divided to become ionic. In other words, it does not borrow a charge from another element to make it ionic, although it may borrow some energy units, or pick them up again.

There are nuclear physicists and particle physicists who claim to have found many new particles when they have bombarded the atom but what they have really found, but not identified properly, is the loss of energy from the atom. They have picked up the loss and change of energy in it, and the energy is either a negative or positive, or anion or cation, or proton or neutron which is saying the same thing in three different ways, and they are trying to classify at certain levels the difference in a substance, like water. For instance, the purest of water, pure H_2O, does NOT all weigh the same, there's all kinds of pure water, not including the compounds in water either. For instance, you have heavy water, you have light water, you have dry water and then you have just water, and it's a variation of the energy of your anions and cations that make it up. The lower the energy number of the anion and electrons in water the drier the water, the greater the energy number the heavier the water.

The atomic number of an element is the position of that element in the **PERIODIC TABLE OF ELEMENTS**, and the **ATOMIC WEIGHT** of an element is determined by the number of electrons AND the number of units of energy per cation or anion, or you can say the atomic weight is the frequency of an element, and is also the atomic energy in a given space. So in working with the Periodic Table of Elements the greater the atomic weight the greater the frequency. The atomic weight gives the total number of cations and anions in the outer and inner shell of any substance.

All elementary and compound atoms are made of cations and anions and it's now time to break a theory in chemistry that is commonly taught. Most people were, and are, taught that an atom had to have the same number of protons as electrons, for instance, the taught configuration of some well known elementary atoms is:

➢ Hydrogen (H)	1 Proton,	0 Neutrons,	1 Electron
➢ Carbon (C)	6 Protons,	6 Neutrons,	6 Electrons
➢ Nitrogen (N)	7 Protons,	7 Neutrons,	7 Electrons
➢ Oxygen (O)	8 Protons,	8 Neutrons,	8 Electrons
➢ Sodium (Na)	11 Protons,	12 neutrons,	11 Electrons
➢ Phosphorus (P)	15 Protons,	16 Neutrons,	15 Electrons
➢ Chlorine (Cl)	17 Protons,	18 Neutrons,	17 Electrons
➢ Potassium (K)	19 Protons,	20 Neutrons,	19 Electrons
➢ Calcium (Ca)	20 Protons,	20 Neutrons,	20 Electrons
➢ Manganese (Mn)	25 Protons,	30 Neutrons,	25 Electrons
➢ Arsenic (As)	33 Protons,	42 Neutrons,	33 Electrons
➢ Iodine (I)	53 Protons,	74 Neutrons,	53 Electrons

The current teaching for chemistry is wrong and it has been taught incorrectly for many years. For instance, any time in math, or physics, or chemistry, that you have a ratio of 1:1 you have the same thing. In chemistry you were taught that you had to have the same number of protons as electrons,

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or as we say, the same number of cations as anions. Hydrogen has one proton and one electron, or one cation and one anion, a ratio of 1:1. Therefore anything that has the ratio of 1:1 should be hydrogen because nature would follow the Line of Least Resistance to make it so. Therefore, if oxygen had 8 protons and 8 electrons the physics of that structure would follow the line of least resistance and break it down to be 8 atoms of hydrogen. But since that doesn't happen it means that either nature doesn't follow the Line of Least Resistance or the currently taught atomic theory in chemistry is wrong. Since nature does follow the Line of Least Resistance it can only be that the current atomic model is incorrect.

In considering the energy and structure of atoms Carey Reams said,
"When I finished at college and got my Doctor of Science degree I could not figure energy in anything and I was taught just like you were taught, I did not know how, and when I got out into the field to work I fell flat on my face, I absolutely almost went insane for about three years trying to figure out what was wrong. You cannot figure energy as long as you have a ratio of 1:1, it's impossible, it cannot be done. So finally, in desperation, I went to private teachers who taught me how to figure energy, and to teach me the basic foundations of figuring energy I was charged US$50.00 an hour back in the Great Depression. In other words, they taught me the foundation of figuring energy. Dr. Charles Northam was the one who taught me how to figure this energy and taught me how wrong the books were, and he had a nice write up in the 1937 Readers Digest. So what I'm saying to you is forget what you've been taught in the past and now just take it like it really is and I will prove this more and more as we go through it."

In considering the previous list of elements and what makes each element different to the other, consider this, the factor that makes the elements different to each other is the electrons in the outer orbit, that is, the ratio between anions and cations. Remember, it is the electrons in the outer shell that makes one element different from another. For instance, it is the atomic weight (AW) that gives the ratio of anions to cations, and the direction of electron spin that gives the configuration of core and shell, such that:

➢ Hydrogen (H)	(AW 1)	1 Anion, 1 Cation
➢ Carbon (C)	(AW 12)	1 Anion, 12 Cations
➢ Nitrogen (N)	(AW 14)	1 Anion, 14 Cations
➢ Oxygen (O)	(AW 16)	1 Anion, 16 Cations
➢ Sodium (Na)	(AW 23)	1 Anion, 23 Cations
➢ Phosphorus (P)	(AW 31)	1 Anion, 31 Cations
➢ Chlorine (Cl)	(AW 35.5)	1 Cation, 35 Anions (anionic element)
➢ Potassium (K)	(AW 39.1)	1 Cation, 39 Anions (anionic element)
➢ Calcium (Ca)	(AW 40.1)	1 Cation, 40 Anions (anionic element)
➢ Manganese (Mn)	(AW 54.9)	1 Anion, 54 Cations
➢ Arsenic (As)	(AW 74.9)	1 Anion, 74 Cations
➢ Iodine (I)	(AW 126.9)	1 Anion, 126 Cations

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If you had a cationic element (anticlockwise electron rotation) with 1 Anion and 40 Cations you would not have calcium, you would have a new element that hasn't been named yet. It would have an atomic weight of 40, the same as calcium, but the elementary properties would be different because the direction of electron spin is different and is of great importance. The relationship between anions and cations and protons, neutrons and electrons, is:

- Cations are protons. A cation is the charged particle which will go to the cathode, therefore cations are positive therefore they are protons.
- Anions go to the anode, therefore they are negative particles. Neutrons are always negative.
- Electrons can be either positive or negative, either one. The electron is the outer shell and the atomic weight is the number of electrons in that outer shell.

Now remember this, in all of our foods there's only three anionic, elements:

- Chlorine,
- Potassium, and
- Calcium.

Calcium is anionic and has 1 cation (nucleus) and 40 anions (electrons) - negative electrons
In contrast, Carbon is cationic and has 1 anion (nucleus) and 12 cations (electrons) - positive electrons

If you then consider the isotopes:

- Hydrogen,
- Helium,
- Nitrogen, and
- Oxygen.

The remaining elements of nutritional interest are cationic.
Now calcium is always anionic, or alkaline, and there's no exception. If you were to combine anionic calcium with, say, cationic sulfuric acid in a test tube then the calcium will appear to be cationic, or acid, but it is still calcium and calcium is always an anionic substance, anywhere, anytime, anyplace, on the bottom of the ocean, in the ocean water, in the soil, in a seashell, or anywhere else, it is constant. The calcium is an anionic substance because the electrons in orbit always rotate clockwise.

Introduction to Ionic Energy

At this stage we'll move a little deeper into the actual energy configuration of anions and cations.

An anion is the smallest unit of energy and has a variable energy rating between 1 - 499 Milhouse Units such that each one anion may contain from 1 to 499 MHU and still be referred to as one anion. In other words, the smallest anion in existence has 1 MHU and the largest anion there is has 499 MHU. A single anion is so small that it cannot be divided, halved or quartered and if you are to try to comprehend what an anion is with its variable powers of energy you must think of the smallest anion as a container with 1 marble in it, and the largest anion as another container with 499 marbles in it. Now you can divide these marbles by computer anyway you want to but each anion is just like each container and you can't halve, quarter or third that container. Each anion comes in wholes and we refer to them all as anion regardless of the MHU that they contain between 1

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and 499. In discussions or calculations about molecular power we use the average anion of 250 MHU.

The cation is the second smallest unit of energy and has a variable energy rating between 500 and 999 Milhouse Units and, using the law of averages, the average variable of energy for a cation is 750 MHU. In considering the average energy value of one average atom of hydrogen with one anion and one cation would be 1000 MHU.

The greater the number of Milhouse Units of energy in an atom, the greater the atomic weight.

Hydrogen, the Simple Element??

The lightest Hydrogen atom possible has 1 MHU per anion and 500 MHU per cation totaling 501 MHU.
The heaviest Hydrogen atom possible has 499 MHU per anion and 999 MHU per cation totaling 1498 MHU.

All elementary and compound atoms are made out of anionic and cationic energy and when you consider the variables in the energy levels, 999 differentials, you are beginning to peep through the keyhole into the makeup of the universe. These energy numbers are actually introducing you to a field of mathematics that is so vast it's incomprehensible in it's overall pattern because you can take an ordinary deck of cards with 50 cards in it and there's over three million (3 000 000) different plays that can be made with just 50 cards. Now here you have 1^{999} and all of the differentials that could be made with that and you know what you have? You have a universe on your hands. You have everything in the universe to deal with, all matter, all substance, all gas, all air, and all the oceans and everything else that's made from anions and cations. There's nothing made that is made without them and this is the start of the power that you'll have in your hands to bring help and aid people to have better health.

ACID and BASE

Conventional teaching is that a base is an alkaline with a pH over 7.0 and an acid has a pH under 7.0. This is not always true and is therefore false teaching. The real difference between acid and base is the direction the electrons travel in the molecule. In a base the electrons travel in a clockwise direction and in an acid the electrons travel in an anticlockwise direction. That is the only reason that any substance is a base or an acid and there is no other reason at all. The difference between an ACID and a BASE (Base = Alkaline), is determined by the direction of spin of the electrons in the outer shell of an atom. In an acid the electrons travel counterclockwise, while in an alkaline, or base, the electrons travel clockwise - it's as simple as that. So a cation is an acid and an anion is a base, and that has everything in the world to do with digesting your foods.

In explaining acid and alkaline, cation and anion, Carey Reams said,
"One person in the very first Biological Ionization course tested lemon juice and said, "doctor, there's something wrong with your teaching, lemon juice has a pH of 5.80."
I said, "So what?"
He said, "Well that's an acid." I said, "It is not."

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"Well, it is acid, isn't it?"
I said, "No, it's not acid. Remember your pH is a measure of resistance, please don't confuse it."

So remember, pH is a measure of resistance, it is not a volumetric reading. You've been taught that if the pH is above 7.0 it's alkaline and if it's below 7.0 it's acid but that is not true, in it's broad sense it is, but in it's exact sense it's a measure of resistance, and when you know how to take those numbers and to untangle them and unravel them it means something. But if you take lemon juice, test it and find the pH to be below 7.0 don't think that it's acid, it is alkaline. The pH measures the resistance between the anions and the cations, and that's all pH is. Now in a broad sense it means that you either need one or the other, or are deficient in one or the other, or you use one or the other to bring the resistance in a range so that the right amount of energy can be given off at the right time on the frequency down to the milli milli micron that you can use. The pH has nothing to do with the direction in which the electron travels, nothing.

For years it's been taught that hydrochloric acid (HCl) is an acid, but using the rotation characteristics of anions and cations it turns out that HCl is really a base because the electrons travel in a clockwise direction according to the oscilloscope, the opposite direction to an acid, and that has everything in the world to do with digesting your foods and gaining energy.

In considering that atoms have to link to form a molecule, let's take Hydrogen and Chlorine and see. Remember, an isotope is an atom that's going to follow the Line of Least Resistance. Hydrogen is an isotope so it'll get on the winning side and it doesn't matter which side it is, so therefore when hydrogen comes into the realm of chlorine (anionic element) it's going to follow the Line of Least Resistance and they're going to join, H-Cl, to make a double anion with cation cores. In coming together enough cations have to link, and enough anions have to link, so that the cation cores are held in place by the anionic electrons. It's like putting a fence around a bunch of white leghorn chickens; the cations are trying to get away but the anions are circling around them keeping them in.

If Hydrochloric Acid was not a base you would not take HCl tablets to help digest your food, because the liver bile and gastric juice should be anionic.

In summary then, an ANION:

- is the smallest amount of energy that can be measured and has an energy range from 1 to 499 MHU.
- is a negative charge of energy.
- rotates clockwise.
- is a base.

A CATION:

- is the second smallest amount of energy that can be measured and has an energy range of 500 to 999 MHU.
- is a positive charge of energy.
- rotates anticlockwise.
- is an acid.

Energy Considerations

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Suppose that you had a minimum cation with 500 MHU, and it lost 1 MHU. The remainder would be 499 MHU and, as that is less than 500 MHU, it becomes anionic. The same would also apply to a 750 MHU cation that lost 300 MHU or a 999 MHU cation that lost 500 MHU. The remaining MHU would mean an anionic substance with say 450 MHU, or 499 MHU respectively.

Now when a cation of say 500 MHU loses 1 MHU it becomes a 499 MHU anion and in becoming anionic the electrons automatically change their direction of rotation. They change from cationic counterclockwise to anionic clockwise.

The 499 MHU anionic substance could be any combination of, say:

- 1 anion of 499 MHU, or
- 2 anions, one at 250 MHU and one at 249 MHU, or
- 3 anions, one at 100 MHU, one at 170 MHU and one 229 MHU, or
- 499 anions at 1 MHU.

In all probability it would be something like the little second grader in school, when the teacher asked, "if there were ten quails sitting on the fence and you shot one off how many would be left?"
he said, "none",
and the teacher said, "no, that's wrong", she said, "there'd be nine",
he said to the teacher, "you may know your arithmetic but you don't know your quails", he said, "the rest of them would fly."

So that's the way it is with some of these energy principles here, you may know your math but sometimes your chemistry doesn't work like that, sometimes when one flies more than that flies, it depends on the substance and other factors.

Energy Calculations

Part 1 - Energy Formulae

Everything God does He does through the laws of energy and you can only measure the response of energy in horsepower and so forth, but that is done first by trial and error and effort, you're not measuring the energy you're only setting up a rule of establishing the result of energy, like a fulcrum (or a seesaw in plain English), or pulleys, or ratio between gears. You're only working up a geometrical pattern of cause and effect. If you really and truly measure energy it doesn't start with the ratios it started somewhere else, from a spring, or from combustion, or from steam. The other was the effect of energy, don't confuse the two. Now all energy is not alike, and the 3 rules that apply are the basic principles of energy, and is Einstein's Theory of Energy:

- Heat $E1 = mc^2$
- Electrical $E2 = m+E1$, or $E2 = m + mc^2$, and
- Matter $m = E1+E2$, matter

Those are the 3 kinds of energy, E1 is heat, E2 is electricity and m is matter.

- When you burn matter you get heat energy,
- When you create friction between matter and heat you get electrical energy, and
- matter, heat energy plus electrical energy equals matter.

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The mathematical equation for the energy that you live on today is E1 and E2, and the E1 and E2 start penetrating out through the system and get caught up by magnetism, by the process of ionization. Whenever the combination of cations and anions come into existence matter is the result. Matter is caused by ionization. Matter is made by ionization and matter is taken apart by ionization. These E1 and E2 are the basic foundations of the calculation of energy and these are the rules that you go by in dealing with energy.

Energy in matter is calculated by adding the energy in the component anions and cations, for instance, a molecule of pure water is H_2O, two atoms of hydrogen and one atom of oxygen.

The minimum Milhouse units, or specific gravity, of one molecule of water, using the minimum anion value of 1 and the minimum cation value of 500 is:

Hydrogen is one anion (A) and one cation (C) and oxygen is one anion and sixteen cations.

	Hydrogen	Hydrogen	Oxygen		
Anion	1x 1 MHU	1x 1 MHU	1x 1 MHU	= 1 + 1 + 1	= 3 MHU
Cation	1x 500 MHU	1x 500 MHU	16x 500 MHU	= 500 + 500 + 8000	= 9000 MHU
				Total	= 9003 MHU

This is the minimum energy in one molecule of pure water, and this water is the lightest and driest water there is.

Multiply the 9003 MHU by 5 million and you've got the minimum energy in one drop of the lightest, driest water there is. As you increase the MHU's the water will become heavier and wetter.

Calculating the maximum energy in one drop of pure water.

	Hydrogen	Hydrogen	Oxygen		
Anion	1x 499 MHU	1x499 MHU	1x499 MHU	= 499 + 499 + 499	= 1497 MHU
Cation	1x 999 MHU	1x999 MHU	16x999 MHU	= 999 + 999 + 15984	= 17982 MHU
				Total	= 19479 MHU

Now this is the heaviest, wettest water there is and still all pure water.

Within these two extremes (9003 and 19479) there is greater than 2600 differentials for each single molecule and you should now be able to understand the basis of the saying, "there's no two drops of water in the ocean alike, there's no two blades of grass alike, there's no two anything alike" simply because of the variables in the energy of the cations and anions. You can have heavy water, light water and dry water and all between. This is just in pure water and doesn't include the other elements. You see how complicated we are made and how marvelously we are made, and how these foods fit together.

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Let's take another problem working with the law of averages. Let the anions be an average of 250 MHU and let the cations be an average of 750 MHU.

	Hydrogen	Hydrogen	Oxygen		
Anion	1x 250 MHU	1x250 MHU	1x250 MHU	= 250 + 250 + 250	= 750 MHU
Cation	1x 750 MHU	1x 750 MHU	16x 750 MHU	= 750 + 750 + 12000	= 13500 MHU
				Total	= 14250 MHU

There's about 5 million molecules in one drop of water so multiply the number of average MHU in one molecule,

- 14250 MHU by 5 million and you've got the average energy in one drop of water.

$14250 \times 5 \times 10^6 = 71250 \times 10^6$ MHU or 7.125×10^{10} MHU in one drop of water.

Now there are 20000 drops in one litre = 1 kilogram = 2.2 lb or approximately 2 lb, and 1 lb is equal to approximately 10000 drops .

So $7.125 \times 10^{10} \times 20{,}000 = 1.425 \times 10^{15}$ MHU in 1 kg of water.

Some people are 80% water, and some are 65% water. There's so many different kinds of pure water, pure H_2O, that you can't number them, for instance there's:

- heavy water,
- light water,
- wet water and
- dry water.

and all in between and so forth, but really it's as numberless as the sands on the seashore. There's so many different kinds you can't number them all, and the difference in water is due simply to the different ratios of energy in the anions and cations of hydrogen, and the anions and cations of oxygen.

As another example let's take $C_6H_{22}O_{11}$ that's ordinary white sugar like you serve on the table, (sugars are generally in the form $C_nH_{2n}O_n$ and sucrose is actually $C_{12}H_{22}O_{11}$). Now the average MHU you'd find in 1 Mol of White Sugar, $C_{12}H_{22}O_{11}$:

	C_{12}	H_{22}	O_{11}	Total Ions	x Value	=	MHU
(A)	12 x 1 = 12	22x1=22	11x1 = 11	12+22+11	45 x 250	=	11250
(C)	12x12=144	22x1=22	11x16=176	144+22+176	342 x 750	=	256500
					Total	=	267750

$C_{12}H_{22}O_{11}$ or O_{12}, either one would be correct, just a different kind of sugar.

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Now let's just do one more thing to this white sugar equation up here, let's add Nitrogen (N is 14). We've got chlorophyll now, C-H-O-N is chlorophyll, N_6 to be exact. Adding in the nitrogen to the sugar to make chlorophyll.

	C_6	H_{22}	O_{11}		Total Ions		
A	12x 1 = 12	22x1=22	11x1 = 11	12+22+11	= 45 x 250	=	11250
C	12x12=144	22x1=22	11x16=176	144+22+176	=342 x 750	=	256500
					Total	=	267750

Plus Nitrogen N_6

	N_6			
A	6 x 1 = 6	6 x 250	=	1500
C	6 x 14 = 84	84 x 750	=	63000
		Total	=	64500

Total for chlorophyll = 267750 + 64500 = 332250 MHU

To calculate the energy in something all you need is the chemical analysis and then you can figure the average energy. Now in looking at the making of energy, the two ways of making elementary energy are by working:

- anions against anions, or
- cations against cations.

but compound energy comes from working cations against anions.

For instance with ELEMENTARY ENERGY, you can have two anions with a different ratio of Milhouse units, put those two particles together and they will seek a new, combined, energy level, and as they seek their new level the energy that is given off is the lost energy between the variables, the variables being the substances that you started with in the first place. The same thing is true of cations and cations, in other words you may have a substance that's just barely a cation, and then you may have one that's extremely cationic and this exaggerated cation then will find its level when the two are put together until it will be somewhere between the lower and the higher amount.

For instance, if you take 2 substances with a different pH and put them together they're going to synchronize or level off, e.g., combine a very dilute vinegar and a very strong vinegar and the pH will level off to one level. See cations against cations, anions against anions or anions against cations are the measure of resistance and you must account for the loss of energy by the union of the two substances. For instance if you take sulfuric acid and water and put it together it heats up, so the heat that goes off is anionic energy lost, not cationic energy, it is anionic energy, it doesn't lose cationic energy.

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For example, you may have an anion with an energy of x and another one with an energy of 5x. The levelling point would be a 3x. This would be your energy level:

For elementary energy:
Upper energy minus lower energy is 5x - x = 4x is the difference.
Divide the difference by 2 4x / 2 = 2x

The result is either:

- the lower energy plus half the difference is x + 2x = 3x , or
- the upper energy less half the difference is 5x - 2x = 3x

Another example, with using cations we may have one cation with a 10y and another with a 24y. The levelling point would be 17y.

Following the same principle as above:
Upper energy minus lower energy is 24y - 10y = 14y is the difference.
Divide the difference by 2 14y / 2 = 7y

The result is either:

- the lower energy plus half the difference is 10y + 7y = 17y , or
- the upper energy less half the difference is 24y - 7y = 17y

So this is one way energy is made, is an exchange in the loss between the two. Now this is mathematically correct but it isn't biologically, chemically correct because there'd be some loss. You'd have a loss of energy, so it would be 3x (minus), and 17y (minus), because when we know the substance we can figure the loss, but as we do not know the substance then we just call them minus.

Elementary energy is energy derived from an anion with an anion or a cation with a cation, but COMPOUND ENERGY is derived from an anion against a cation. In other words they're opposite ions and the energy created is more because the battle, the resistance, is much greater. When we put anions together or cations together to figure energy it comes out about the same but compound energy, cations and anions reacting together is where we get the most energy.

Let's put the cations against anions, we'll say we have 1000 cations with an average energy of 750 MHU and 100 anions with an average energy of 250 MHU so that:

- 1000 Cations x 750 = 750,000
- 100 Anions x 250 = 25,000

(750,000 / 25,000) x 100 = 3000

The 3000 is the loss of energy in MHU. You'd lose 3000 MHU in this problem so that about 3% would be the maximum amount of energy possible to get from any one substance. What we're figuring here is the loss of energy, not in the remaining substance but it's the energy lost when the anions come to the cations. We're figuring the loss of energy.

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The food that actually becomes a part of you is from the loss of energy between the cationic food and anionic gastric juice. The energy you live from is the amount of energy lost from the undigested food that passes on out through the colon as a stool is the potential.

Now let's suppose that a person eats 2 kilograms of food a day, 2000 grams. 3% of this 2000 grams equals 60 grams, so in a day your potential energy that you would take in would be the equivalent to 60 grams.

Remember this, YOU DO NOT LIVE OFF OF THE FOODS YOU EAT, YOU LIVE OFF OF THE ENERGY CREATED BY THE FOODS YOU EAT BY THE RESISTANCE BETWEEN THE ANIONS AND ANIONS, CATIONS AND CATIONS OR ANIONS AND CATIONS.

So we take calciums and other vitamins and minerals not to replace any mineral in our system whatever, we take them for the purpose of creating energy on our frequency that the liver puts together to manufacture the part that will fit our own frequency.

Also the energy that you get from your food has much to do with the color of your skin. Many times when you're lacking in energy your skin will naturally become darker and darker and darker or even become deep tan or brownish color, like yellow because nature is trying to help you to get more energy out of the air and out of the sun by making you a darker color. Now if you happen to be of an extremely light complexion it means that the body could very easily not be assimilating enough Vitamin D and the body would be too acid, consequently you would be a candidate for any bug or malady that come along.

Here's another example in molecular form rather than atomic form in order to help you understand. Suppose we had two substances "X" and "Y".

The calcium in Substance "X" = 33 000 MHU	($^1/_3$)	(Approximately).
The calcium in Substance "Y" = 66 000 MHU	($^2/_3$)	(Approximately).

Now you add these two together and then you got

"X" + "Y" = 100 000 MHU	Total	(Approximately)

Now you've got two substances here, "X" would be $^1/_3$ and "Y" would be $^2/_3$. Now the level off point doesn't work out with an equal ratio, it works out with:

33 000 / 2 = 17 000 Divide your 33 000 by 2 and you've got, roughly 17 000.
66 000 / 2 = 33 000 Divide your 66 000 by 2 and you've got roughly 33, 000.

33 000 + 17 000 = 50 000 Would be your theoretical, which would be incorrect.

Half the Total MHU minus the smallest "half factor" would be

50000 - 17000 = 33 000 MHU

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Divide by the number of half factors, in this case 4, two each from 33 000 and 66 000.

33 000 / 4 = 8 250

66 000 / 4 = 17, 000

50 000 - 8 000,

Your loss would be approximately 8, 250 say 9 000, so your levelling off energy would be about 41 000 MHU because of the loss.

In other words in the joining of these two substances together the heat resistance would escape and leave you with approximately half the value of your lower value number after it's divided by two. Your heat loss would be half of 17 000.

You could also say just take a quarter of the smaller number. Now suppose instead of being 33 and 66 they were more equal then the loss would be less. Remember, the greater the imbalance the more the loss.

There's a key to energy here, take an anion with a 300 MHU and let it collide with a cation of 600 MHU. The result would be 300 MHU Anions because a Cation has 500 MHU or more and an anion has less than 500 MHU so it converts back over to an anion when you lost those Milhouse Units and then that made it an anion.

Let's take another example, take a 100 MHU Anion and let it collide with a 900 MHU cation. The result would be an 800 power cation. When these two meet they'd seek their own level and you'd have heat. To resolve this we don't add the two together and divide by 2 because they're unequal with power, they're unequally yolked together so what happens? You'll lose 100 MHU from the cation, and what is it that determines the breaking point? Well, you're bombarding the cation with anions and it's just like going against a wall, you could rub against it all day long and wouldn't dent it at all, in other words, the greater force does not give up for the lesser force but the lesser force destroys itself. The loss in energy is due to the heat that escapes in the union.

Now pH is only a measure of resistance between:

- anions and anions,
- cations and cations, and
- anions and cations

as compared with the hydrogen ion. Remember that and keep it in mind, the pH is only a measure of resistance, it is not a volumetric reading, it's a measure of resistance, so unless you can keep that fact in your mind you can be led astray very easily.

Magnetism

Most people were taught that "opposites attract" but that's wrong, opposites repel each other. They do not attract, they repel. The only reason that you've been taught that opposites attract is because of the "bar" magnet. The strong cation "south" picks up cations, leaving the opposite pole to north. You've been taught the name of it wrong in order to expound a theory that's false. If you consider

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the "Where" and the "What" are the poles of the earth and what is magnetism? Magnetism is the attraction of cations to cations or the attraction of anions to anions and it is the combination of Boyle's Law and Baer's Law that says, "like things attract", but when trying to relate a bar magnet with the spherical earth there is a problem. The earth is basically cationic, and the north and south poles of the earth are also cationic, or positive. The negative part of the earth, the anionic part, is the hot center. When a bar magnet is suspended over the earth the poles must line up north to south because the positive cationic attraction of the magnet is greater than any anionic attraction.

In addition to the center of the earth being anionic, the Van Allen radiation belt above the earth is also anionic. Remember, the electrons in an anion travel clockwise as you face the clock. The Van Allen Belt is about 60 to 80 miles thick and encircles the earth about 100 miles up. If you were out in space looking down at the earth the anions in the Van Allen Belt would be travelling clockwise and these anions go around with such rapid speed until they form a solid shell.

Another example of that, if you take a yardstick and tie a ball of yarn on the end of it, soak it with oil, light it in the night and spin it around slowly you can see the person that's spinning it. Spin it fast enough and it appears as though you've got a solid sheet of flame such that you can't see the person that's inside that flame so to speak. The speed with which those anions are travelling in the Van Allen Belt makes a solid shell completely around the earth in the same manner that the electrons make a shell around a molecule.
In considering the cations, if you put iron filings on the positive pole of a magnet they will achieve an energy level somewhere between their initial energy and the energy of the magnet, and the energy levels will eventually become equal. In other words, the magnet will take on cations and the particle that it's attracted to will also take on cations. So they become attracted one to another, and that is the process of synchronization. But if you want to charge a magnet you add cation particles to it and it'll recharge it because then the particles as they seek the level of the magnet will also pick up the cations in the atmosphere. Atmospheric cations are also continually coming in and joining it and charging the magnet such that when you're finished you've got more than you started with. This is also the process of how food is taken from the air into our bodies.

The cationic earth turning does not create the electricity in the north and South Pole. The very fact that the Van Allen Belt goes around the earth means you have a south positive pole and a north positive pole within the same sphere. Now this can happen within the sphere but it can't within a rod.

It's the magnetic attraction between the anionic Van Allen Belt and the cationic earth that also causes the earth to turn and as it turns there is a force of electrical energy moving over the crust of the earth from the south magnetic pole to the north magnetic pole, and if this force was not in effect then the earth would not turn. It's the same principle of the electric drill or any other motor that turns by electricity, there is a force between your armature and your fields. Now during an electrical storm when you get up on a mountain and the static electricity is so great till your hair will stand up on the end, or you can pass a piece of plastic over your arm and the hair will stand up on the end. The magnetic anions in the plastic are greater than those in your body and therefore you can feel it pass over, and if you will jerk a piece of plastic real quickly in the dark you will see the cations that's in the air strike the anions from the loss of the plastic and it'll give you a flash.

The earth is basically cationic and the Van Allen Belt is anionic and this is absolutely true and when a cationic substance gets into an anionic fog it becomes as a flaming torch because there's

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resistance, and that's why the cationic paint is burnt off the rockets as they go through the anionic Van Allen Belt, and the scientists had to find a substance to use as a shield that could spread those anions out far enough for the returning capsule to slide through behind it before the anions could come in and burn the capsule. It's almost like diving into the water, if you dived into a lake of iron it'd be your end because there's too much resistance, but in diving into water the water gives and let's your body go in and your body pushes the water away from it and this allows your body to go through, and then you dive and then come back up again, it's the same principle.

Anions only attract anions and cations only attract cations. All the cation and anion MHU on Earth are trying to get back together again.

Why does a vine crawl along on the ground until it finds a tree to climb counterclockwise? Why does a tree stand up? Why do you walk with your head up instead of walking down on all fours like a dog? There's a biological law that determines all these things and that biological law is the law of POLARITY. Anions attract anions and cations only attract cations. Recall the anionic Van Allen Belt that circles above the earth, and all the anions on Earth are climbing up, or pushing up and that let's us know which way up is, it lets a tree know which way up is, it lets a vine know which way up is.

Now the anions in the earth are coming out of the earth, rising to the attraction provided by the Van Allen Belt and at the same time the cations in the air are falling to the attraction provided by the earth. As the anions rise and cations fall each interferes with the other, in other words, there's a battle going on in the atmosphere between the mixture of anions and cations caused by the combinations of the winds, air currents and temperatures that causes chaotic confusion. The interference of anions and cations is the atmosphere and without it there wouldn't be any atmosphere.

In the atmosphere the anions are trying to get up to the anionic Van Allen Belt, and the cations are trying to get back to the cationic Earth. Now they're not trying to stop each other but they do get in each other's way and it's in that interfering interaction that there is a change in frequency that causes compounds to be formed, water to be formed, rocks to be formed and minerals to be formed. In summary, the interaction of the cations and anions forms a frequency and this follows the rules and laws of physics that are cause and effect.

Now it's the attraction between anions and anions and cations and cations is why some things go up and some things go down. Anions are attracted up to the Anionic Van Allen Belt and Cations are attracted to the Earth.

When you see the flame of a fire, the flame itself is an anionic substance and it goes up. Now you see smoke coming out of the fire and going up yet smoke is composed of carbon and carbon is cationic. Now the smoke rises into the air because carbon is a spongy substance and if enough anions get connected to it they'll lift it like hydrogen lifts a balloon. These are basic phenomena, the principles that you must understand in order to understand the theory of energy and you must understand the theory of energy or you will not understand this.

Light

Anions are the very smallest particles of energy and there's also great spaces between them. Now anions are also a teeny bit longer than they are wide and they roll out like little barrels, they roll out

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in singles, one at a time, not in groups and not in masses, but one at a time. Now they're generated so fast and they're red hot and they also roll very slowly until they strike something and then they bounce and go long ways. For instance they roll out like a barrel rolling till they strike something and then they go long ways in a straight line, maybe right through you and me and half of us in the class here and right through the wall and right on out into space to the Van Allen Belt.

Now, if you get beyond the Van Allen Belt it's dark up there so when the sun sends a beam of light down here it strikes the Van Allen Belt and then it starts rolling sideways and lights the Earth until the earth turns around and shades the Van Allen Belt then it is night, is the darkness. This is what light is. Remember anions are a little bit longer than they are wide and the beam that's sent out from a broadcasting station to your television or radio set through the night, or through a storm or even through solid walls, has anions travelling lengthwise, like a pencil, because they're harnessed. These anions come in waves and they go into your radio and make music or into your television set which turns them around and rolls them sideways across the screen and the reflection of light on them gives them color. Light is anionic beams.

If you had 10, 000 television sets lined up in a straight line, they'll all be picking up the same picture because there's enough anions to keep all of the television sets in the country running, that's how many there are. These numbers are so fantastically large you cannot comprehend them.

Now there's as much room for an anion to go through a 4 meter thick solid wall as there is for you to walk through a hanger door of a very large aircraft hangar. Let's suppose that there's a submarine down on the ocean floor 8 kilometers deep, and 1000 kilometers away there's a broadcasting station, or a ship, sending a message. That anionic beam can pass right through the water in a straight line down to that submarine's antenna and never get wet.

There's plenty of room for the anions to pass right through the holes in the water to get down into that submarine and so the station or another ship can talk with the submarine at the bottom of the ocean even with a station miles and miles away. This is how small anions are. Compared to the size of an anion water has holes in it between the molecules, like marbles in a tub or like grapefruit in a box. You know you can put a lot of cumquats in a box of grapefruit. It's the same way with anions passing through water. It's the same principle.

Alcohol

Now the body burns fats by converting them to carbohydrate, that is, fats to sugar and the pancreas converts sugar to alcohol and the alcohol makes heat in the body by the action of the frequency of the particles rubbing together creating anions of heat by friction. Now the temperature of collective anions is 980 deg Celsius and the thing that keeps the anions from burning a hole in you is that there is enough space in the cationic matrix for them to get out without burning a hole, for instance, a man smoking a cigarette walking through a double garage door does not burn a hole because he has plenty of room to get out. In other words, alcohol creates a high amount of friction and the friction kicks off the anions and they have plenty of room to pass out of the body.

The pancreas manufactures alcohol to keep the body warm and if it's making too much alcohol you are too hot all the time. Now to reduce the amount of alcohol in the body drink some Brazilian Tea that's made from coffee and also, in those cases the coffee often makes them sick at their stomach, and that's exactly what you want to happen and praise God it is because it's trying to change their

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body chemistry. If they won't take coffee because they don't like the taste of it then shame on anybody that tells you that, just tell them to make out their last will and testimony. People that drink a lot of alcohol get cirrhosis of the liver because it destroys the calcium in the liver. Remember, alcohol is the greatest enemy calcium ever had.

One interesting thing about alcohol is that you can take a bottle full of water, and it doesn't matter what the size is, and then add 8% more in alcohol and still not run it over because there's plenty of room for the alcohol to get in between the atoms of water in there, there's that much space.

Electricity

The forces that we're talking about is the part of you that makes the difference between a dead body and a living body and everyone of us lives on 110 volts of electricity.

A dead body does not carry any electrical charge, only a living body does. Before a body's stiff, if you put an electrical charge to the head of a corpse the toes will wiggle and if you put an electrical charge on the toes the hands will stand straight up, not from the head, but they'll point upward toward the ceiling. If the corpse is sitting up the hands'll point straight up but if it's laying down it'll point up toward the ceiling, the anions are starting moving upward, remember, like attracts like.

The man that made the first volt meter didn't know that we live on 110 volts of electricity that so he started it at zero, actually the volt meter is 110 volts too low, because 110 on that meter is 220. For instance in the USA, if you catch hold of either of the two wires that provide power to the light and if you're not grounded, because if you're grounded then the ground that you're standing on is 110 volts, but if you can catch hold of either wire when you're not grounded you won't feel a thing because you're at 110 volts and it's 110 volts. It's 110 volts coming in and 110 volts returning. It's 110 volts anionic coming in, and 110 volts cationic returning, in other words, the anions stack up out here until each one becomes a power of 500 MHU to return, if it didn't do that it could not return.

When you look at that light globe it is the conflict that takes place in an oxygenless, hydrogenless chamber that makes light possible without an explosion, in other words, inside of that glass bubble there's no oxygen or no hydrogen, it's a vacuum, otherwise it burns for so many hours without the wire giving up enough electrons until it snaps. In other words, actual pieces of that wire are heated and rolling out anions, which is light, and that energy in there is copper energy because it comes from a copper dynamo and these are copper particles.

If the gastric juice is just the right strength it creates electrical energy and heat energy. The heat passes right out of our body in anionic form but the electrical energy that's created from the food we eat forms the AURA of electrical impulses around our body and that can be picked up by instruments.

The United States army had detectors which were able to see the aura and tell whether an enemy was encroaching on them. The detectors picked up the electrical aura of bodies and permitted the soldiers to aim a weapon at the enemy, but they didn't know whether it was male or female, friendly or enemy and it got the troops into a lot of trouble because they killed innocent people at night when they were prowling around, so they had to stop the use of it in Vietnam.

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Foods

All the foods that we eat are cationic, and the liver manufactures a substance called bile that's an anionic substance, and remember this rule, the pH of the saliva equals that of the liver bile. That's pretty close to constant and most of the time absolute.

I want to break your first "food fad" right here. Remember this, all foods are cationic with the exception of fresh squeezed lemon juice and water (known as lemonade). Lemonade appears to be the only food in nature that is anionic. Carey Reams tested over $^{1}/_{4}$ million different species and over 16,000 different kinds of things that people could eat and he found only one anionic food, and that's lemonade, all the rest are cationic. The electrons rotate clockwise in lemons regardless of the variety of lemon. If it's a lemon it's a lemon and it doesn't matter whether it's a Ponderosa, Meyers, Eureka, or any of the other varieties of lemons; they're still anionic substance. Now regardless of all the foods that have been tested it is still possible that there's another food somewhere that's anionic that has not yet been identified as anionic. It's all in the direction of rotation of the electrons. Lemonade is also called natural, dilute, hydrochloric acid.

It might also be interesting to know that when Carey Reams started to can lemon juice in Florida it wouldn't can, it spoiled in spite of everything he did but he eventually discovered how to can it, and to can lemon juice it had to be made cationic, so he added cationic citric acid to it. Therefore canned lemon juice and the ones you find in bottles will not work and have the same effect as the fresh lemon juice because it has been allowed to change from an anionic form to a cationic form.

Also fresh frozen lemon juice is of no value because it too is cationic, and even fresh lemon juice has a certain amount of cations and actually there's just barely enough anions to carry it over on the anionic side. Any processing of lemon juice strengthens the cations.
To make lemonade you mix lemon juice with water, 1 part freshly squeezed lemon juice to 9 parts water, and use that to strengthen liver function. You do not use lemon water whenever:

- you have peptic ulcers and after the lemon gets it clean enough to burn like fire. When you get the ulcers well then you can resume the lemon juice,
- when it causes the kidneys to swell and becomes very painful, and
- when there is an allergic reaction and they cannot pass water.

Ion Flow and Plant Roots

In your mind, imagine a plant cutting in a glass of water, and don't turn that glass around and don't change the water. On the north side of that plant you'll see little roots come out right in a straight line all the way down. Now they come out on the north side and not the south because the plant has no brain and nature knows it's way to find its food. The plant finds it's food strictly by the ionization of the magnetic force that travels over the crust of the earth from the south magnetic field to the north magnetic field, some 250 miles south west of Cape Town, South Africa, is the south magnetic field, to just below the Hudson Bay and the Eastern Standard Time Zone is the North magnetic field.

This force travels over the crust of the earth and this is what the rootlets follow in order to find their food, is in the direction in which the magnetic force is the greatest. Actually the plant rootlets are built by ionization and ionization is the exact principle by which silver plating, nickel plating,

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chromium plating or gold plating in tanks takes place. This is the way we live is off of those ionic particles of energy.

The next step of this is suppose that we have a vine and we plant it in a pot and we put a stake in that pot. When you look down at the pot all those roots will go around that pot in the same direction which will be clockwise, but where the stake is sticking in the ground and that vine starts to climb that stake its gonna climb it counterclockwise. Why is it that the roots go in one direction and the vine climbs around the other direction? Now it's sometimes said that South of the equator they do the opposite but in fact they go around in the same direction as they do North of the equator, because the earth turns in the same direction South of the equator as it does North of the equator. Now these are facts that are positive, but why did the roots go around one way and the vine goes around the stake the other?

Actually, if you start at the bottom the rootlet goes the same way all the way up to the top. If you start at the top it goes around the same way all the way to the bottom. Starting in the middle was only to confuse you. Now this is proving the very basic foundation of the theory that I'm telling you, that anions attract anions, cations attract cations and anions do not attract cations, they repel them. Remember, the Van Allen Radiation Belt encircles the earth and is anionic.

Wood Heating

If you look at the light from an oil lamp there are oil particles in the light, or in the fire in a wood stove. Heat comes out of whatever the minerals are that are in that wood so therefore whenever you heat by wood you're more comfortable and more cosy than if you have electrical heat, because of the ionization that's in the wood as compared to the electric element. A part of the wood or the electric element actually becomes a part of you.

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PART 9

GENERAL INFORMATION – ALPHABETICAL LISTING

A

Abacus.
In studying mathematics you have to know where your loft is. In our Arabic number system we have 9 as our loft. Some people call "loft" the "base", base 12 or loft 12 for instance.

If you have Base 4, or Loft 4, the "units" would be 1, 2, 3 and 4 is the highest number. In Base 4 the number 4 would represent the 10 in our number system. Then in the "tens" column there would be 11, 12, 13 and 14, then comes 21, 22, 23, and 24 and so on. This is the loft system and is also the abacus system that the Chinese use.

Absentmindedness.
A diet will help absentmindedness if they're not a genius because absentmindedness is a sign of genius.

Now if the test does not show tumors there is one specific thing we do, and that is we give them vitamin B3, niacin. Start off slowly with 50 mg twice a day between meals and tell them to expect a flush, and when they go 3 days without a flush then double the amount they're taking till they reach about 200 mg and then start increasing it by 100 mg twice a day between meals.

Abuse.
It's not the use of things that's harmful, it's the abuse of things. Think on it, it's not the use of things that's wrong, it's the abuse of things. For instance, some people say:
"you've got coffee here?"
"Sure we have coffee here, what's wrong with coffee?" Nothing but the abuse of it.

"you've got white sugar here?"
"What's wrong with white sugar?". It's the abuse of it is wrong, 1 kg a year is not going to hurt anybody but 80 kg a year will do harm.

"There's a bottle of wine here, do you drink?"
"no, I don't drink, but some patients have a bleeding nose that won't stop and we may use the wine for them. We get them to slowly sip on about 120 ml of ordinary medium-dry grape wine and it stops the bleeding in a matter of 15 minutes."

"You'll see maple syrup and honey here too. Suppose a person goes into a coma because of low blood sugar then we've got to have something quickly to help them".

"you've got foods in here that's got preservatives in them."
"Sure, I believe that today most foods are safer with the preservatives in than they are without them."
"Don't you know that preservatives cause cancer?"

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"No I don't know that. I don't know it at all. It has never been proved, it's just a fad, it's just somebody's idea to write a book, and they wrote a book, and it's very good for the writer, but it doesn't work with people."

Now drugs have never cured anything, but there are times when drugs are needed. I wouldn't want to have a tooth pulled without a pain killer or anaesthetic or something of that order. I'm not against medical drugs, it's only the abuse of drugs that I'm against. Medical drugs are magnificent things when used intelligently and correctly. It's not the use of drugs that's wrong, it's the abuse of drugs. In the same manner it's not the use of foods that's wrong, it's the abuse of foods and as long as there's hamburger stands and Kentucky Fried Chicken there'll be plenty to do because people overdo it. There's nothing wrong with:

- MacDonalds Hamburgers, except the abuse of it,
- Kentucky Fried Chicken, except the abuse of it,
- the Yoghurt places, except the abuse of it, or
- the ice cream places except the abuse of it.

Now there's a time for:

- surgery,
- drugs,
- cherry pie,
- a little wine with your food,
- coffee,
- a little bit of Gin

and so forth. There is a time for most things, but there is no time for cigarettes or tobacco in any shape, form or way. I have never known or seen a person that it benefited.

Good health is not a lot of do-do's and no-no's, good health is using the right thing at the right time, for instance, the caffeine in coffee is the greatest enemy that alcohol ever had, and if your pancreas is manufacturing too much alcohol and you're hot all the time, or have hot flushes during menopause, then a little bit of Brazilian Tea (coffee where you can see the bottom of the cup and not one that'd stand up and dare you to attack it, like molasses), will help dilute that alcohol until you'd be more comfortable.

So what I'm trying to say is that there is a time for coffee, but if you've got to have a cup of coffee every morning for a crutch then you need more mineral of some kind and you'd better find whatever it is that you need. Now people that drink wine and coffee at the same meal are only throwing nature into confusion.

Accident, Automobile.
Low blood sugar is the cause of:

- motion sickness,
- about 50% of the automobile accidents, and
- highway hypnosis.

Acid & Alkaline.
What is the difference between an acid and a base? Conventional teaching is that a base is an alkaline with a pH over 7.0 and an acid has a pH under 7.0. That is false teaching, it is not always

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true. The real difference between acid and base is the direction in which the electrons travel in orbit in the molecule. The electrons travel:

- Counterclockwise in an acid, which is also a cationic substance, and
- Clockwise in an alkaline or base, which is an anionic substance.

For this reason hydrochloric acid is not an acid, it's a base, because the electrons travel in a clockwise direction, and that has everything in the world to do with digesting your foods.

Now the words "acid" and "alkaline" are really a problem to use because you remember Doc saying in past classes that "hydrochloric acid is not really an acid it's a base".

For a highly acid system you can also get the calcium oxide in saline solutions 5 cc, which does a marvelous job for neurosis, nervousness, climbing a wall and so forth. Be aware too that in an acid system the body will store the fat.

With a very low urine or saliva pH that won't shift they may be in an area with a very high aluminium, or very high sulfur, and it is quite a job sometimes to get it up, but you should get it up. In other words, it's a lack of vitamin D. At pH 5.20 start giving Vitamin D at 10, 000 units twice a day and above 5.40 you give 400 units according to their weight, 3 or 4 capsules but not over 4 at any one time. Vitamin D makes the calciums available.

Actions.
Diet has everything to do with:

- your behaviour,
- your child's behaviour,
- how you think, and
- how you act.

and it goes back to the gastric juice that you have that is manufactured by your liver and stored in your stomach.

Acupuncture.
Now, if you want to know where the transformer glands are you could check the acupuncture points, but they're not in the same place on every person. However there are many more acupuncture points than 284 but a lot of transformer glands are on the acupuncture points. Acupuncture has nothing to do with increasing the reserve energy it just makes the transformer glands work a little bit better, a bit more efficiently.

Adam.
Adam is going to have a red face some day when we all talk to him because he was made out of clay, and the word Adam means "red mud". First and last name, Mr. Red Mud.

Addictions & Cravings.
The liver manufactures an enzyme that controls the estrogen and testrogen flow in people, and:

- If it does not manufacture enough estrogen (or testrogen) the person becomes extremely violent, almost insane and it can then upset the vitamin B3 and vitamin B5 balance, and
- If it manufactures the least bit too much of the hormone then they'll have a tendency to get to using too much of something and get a craving for it, like too much alcohol, too much

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coca cola, too much cherry pie, too many sweets, too many cigarettes, too much pop, too many potatoes and so on. Remember this, the least bit too much estrogen or testrogen breaks their resistance to things and they're going to get cravings or addictions and if the hormone excess increases still a little more then they'll become a vegetable.

It is the level of the sex hormones, estrogen for women or testrogen for men, that is the cause of a person becoming addicted to something, or craving something, and you're not going to have a change in Range, or even get to Range A, unless you take active steps to move the body from say Range B to Range A, because the body will crave the foods that keep you in the Range in which you are. "Like attracts like", and this is Baer's Law and Boyle's Law coming into effect in the body so that when your body is in the wrong range you will crave the foods that will keep your body in the wrong range, but when your body is in a perfect range you will crave the things that your body needs to keep it in that range. So it's only when you're perfect that you will just know when you need something and that's also why when they turn a sick animal loose they'll go and get the mineral and the plant that they need because they know what it is, and they've never even had a day in chemistry.

There is a rule that says the body will crave the foods that keep you in the Range in which you are, and it will also resist change, but it is the forcing of that change of range, the working against that resistance, that causes the unpleasant reactions during withdrawal.

Addictions often start about the time that a person comes into puberty and it may originate in one of two ways like this:

- the soils are deficient in soluble calcium and the foods grown on those soils are also deficient in calcium and other minerals like manganese. When the food is eaten the lack of calcium weakens the digestive juice and so manganese is not available to the body.
- Young teenagers tend to be junk food faddists and this is the time they are coming into young manhood or young womanhood. For women at this time they will start to need 7 times more calcium each day than a man.

Regardless of the cause, be it their diet or digestive efficiency, their bodies become deficient in calcium and manganese, which then stresses the gonads, and as nature strives to leave offspring and also to compensate for the calcium and manganese deficiency, the gonads often initially overproduce on estrogen or testrogen, and it's this overproduction which sets the stage for an addiction which may be to alcohol, cigarettes, white potatoes, cheezels, chocolate, drugs, coffee, ordinary foodstuffs, or anything and in this way an addiction is self-perpetuating because the law of "like attracts like" also means that people will crave the thing they have too much of no matter what.

There was one lady, a doctor's wife that was absolutely hooked on Irish potatoes, she couldn't live without them and had to have them 3 times a day even though she was nearly dead with it. She just couldn't live without them and they were killing her, and she'd been through the Mayo Clinic at a cost of $8000, and John Hopkins for $8000 and they couldn't help her and she was a walking skeleton. She even had to have help to walk, and in one week she was doing really well because we zeroed in and found out her problem. She was allergic to Irish potatoes and we'd taken her off them, but also told her, "You're going to crave Irish potatoes like an alcoholic craves his drink, and when you think you've just got to have them call me up, day or night, and I'll help you.

After six months she wondered what was it about Irish potatoes that she just had to have them.

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If the calciums and minerals stay low enough, long enough then after the initial burst of hormone overproduction, the gonads' production of estrogen or testrogen then begins to drop off and the person has a deficiency of hormone. Now remember, the cause and effect of addiction is:

- If the system produces too much estrogen or testrogen and the level rises a little bit too high then the person begins to become a recluse, or begins to hermitise themself, or to stand apart, and many then begin to get a craving for something, or addicted to something or hooked on something. A little bit too much testrogen or estrogen is one of the greatest causes of alcoholism that there is.
- If the system produces still more hormone then they become a vegetable, they cannot dress themselves or feed themselves, they have become absolutely helpless because of too much estrogen or testrogen, and this condition is called vegetarianism.

A lack of calcium and a lack of the hormone:

- causes a woman (estrogen deficiency) to have hysteria, climbing the wall, be nervous, nerves going all to pieces and then you put them on the form of calcium they need and immediately there is relief.
- Estrogen and calcium deficiency can finally be the cause of a woman having a hysterectomy, and immediately afterwards she runs into problems of healing, getting well, frustration and many other things that the lack calcium does for people that they do not associate with their malady. A hysterectomy alone will not cause a woman to be deficient in estrogen, it has to be the total removal of the ovaries. In removing an ovary, the doctor should not remove the root of the ovary, leave the root in and it will produce another gland which will then produce enough estrogen so that the body will be supplied. If the root, the embedment of the ovary, is removed then it cannot produce any more and they may have to take estrogen for the rest of their life.
- Testrogen and calcium deficiency causes a man to be more nervous than he should be. He's afraid, because a lack of calcium makes us have lots of fears and a lot of inward insecurity.
- Testrogen deficiency can cause a man to become dangerous, he can become a criminal.

While we're on the subject of addictions we might as well discuss inebriation, being intoxicated. The alcoholic starts off to drink some alcohol, maybe drink a little whiskey socially then it becomes more and more, more and more. The first thing that alcohol does is begin to destroy too much of the calcium in the liver and then lack of calcium dilutes the gastric juice and then one of the first major elements to be lost is manganese, and then the lack of manganese initially causes the production of the least bit too much testrogen or estrogen and then they become addicted to something, because the least bit too much estrogen or testrogen causes an addiction to something, and if it's alcohol it's alcohol, or pot, cigarettes, or anything, even potatoes.

Then what happens next is that the food that they put in their stomach is preserved in the alcohol, and it lays in the stomach, lays in the stomach, lays in the stomach and they burp and they burp and they burp and then some of them vomit it up and then they swear they'll never eat food again and they drink to get more energy, and around and around and around they go and they're very, very sick people.

The Supreme Court of the United States has ruled that alcohol is an illness, and it should be treated as an illness, and now when the police pick up people that are inebriated they cannot put them in jail, they have to take them to a hospital and the hospitals don't want them.

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The right calcium can bring almost instant and miraculous relief.

In looking at addictions and drugs, the effects of marijuana are many and it effects the physical and mental sides. It physically:

- dulls the mind by keeping oxygen and potassium away from the brain,
- weakens the liver by keeping oxygen from the liver.

Mentally marijuana actually takes the fight out of someone, makes them yellow so to speak. They're so at peace that:

- they don't want to do this and they don't want to do that,
- they don't want to fight,
- it tends to make a vegetable out of them.

If taken over a long enough period of time it causes:

- impotence in men. It causes the testicles to produce too much testrogen and moves them towards vegetarianism.
- loss of libido in women. It causes a malfunctioning of the ovaries that produce estrogen and actually it causes the ovaries to produce too much estrogen and therefore moves them towards vegetarianism.

It also breaks the resistance so people can't say "no" and they get hooked on something, it causes addictions.

In looking at addictions you'll come across people that say, "I'm addicted to nicotine", or, "I'm addicted to cigarettes". Now nicotine tar does effect the throat, and under certain conditions it effects the lungs but the news is that tobacco is not habit forming. The nicotine is not habit forming either. It's the opium in the paper that's habit forming and they even put the opium in other tobacco products like:

- cigars, and
- the pipe tobacco that comes in the cans,

and that's the reason that cigars and pipes stink now. They used to smell good a long time ago, especially on a cold morning you could enjoy the odor of somebody else smoking a cigar, but today it's the abomination of abominations. Now in order to make the cigarette possibly palatable at all they even soak the tobacco in sugar to give it a marshmallow odor so that people can stand it.

Now whenever you get enough calciums in the system, along with iron and iodine, the first thing that it does is rebuild the 284 tastebuds on the tongue, and the tobacco and nicotine tar will taste so bad till you can't stand it anymore and most people will quit smoking when they go on this program. Even those that have failed on all other systems and they couldn't quit.

However, when some of them get to the place that they're scared they're gonna quit smoking they quit the program and consequently they hang onto their habit, their cigarette or their tobacco. I mean anywhere you get it you're drugged. So if you've got to have your drug then you're a drug addict, period. All cigarette people that's hooked on cigarettes are drug addicts period, and the quicker they admit it the better off they are.

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But if they'll follow this program the taste buds will come alive on the tongue and you cannot stand the taste of the tobacco anymore.

Address.
Did you know that your address is Planet Earth in the Solar System in the great Milky Way.

Adhesions.
When you begin to study carcinoma you're going to be into adhesions in advanced stages and you're going to find all of it a mineral deficiency. A swelling of the tissue is what actually occurs and takes place whenever disease sets in and causes a loss of energy.

Adrenals.
The most needed mineral for the adrenal glands, besides calcium, is phosphate. Take care of those two and you won't have to worry about the rest.

A woman had her adrenal glands removed and was on cortisone for 35 months and it was hurting her bones and she didn't have any energy. The doctors also gave her 4 days of heavy doses of salt injections. Now she told me she has Addison's Disease. Her ankles and the top of her feet are swelling, she's had a kidney stone operation and her tongue is dry and grey. In this case send her to the retreat because there's a whole lot of things that need to be done.

Actually cortisone doesn't always have any effect on the adrenaline glands, it may or it may not, but if it does then you shouldn't take it because it's actually doing you damage in order to get the adrenaline glands to flow.

The primary purpose of the adrenaline glands is the "fight or flight" response. To prepare you to either fight or to run and it's got nothing to do with who's the biggest, or who's the littlest, but it's the calciums in your system that determines it. So evidently David had a lot of calcium when he slew Goliath but some people have just a normal amount but they got more nerve than they got sense. If you've got plenty of calciums you'll face the situation. Now the animal that may be most deficient in adrenaline is a bunny rabbit. For instance dinosaurs fought and they're no longer in existence and the rabbit ran and he's still here. Sometimes it's better to be a living coward than a dead hero, or so the rabbit reasons.

Adult, Biological.
Anyone 10 years old and older is an adult in the biological realm of nutrition, as far as their mineral intake is concerned.

Aeroplane Workings.
We can use pancreatic alcohol as motor fuel in an internal combustion engine and even though it's much slower burning it does produce a more even power. Now here's a problem. In an old-fashioned aeroplane, not jets, we have up front the infernal combustion engine. Now, the engine's job is to have a shaft inside which it turns and the shaft is then attached to this little wing out in front, called a propeller, which it spins and a propeller is nothing more than an airfoil.

Looking inside, the way the engine produces power is that there's a hole drilled in a big block of metal and in it there's something called a piston. We introduce fuel, say alcohol, gasoline or aviation fuel, in through the intake valve, we shut the intake valve, the piston comes up and

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squeezes the charge, which is a combination of fuel and air, and it squeezes it real tight and then we light a match right here, matter of fact, in an airplane if everything's working right we light two of them, and kaboom, away she goes and we're on what's called the power stroke, and heat is developed, the gases expand which drive the piston down.

Now there is a layer of oxygen around the Earth and you can relate it to a pile of marshmallows that go way up to maybe a hundred or two hundred miles depending on how things are going that day on the Earth, and down near the surface the marshmallows are squeezed together tight, which in flying, or anything, we talk about as air density. If you get up to 18, 000 feet, which is very close to the 500 millibar level, you have already run through half of the pressure. You see at the surface air pressure is very close to 14.7 lb per square inch, I don't know what our elevation is here but if you hold your hand out you'd be very close to holding up 14.7 lb of air going right up this column through the roof and at the top of the atmosphere on each square inch of your hand. You can't feel it because it's pressing on the underside too. It's sort of like holding your hand in a bucket of water, you don't feel all the water that's up above you. Enough people have done deep sea diving and know they can feel that pressure on the body when they go down about a hundred and ninety feet they'll feel it.

Now back to the infernal combustion engine, the production of the power at the time of the explosion depended upon the amount of available oxygen that went into that cylinder for combustion for the production of heat. The higher the altitude the more an airplane begins to fall off on the job. If you can get 55% of the available power that engine could turn out at sea level you'd be lucky, so we have a way of souping it up.

What we do at higher altitudes is we put a pump outside the intake which grabs hold of this thinner air in the atmosphere, grabs it up rapidly, jams it into the cylinder in about the same quantity as you would be able to take it without jamming it into the cylinder at sea level, this way the engine can turn out the same amount of power, or heat energy (it's a heat pump) as what it would do at sea level.

Now it's time for you to think, and those that are familiar with turbo chargers be quiet, here is a pump, it has a windmill on each end of a shaft so that when one turns the other one's turning right with it. One windmill is on the exhaust side and one on the intake side. Out of the internal combustion engine comes exhaust and we run that exhaust over a windmill to make it spin and then that spins the other one on the intake side which is out to the atmosphere at very high altitudes or at sea level, makes no difference because we can control the amount of pressure it's going to build up, getting the thin air pulling it in here, spinning it very rapidly and pumping it back into the intake system which is going to feed on top of that piston, so that the piston thinks it's still at sea level. That engine will produce as much power at 24, 000 feet perhaps as it does at sea level in an unboosted engine.

How can that engine produce as much power through this method when you are taking hot exhaust gases and running it over these blades and then also using it as a power source to drive that air pump without producing less horse power than what you would have to start with? It looks like a perpetual motion machine doesn't it? It looks like all you have to do is spin the blades faster and you make more power, but you're getting the power from the engine to spin it so therefore how can it make more power if you're using itself to turn the thing? The combustion of oxygen and

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fuel produces heat, which goes out as exhaust with all it's heat to drive the turbo and when heat was given up, power or energy was delivered.

You see how an airplane relates to the Biological Theory of Ionization in an analogous way. It seemingly looks like something's coming from nowhere and yet it's there, but in the Biological Theory some things are coming from some place else and we don't provide it. Doc Reams says in his Ag Course that if we would provide 20% of the raw materials to do agriculture, God produces and supplies the other 80%. In an experiment he did with putting a seed in a closed container and then feeding it water and carefully weighing the amount of water that he gave it, the amount of nutrient that he gave it, the amount of dirt that was there when he got all done after a set period of time he took everything away, he shook the dirt off the plant, weighed it, weighed the dirt, weighed the pot, and added up the water it didn't equal what he had to start with, he had more.

Ageing.
Every cell in your body should be exchanged every 6 months, and if it takes longer than that you're growing old too fast. The longer it takes nature to build a cell the more rapidly you are growing old because old cells bring about premature ageing. Premature ageing is that something has gone wrong with the system wherein nature cannot assimilate, or take, or use the mineral content that's in your food.

You've heard it said, "Every cell should be exchanged every 7 years", well when that proverb was made over a hundred years ago the average length of life was 39 years for women and 35 years for men, but now it's almost twice that, almost. But every cell in your body should be exchanged every 6 months, and that is one of the ways of staying young because the process of ageing is the cell staying in the body too long.
Energy at 20 years old is measured by how much time it takes nature to make one cell:

- in the heart,
- in the brain,
- in the feet,
- in the toenails, or
- in the bones, etc..

and it's the energy from the mineral, divided by time. That's the explanation, and the formula for how long it takes nature to build a cell is:

- at 20 years old it's X amount of energy divided by time, is an energy rating of 100,
- at 40 years old it's 2X amount of energy divided by time,
- at 60 years old it's 3X amount of energy divided by time, and
- at 80 years old it's 4X amount of energy divided by time.

And this is the process of ageing, is how much energy it takes to make one cell. The longer it takes nature to build a cell the more rapidly you are growing old, it brings about premature ageing. Premature ageing is that something has gone wrong with the system wherein nature cannot assimilate, or take, or use the mineral content that's in your food.

Of course you can work it out in $^{1}/_{10}$'s between 20 and 40 and 60 and 80. Just because someone's 80 doesn't mean they use 4X. Doc has seen people:

- at 40 years old that were using 4X amount of energy and looked and acted old,

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- at 40 that were using 1.5X energy and looked and acted young, and
- at 80 that were using 2X divided by time and they were quite young,

and this is the process of staying young, is how much time it takes nature to build one perfect alpha cell. In other words, the process of ageing can be slowed down and you can do much to slow it down. People grow old and die too quickly because the time it takes to restore the energy is too long, and the light can't wait for it and it gives out.

Remember, a perfectly healthy baby chicken couldn't grow unless it changed every cell in its body every two days. Now those exchange cells are carcinoma cells and in people, if carcinoma cells stay in long enough they may turn to cancer. In other words, they may lose so much energy until they are a decayed cell. Cancer is only a state of decay, premature ageing even at 100, even at 150, premature.

There's only one cause of death and that's old age and it doesn't matter whether it's a baby half an hour old, an hour old or two hours old, or a young person at 20, or a senior citizen at 150 years old, they all die of old age, and old age is a mineral deficiency. In other words, nature cannot take in enough mineral to continue the energy production that sustains life, and consequently they don't have enough energy to keep them alive.

It's cause and effect. Time doesn't necessarily have anything to do with it, but it does have something to do with it because we're in the oxygenian age of time.

Also one of the processes of ageing is a lack of vitamin A, and practically all senior citizens over 60 need some algavim to help make vitamin A available, and it does a fabulous job. Carrot juice is rich in vitamin A but you don't give carrot juice to anyone that is on insulin, diabinese, orinate or diabinate because it is high in sugars.

Agricultural Course.
The agricultural course teaches you to evaluate vegetables:

- why they have high sugar and why they don't,
- how to get them with high sugar and how to get them not,
- the difference in organic ratios,
- the difference in economy, whether it's a backyard garden or whether it's a 30 million acre farm it doesn't make any difference the principle is the same.
- how to determine the value of your fertilizers, the organics against inorganics and so forth.

Does anybody else want to know anything about this, you know how to solve the problem on diet and minerals without me telling you and you know the rules, but let me show you briefly a little bit about this Agricultural Course. I'll give you two problems for comparison and this has everything to do with energy.

A very simple, common equation of a fertilizer is a 4, 8, 8 fertilizer, and this is 40% organic, and let's assume we can get this delivered, but not applied, to the farm for $200 per ton. In a whole ton there is only 400 lb of plant food, if the plants got it all, and 1600 lb would be filler. So for 400 lb of actual fertilizer you are paying 5 times 200 is 1 ton, which is $1000 per ton that you're paying for usable plant food. Now this is an all synthetic 4, 8, 8 up here and yet it's 40% organic which means that 40% of the nitrogen is derived from some substance that's got carbon in it, like urea, uremon,

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urgreen and so forth. It doesn't have any natural organic in it at all, just a substance that they've added carbon to.

Now let's take a 2, 2, 2 100% organic fertilizer, and we can get that delivered to the farm for $100 a ton. Now here you've got 4, 8, 8, and you have to multiply that by 5, but over here we're going to multiply this by 4 and so we have an 8, 8, 8. Now with the 4, 8, 8 we have 400 lb of plant food and with the 8, 8, 8 we've got 480 lb of plant food. Now also an all organic fertilizer will result in a 400% increase when it's applied to the soil but the fertilizer company and the State Law will not let you take credit for it because it's not in the bag. An all organic fertilizer is 100% available plant food.

Now if we multiply this by 4 in order to know that we got 8, 8, 8 and 20 times 24 is 480 lb. Now 1 unit equals 1% of a ton so you got 80 lb of nitrogen and you got 160 lb of phosphoric acid and you got 160 lb of potassium.

Now one ton of organic on an acre isn't going to be enough because it's not as highly ionized as the salt that is in this other non organic mixture so we're going to multiply this then by 5 because we multiplied that other one by 5. Now we've got $500 for 5 tons and now notice what you've got, here you've got 10, 000 lb of available plant food for
$500 and here you've got 1 ton of plant food for $1,000. This is what you're going to learn in the agricultural course and it applies to whether it's a backyard garden or not.

In the all organic 2, 2, 2 fertilizer there is 480 lb of water soluble material and then that increases by 400% because of the all organic nature of it. This is the amount that's water soluble but the rest is plant food too although that isn't water soluble. Up here with the inorganic this part is the water soluble part but there isn't any other kind because the rest is sodium or sand or dolomite which will release your nitrogens, then you'll have to buy more. Anyway if you want to take the agricultural course this is not it, I'm just showing you about it.

The 480 is 8, 16, 24 times 20, in other words this is how much is water soluble and that is ruled by law. The plants can't read the fertilizer tags and they don't know anything about it so they use it all, but there is nothing else to use here except what it tells you. Now let me tell you something else, rain will wash this inorganic one away whereas it won't wash this organic one away except for a little bit of erosion. Now if you have an acre in which you have 5 tons of fertilizer that will fill an acre of this nature with 1000 lb, or $1000 or you had 10, 000 lb of plant food instead of 1000 lb how much greater would your yield be with 10, 000 lb of plant food than it would be with 2, 000 lb? It'd be $2^1/_2$ times and that's a rule you have to memorize.

All of you should take the agricultural course if you really want to master this. It helps you to understand and evaluate foods, and what foods do what and how and why. And whenever you begin to test foods how to know whether they're organically grown or not. There's so many things that you do in evaluating foods because there's a lot of foods that are grown organically that do not meet the standard that most people expect of organic foods.

Air Food Supply.
Another aspect of digestion in "gas form" refers to where most of our food comes from. 20% comes from the food we take in and 80% comes from the air and Doc wants to make sure you

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understand light factors, electricity and the music of the spheres. We obtain 80% of our food energy from the air, in other words, you are limited to getting 20% from your food that you eat. You cannot get any more than that 20% so the rest that you get will be from the air. Let me also say this, although you get 80% from the air you may not necessarily get all of the various kinds of mineral you need, but you will get 80% of your total from the air because only 20% can come from your digestive tract.

The main source of minerals in the air is the sea, or bodies of water. Now when minerals come in contact with salts there is a breaking down (corrosion or oxidation) and gas is produced. Now even in mineral baths some gas is produced and that gas goes in through the skin. Remember, if you painted your body you'd die because the skin is meant to be permeable. When gases go through the skin they go to the liver via the bloodstream so we are able to feed the body through the lungs and the skin as well as through the bowel and this becomes a fantastic source of contributing to the up building of the reserve energy, and maintaining reserve energy.

Now the air we take in ought to be better down next to the ocean or up under a tree that's putting out oxygen and for some people it is, but for some it's not. For instance, if you've got an inflammatory type of arthritis then most times water near the ocean aggravates your condition so badly, and causes the swelling to be so great till you can't stand it. As Doc told us, "I had a woman come to me at Orlando from West Palm Beach, and she was in the Real Estate business, and she had one of the worst cases of inflammatory arthritis that I think I've ever seen. Before she arrived in town I said, "call me when you get to the hotel that you're going to stay in", and because I wanted her to stay three or four days I said, "I'll call you whenever I'm ready for an appointment with you." Well, the first day I didn't call her. The second day she called me, "Doctor did you forget to call me yesterday?"
"No, I didn't forget it."
"Well why didn't you call me, I come here to see you."
"I know you did honey, but I just can't get to you yet, but I'll call you."

And I waited till the fifth day before I called her and each day she was getting angrier and madder and she was about ready to go home when I saw her. And when she saw me I said, "how is your arthritis?" And to her great surprise there was a great improvement in it, and she hadn't even seen me, and she hadn't noticed that it was going down terrifically. Now what happened?

There were two or three things happening, making her mad caused the adrenaline glands to flow but I also wanted to know if the ocean air had any effect on it because she lived close to the ocean as it was.

Afterwards, I advised her to move 6 miles from the ocean at least, and she did. She also did what I told her and she got completely well. But this is what I wanted to know and I told her so then, but I said, "if I'd have told you, you'd have thought I was clear off of my rocker."
She said, "I sure would."

Albumin.
For more information refer to the detailed section on albumin. This is only abbreviated information for the purpose of review. Albumin is another name for the cellular waste, or debris, in the urine and even includes delta and omega cells (carcinoma and cancer cells). The perfect albumin number is .04 M when all numbers are perfect and the "M" is short for Million. Albumin arises from a natural, cellular, base exchange, new cells for old, and is the waste cells that are thrown

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out. For instance, a carcinoma cell is a cell that is being exchanged, it's the base exchange cell before it reaches the stage of cancer or decayed cell.

When you're healthy and drinking the correct amount of water then an adult should throw out 40 000 milliliters, or
.04 M, of dead cells with each quart of urine, and if you throw out more than that something is seriously wrong. Many times the albumin reading is higher than 4M, and I've seen it like soup, but above 4 M it's all counted the same, we just quit counting at 4M. Now the higher the albumin reading the greater dilation of the blood vessels in the eyes so you see there's a link between the albumin reading with that in the eye.

The albumin at 4M shows that there's a disturbance taking place in the body, and the body is relieving the disturbance. Now when the body is rebuilding there's a lot of base exchange occurring, new cells for old, and the delta and omega cells can be thrown out with such extreme rapidity that they can look like pus in the urine, because they are still compacted, still together.

In the cell, nitrogen is stored in the cell membrane and the cell protoplasm and when you take the albumin reading you are actually analyzing cellular debris, dead cells, which in fact is nitrogen that's still bound up in there. If your system retains the protoplasmic parts of these dead cells for three days they'll start breaking down into ammonia salts, which then build up the toxicity and increase the salt content. Now a high salt content does many things including weakens the smooth muscles and increases the plating effects.

In the equation, 1.5 6.40 over 6.40, denotes an energy increase and the purpose in bringing it towards perfect is to have a result in the 3 over 3 part, the ureas, and that's cause and effect. Now when you start a program the albumin particles are big at first and then they get smaller and smaller and smaller until they look like little diamonds drifting in there when the light shines on them, and you can see those with no problem, but if ever the urea gets up to 20 and you can't see those little particles bouncing in there you're in trouble, I've never seen it happen but I've lived in fear to a certain extent that it could happen. But the person would be so tired and the wrinkles would be back in the forehead and it'll be visible. When you get it as thick as soup you know it's too high to count, it's out of proportion and after 4 million it doesn't make any difference, nature is cooperating and it's all you want to know. The herb Golden Seal is a blood purifier and it works by dilating the capillaries in the kidneys, letting large particles of albumin (delta and omega cells) get out into the urinary tract. Put the specimen in a clear plastic or glass cup or beaker and hold it up to the light, or use a penlight, count the particles you see and multiply them by 20 000. After you get to 4 million just quit counting because it doesn't make any difference.

Unassisted Eyeball Reading	**"M" Number**	**In a good beam from a penlight**
Number of Seen Particles		Number of Seen Particles
Clear	0.04	2
1 – 3	1	50
12 – 15	2	100
35	3	150

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45	4	200

With the debris itself we're dealing in millions, but the main thing you want to know is, "is nature cooperating or isn't it cooperating", and this is actually what this reading lets us know. In some people it may look like there is pure blood coming out of the kidneys because there's such a massive breaking down of a cancer because body cancer cells are the most red, but kidney cancer cells are a light color. For instance, someone who has a 4M reading and goes on the program, and if they void a reddish urine within 3 days then it:

- may be a typical housecleaning situation, or
- sometimes it could be a kidney stone that turned loose and the irritations breaking up, or
- it could be ulcers in the bladder, or urethra, or
- it could be in the prostate gland of a man, or
- it could be during a woman's menstrual period (it doesn't make any difference whether the woman is menstruating or not, you can still do a reading just as well, just don't pay any attention to the red.)

Even though the perfect albumin reading is .04 M, be aware that in a perfect pregnancy with perfect numbers the albumin will run about 1M.

Alcohol.
For more information on alcohol see the relevant section under "pancreas".

In Stage II of the development of the cell comes the production of alcohol for heat. Alcohol is manufactured in the pancreas along the line of least resistance from glycogen provided by the liver and one interesting thing about alcohol is that you can take a bottle full of water, and it doesn't matter what size bottle, and then add 8% more in alcohol and still not run it over because there's plenty of room for the alcohol to get in between the atoms of water in there, there's that much space.

The alcohol the pancreas manufactures is similar to 94 Proof Gin and it's purpose is to:

- keep the body warm, and
- keep the digestion functioning properly.

It takes one drop of pancreatic alcohol per 100 pounds, or 45 kilograms, of body weight every 30 to 60 minutes throughout the day to maintain the proper body temperature.

If there is not enough alcohol produced by the pancreas the body temperature will be somewhat lower than it should be, and:

- they'll complain of being too cold all the time.
- if they have cold hands and cold feet all the time it's NOT poor circulation, it's because the pancreas is not manufacturing sufficient alcohol to warm their whole body. Usually you can tell if a person has cold hands by when you first meet them, if you shake their hand, or
- they may have acute indigestion. You can tell the difference between whether the patient is having a heart attack or whether they are having acute indigestion because with acute indigestion you have cold hands and cold feet, low alcohol.

If people have spasmodic production of alcohol then they complain of:

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- hot flushes, especially in the earlier part of the day.

If people have too much alcohol in the system they'll complain that:

- they're too hot, they may have hot extremities, hot feet, hot hands, and so on.
- alcohol evaporates quicker than water, and it also has a heating effect on the inside of the body, and the heat inside of the body has an effect upon the alveoli in the lung. If you've got too much alcohol inside your system that little alveoli isn't going to open up, it's going to stay closed like a ball and moisture's going to form inside that cavity, and
- in the morning hours they may have a slight headache, which is a hangover, and that's even from eating white potatoes.

Alcohol evaporates quicker than water. Alcohol heats the inside of the body, and the heat inside of our bodies has an effect upon the alveoli in the lung in that if you've got too much alcohol inside your system that little alveoli isn't going to open up, it's going to stay closed like a ball and moisture's going to form inside that cavity.

Now the body burns fats by converting them to carbohydrate, that is fats to sugar, and the pancreas converts sugar to alcohol and the alcohol makes heat in the body by the action of the frequency of the particles rubbing together, creating anions of heat by friction. Now the pancreas manufactures alcohol to keep the body warm and functioning at the right temperature and if it's making too much alcohol you are too hot all the time. To reduce the amount of alcohol in the body drink some Brazilian Tea made from coffee (weak black coffee where you can see the bottom of a teacup, and not one like molasses that's strong enough to stand up and dare you to attack it) and in those cases the coffee often makes them sick at their stomach, and that's exactly what you want to happen and praise God it is because it's trying to change their body chemistry. If they won't take coffee because they don't like the taste of it then shame on them, and anybody that tells you that. Just tell them to make out their last will and testimony.

You know good health is not a lot of do-do's and no-no's, good health is using the right thing at the right time, for instance, the caffeine in coffee is the greatest enemy that alcohol ever had and if your pancreas is manufacturing too much alcohol and you're hot all the time, or have hot flushes during menopause, a little bit of Brazilian Tea will help dilute that alcohol until you'd be more comfortable.

What I'm trying to say is there is a time for coffee, but if you've got to have a cup of coffee every morning for a crutch then you need more mineral of some kind and you'd better find whatever it is that you need. Now people that drink wine and drink coffee at the same meal are only throwing nature into confusion because they act in opposition to each other.

People that drink a lot of alcohol get cirrhosis of the liver because it destroys the calcium in the liver. Remember, alcohol in excessive amounts is the greatest enemy calciums ever had, and alcohol dilutes or destroys the gastric juice by the destruction of the calcium in the liver. In other words, the more calcium that's destroyed in the liver the more dilute the gastric juice, and some people's own system will manufacture too much alcohol and this still causes their gastric juice to be too dilute. If you're healthy you don't need to drink alcohol at all and it will make you too hot if you do, and if your pancreas is manufacturing too much alcohol and you take in still more in any form, it'll make you too hot.

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Since the body uses sugar to make alcohol it follows that if the sugar reading is too low, say less than 1.5, AND the Saliva pH is low, AND the body temperature is on the cool side then alcohol may need to be added to the diet. Alcohol is used for anyone having:

- indigestion,
- heartburn,
- gas,
- cold hands and cold feet.

Usually people that have a high pH will have gas, cramps, poor circulation, and if you are anaemic you'll have cold hands and feet then alcohol may have to be added to aid in the maintenance of body temperature and digestion, and in fact acute indigestion is related to the lack of pancreatic alcohol.

I'll just explain something to you here and that is in your urine pH when it's up around 7.10 or 7.15, or even a little higher at 7.20 but then it would go into another zone, but in Zone B say 7.10 pH and you have a 5.40 saliva pH, or even lower pH, then you have an ideal setting for acute indigestion. Now people don't have acute indigestion anymore they have heart attacks because there's no money in acute indigestion. They can get acute indigestion well in 30 minutes, but it takes 2 weeks for a heart attack in a hospital and you can tell the difference between whether the patient is having a heart attack or whether they are having acute indigestion because with acute indigestion they have cold hands and cold feet. Those are symptoms that let you know it's acute indigestion, cold hands and cold feet.

In the case of acute indigestion or gas the fastest way to get relief and the thing that you can do is:

- give them a teaspoon full of 94 proof gin, Zest Tonic, or half a teaspoon of pure peppermint essence, in 120 ml (4 oz) of ordinary water, skim milk, grape juice, 7 Up, Coke, or something like that and have them sip it, sitting up, slowly for 30 minutes. Do not let the patient lay down, be sure they sit up and it's also a very good idea to pat them gently on the upper part of the back or use a vibrator on the back to help them burp, and when they start to burp they will get relief. Don't beat them too hard and don't beat them to death, just a gentle pat will do very well, like burping the baby. It's steady like you're beating on a drum but it has to shake the body and that'll cause the gas to be released.

Now the cause of indigestion is only the gastric juices being too dilute to digest your food for whatever age you may be and interference with the regular way the heart beats, or heart skips, can be caused by a whole lot of things, including the pancreas not manufacturing enough alcohol to control the body temperature.

For alcohol support, if the weight is 90 lb or over then mix 1 teaspoon full of 94 proof gin in 4 oz of either skim milk, grape juice, or whatever you have because you want it diluted down. Have them sip it slowly for 30 minutes because if they drink it quickly they'll not have accomplished anything, they must drink it slowly and when I say 30 minutes I don't mean 29 minutes, I mean 30 minutes.

In place of the Zest Tonic or gin, if you can't get it when you need it, you can use a naturally fermented medium dry wine, it's not as good and is really a very poor substitute.

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People with a dark skin absorb more Vitamin D energy from the sun than people with a lighter skin, and the more Vitamin D that you absorb the more alcohol your body is apt to make. One reason why the dark skinned man, the Negroid races, can be more relaxed than the white man, is because their systems manufacture more alcohol and they may be more sleepy all the time, so relaxed their sleepy. It's been said the black races are afraid of work, in fact they're not afraid of work at all, they can lay down and go to sleep right by it and many times it is the manufacture of pancreatic alcohol that causes a lack of initiative, or laziness, so to speak.

While we're on the subject of alcohol we might as well discuss inebriation, being intoxicated. The alcoholic starts off to drink some alcohol, drink a little whiskey socially then it becomes more and more, more and more. The first thing that alcohol does it begins to destroy too much of the calcium in the liver and then lack of calcium dilutes the gastric juice and then one of the first major elements to be lost is manganese, and then the lack of manganese initially causes the production of the least bit too much testrogen or estrogen and then they become addicted to something, because the least too much estrogen or testrogen causes an addiction to something, and if it's alcohol it's alcohol, or pot, cigarettes, or anything, even white potatoes "I just cannot let it alone", then what happens next is that the food that they put in their stomach is preserved in the alcohol, and it lays in the stomach, lays in the stomach, lays in the stomach and they burp and they burp and they burp and then some of them vomit it up and then they swear they'll never eat food again and they drink to get more energy, and around and around and around they go and they're very, very sick people.

When you're faced with an alcoholic the first thing in the world to get an alcoholic off of alcohol is to get him to want to be delivered, he needs a desire to co-operate and then once you do that then you start giving him calcium and it makes it much easier. The AA is doing a fabulous job except that it's not coordinating diet with their program and when they do it's going to do a much greater job in putting a great more zing behind the AA. Now the patient's got to want to do it and many times they're so nervous because of a lack of calcium available to their system that unless the first dose does it, it's no good. The people need patience and education about how this system works.

The Supreme Court of the United States ruled that alcoholism is an illness and should be treated as an illness, and when the police pick up people that are inebriated they cannot put them in jail, they have to take them to a hospital and the hospitals don't want them.

Alfalfa.

People who have haemophilia, bleeding that you can't stop, whose blood is too thin and therefore bleed too freely, should use Vitamin K, which you'll find in alfalfa. The sprouts, tea and tablets are a natural, excellent, rich source of Vitamin K and no prescription is required. Vitamin K causes the blood to coagulate.

Do not use alfalfa with patients who have cancer or advanced carcinoma, because the blood has a tendency to be too thick already and the Vitamin K in alfalfa only makes it thicker. By giving them a diet that is high in Vitamin E and also the Vitamin E tablets you keep the blood thin enough for the kidneys to pull out the dead cells or the carcinoma cells and health is regained.

Alkaline & Acid.

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A person who is consistently alkaline before breakfast and acid for the rest of the day is very, very ill and should be in a retreat. I would send any person that had that problem to a retreat to find out what the cause was because a lot of people are a lot more ill than they think they are.

Alkaline Elements.
Remember this, in all of our foods there's only three alkaline, or anionic, elements:

- Potassium,
- Calcium, and
- Chlorine.

Alkaloids.
All foods have alkaloids in them but it's the sulfur that could do damage and it could only do damage whenever the pH gets below 6.0.

Allergy.
Allergies to foods are related to the frequency of the body. In other words, once you know the frequency then you know the diet, just that simple. Know this also, there's not anything that somebody somewhere is not allergic to. I don't know of anyone who are not allergic to something, and any allergy is caused by a high stress food, that's why you have the allergy. Some people are allergic to canned fish, some are allergic to iced tea, some are allergic to Irish potatoes, some are allergic to any kind and all kind of salt water fish but not fresh water fish, and vice versa, and some people are allergic to chicken and it doesn't matter how you fix it they're allergic to it. Some people are allergic to carob and others are allergic to lemons. Some are allergic to cabbage, some allergic to onions, you name it, and somebody's allergic to it. Remember, go by your numbers, let your numbers determine whether something's a high stress food for you or not because what is a high stress food for one may not be for another. If your numbers are going away from perfect it's high stress, if they're coming towards perfect or staying near perfect it is not. Strictly go by your numbers, the way your numbers read, because I do not know any food which isn't a high stress food for somebody.

There are two general effects with allergies:

- Pancreas Effects. The pancreas produces insulin, alcohol and thyroxine and if the pancreas overflushes the temperature can go up and sugars go down, or even the opposite effects, and
- Kidney Effects. An allergic reaction causes the kidneys to close down which results in the body retaining water causing swelling, swollen ankles, puffed up tissues and so forth.

There are as many allergic effects as there are people, for instance, an allergy to chaparral effects different people differently. With some people it makes them very hot and they might wake up in the middle of the night just burning up in which case take them off of the chaparral and they'd stop burning and there are some people that it will give them a very severe case of diarrhoea and they can't take it and in others it stops the kidneys from working. Go by the numbers. Some allergic effects are:

- Carbohydrate. Some patients on the lemon juice and water, with sweetener, and their sugar reading keeps going down and down it indicates that the body has a problem handling one or more carbohydrates that they're having and that's generally an allergic reaction to certain specific kinds of carbohydrates, but not all kinds. Find out which one they're allergic to and discontinue that one.

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- Chaparral, which generally stops the kidneys from flowing. If you're allergic to chaparral use ginseng.
- Chocolate, which generally stops the kidneys from working.
- Honey, which causes the pancreas to over flush. Occasionally there'll be a high sugar.
- Lemonade, which means they can't drink it at all and I don't mean a sick stomach or headache or vomiting. The lemonade stops the flow of water through their kidneys.
- Mango is a very good fruit but an allergy can cause puffed up lips and so on.
- Milk. Some people with a milk allergy may have an allergy to goat milk, or cow's milk, or skim cow's milk or both. Most of the people who have an allergic to cow's milk, not all of them, but most of them, 50% probably, could take goat's milk just fine and they could also take cow's milk if the cream was taken off, skim milk. It's the cream that's disagreeing with them, and probably the casein in the cream more so than the milk itself.
- Onion stops the kidneys from taking the water out of the system.
- Rice, bread and wheat all effect the sugar reading.
- White Potato, effects the sugar reading.

There was a family that came for testing one time, father, mother and seven children, and every one of them was in a diabetic zone. They were told, "all of you are allergic to white potatoes" and the mother almost died with shock, she said, "what else is there to eat? We buy them by the 100 lb, what else is there to eat?" So I had to tell them what else there was to eat.

Once you clean up the liver and sort out the bowel most allergies leave. Some people will say, "I have an allergy to this", or "I have an allergy to that", when they don't have an allergy at all. The only thing about it is when they take it, it starts to change their body chemistry from the wrong range to the right range and they start to go through withdrawal and they quit their program.
Now the medical profession considers that a person that has low blood sugar is allergic to all carbohydrates and they give high proteins and tell you to discontinue your carbohydrates, but what we do is break all rules and find out why. We decrease their protein meats terrifically and put them into a low protein diet, no protein substitutes, or anything of that nature and also put them on fruits and things, one at a time, until you find out which fruit or which carbohydrates causes the pancreas to flush and then we discontinue that one and it solves the problem.

All Spice.
The all spice for the lungs I was speaking of is made up of a mixture of many, many different spices and not just the spice called Alspice.

Aloe Vera Gel.
Aloe Vera gel is basically recommended to soothe an irritated colon. If you had haemorrhoidal condition or ulcers or something in the digestive tract then Aloe Vera would be a great help to you quickly.

Amino Acid.
See also Enzyme and Vitamin. An amino acid is a building block of a protein, and it's also any molecule that has protein in it. Now Doc changes these around somewhat but yet they mean the same thing. He says that anything that contains a protein is an amino acid. In other words, amino acids themselves are blocks of proteins but yet the amino acid building part is protein itself, molecular size, and there are some proteins that are not digestible to us. In Doc Reams' terminology, amino acid, enzyme and vitamin are one and the same. Vitamins are enzymes, enzymes are amino

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acids and amino acids are vitamins. If you think of insulin as an enzyme produced by the pancreas, it is an amino acid. Why, everything that goes on in your system is related to amino acid, they are the electrolytes of the system, and all electrolytes have to do with either catalyzing or promoting reaction and they also have to have mineral content too. Even bone has amino acid cells, in fact, everything in our body has amino acid cells.

It takes 18 hours for the liver to build an amino acid, and when it gets lemon water into it, or lemonade, depending upon your sugar content, it can use it as a base for forming some 5 billion different enzymes a day with less chemical change than any other natural substance known to man. Now with the liver we're talking about it making up to 6 billion different enzymes or amino acids in a lifetime, but in any one 24 hour period it manufactures about 5 billion, if we are perfect health with an energy rating according to our age. The 6 billion includes those specific to infancy, babyhood, childhood, adolescence, adulthood and so forth.

Remember, there are more cells in the brain than in the rest of the body put together, but more importantly, the brain is the origin of ionization and the main site for ionization is the liver. Now the liver never finishes what it starts, it only completes the first 60%-80% of the building of the amino acid leaving the remaining 20%-40% to the transformer glands. When finished, or nearly finished, the amino acid goes into the structure of the body. Now, when you take lemon juice it is to help your liver to become a more efficient nuclear reactor because it takes about 18 hours to form an amino acid in the body, and that's one of the reasons why you need that small little shot of lemon juice and water for your liver spread throughout the day. You get too much and it's going overboard.

Amish.
The Amish people say that our retreats are the place where they get well on stale jokes and lemonade. So it doesn't matter how to get well just so they get well, that's all that counts.

Analysis.
According to Black's Legal Dictionary a diagnosis is a guess limited by experience whereas an analysis is something that you perform in a laboratory, and it doesn't matter how many technicians run the same test they will all almost have the exact same answer. The difference between a diagnosis and an analysis is that an analysis can be proven, and the diagnosis may or may not be proven.

If you look at your problem without your numbers you are diagnosing, but if you've got numbers you're analyzing. Go by the numbers and analyze. In this system if a thousand people learn it and know it well enough like we want them to then all will come up with the same problem. You may find ten thousand ways or more to solve the problem, but the problem you're working on will be the same and your answer to what the problem is will be the same.

So this is what counts is accuracy, firmness, and believe in what you're doing. All who use this system will come up with the same answer because it is an analysis based on mathematics. Now this system is mathematical and if you do your math correctly you'll get the right answer, and it's very difficult to do it incorrectly because you'll get off on a tangent and you'll find yourself lost in an ocean of numbers.

These tests show:

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- Quantitative analysis, quantity, how much of a substance you've got, and Qualitative analysis, quality, the kind of substance you've got.

Quantitative analyzes are no more accurate than the tester, and if you make a certain number of mistakes what will happen is that the picture will be too foggy.

Anemia.
Leukemia and anemia are both in the same category, it first starts with an iron or iodine deficiency in the liver which is the result of a calcium deficiency, and there may be an oxygen deficiency from the lungs. It's a chain reaction and consequently the body does not manufacture or accept or receive from the foods enough Vitamin A, and the amount of Vitamin A you take has nothing to do with the amount that's available to you. You may be taking it by the pound and doing yourself damage, so what you need to do is to find out why the body is not assimilating Vitamin A and set the body chemistry in position to accept Vitamin A. I have not found one single case of leukemia or anemia where there was a high or low WBC that did not have the lack of Vitamin A.

I had a patient who was so highly anaemic and very much underweight so I told her to take 2 x 250 mg vitamin B12 tablets twice a day between meals and come back in 2 weeks for a retest. When the pH gets to be about 5.4 then watch for anemia.

Anatomy.
You must remember for every cause there is an effect, for every effect there is a cause, and for every place those numbers are on that scale there's a reason for them being there and you must learn why they're there. And as you learn why they're there, and you understand enough about anatomy, you can then begin to visualize and see the picture that those numbers are trying to present to you. As soon as you really learn your anatomy you're going to find it much easier to understand the course and it will make it much easier to understand the relative energy stored, absorbed and used by the various organs of the body. I think what you need to do is to really get down and learn your anatomy. Learn what the inside of you looks like because it's absolutely important.

Now the relative weight of body tissue in order is:

- Skin,
- Bone, then
- Muscles.

and the body is comprised of hard tissue, or bone, and soft tissue and the division of the total mineral weight is:

- Bone - 26% of the total mineral weight, and
- Soft Tissue - 74% of the total mineral weight.

Now the more the density of the tissue the faster the electron travels and the darker the color. Now if you can think for a minute, glass is actually a liquid and you know over a period of years you can measure the thickness of a pane of glass at the bottom of the pane with a micrometer and see it getting thicker, while at the middle and top it's getting thinner the way gravity effects it, but yet the electrons are moving slower in that window and that's the reason light can pass through easier and less concentrated than they are in say a brick wall.

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Are your kidneys made out of the same substance that your brain is made out of? Or is your brain made out of the same substance that your liver's made out of? Not at all, they are entirely a different substance. The body distributes the elements to the respective part of the body that contains the element that is in question, for instance, the feet have more benzene in them than any other part of the body. Now in anatomy the various organs are different colors and it's the mineral composition that makes the difference. The liver is denser than the heart and is darker. The heart is denser than the brain and is darker. In other words, the greater the density of mineral the darker the organ. If you have a liver that's very light then that means you'd have less mineral in it, and lack of mineral is disease, which is the cause of cause and effect. When we talk about minerals we're actually talking about the atomic structure and it's the lack or abundance of them that determines health.

Now one of the strange wonders of the body and the world is that you have a cationic liver manufacturing anionic substance for digestion and the bowel and out of that anionic hydrochloric bowel comes cationic amino acids that become a part of our various organs. You are cationic substance and therefore what you're made from has to be cationic substance. So learn something about your body, study about your body because you need to know it.

For instance, a dead body does not carry any electrical charge, only a living body does. Before a body's stiff, if you put an electrical charge to the head of a corpse the toes will wiggle and if you put an electrical charge on the toes the hands will stand straight up, not from the head, but they'll point upward toward the ceiling. If the corpse is sitting up the hands'll point straight up but if it's laying down it'll point up toward the ceiling, the anions are starting moving upward.
The electrical voltage in our bodies, and the voltage that all life lives upon, relatively speaking, is 110 volts and that is only in us when we are a living body, and therefore the Spirit of God that leaves us upon death must be a Spirit containing 110 volts. Something leaves us and it is photographable, there's photographs taken of the Spirit leaving the body, have you seen any of them?

If you study your body half as much as you study your automobile you'd be a lot healthier and a lot happier. If you think of the body like a car most people just need a minor repair job, a tuneup, just a minor tuneup, that is if they come early enough, but if they wait long enough then they may need a major repair job.

So what I'm trying to say is don't expect the numbers to tell you anything, they're just numbers on a sheet of paper, but why they're there is very, very important, absolutely important, and you must learn what they mean.

Ancestors.
Sometimes when you find a young fellow come in and he's kinda cocky and smart and if you really want to throw him off of the smartalec train say, "I can tell by looking at you that you've got ancestors."
And immediately he becomes very worried, "how do you know? What are the symptoms?", and he wants to know all about "ancestors" because he's never heard the word.

It's a word that's seldom used even in high schools today. Most of the high school students don't even know they have ancestors today and one of them thinks something's wrong with one of their teeth.

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So, it's very good idea sometimes to get their attention whenever you have them come in.

Angstrom.
Now angstroms represent how far apart the electrons are in orbit in the shell of the mol. Now for the male the electron completes a revolution in an amount of time of 2.4×10^{-6} seconds which is a very short period of time. ($0.0000024 = 2.4 \times 10^{-6}$).

Doctor Reams and Doctor Black came up with the term 'angstrom per second' while studying this together and trying to find a term, and they agreed on "angstrom per second" and the symbol for angstrom is A with a little circle over it (D).

When I originally saw it I couldn't figure out what that meant because we got to talking about it and an angstrom is 10^{-8} centimeters and if it took a whole second to go that little bit they're moving awful slow you'd hold it in your hand. It's going a very short distance and a second's quite a while.

Just as we had trouble properly defining these terms we also found in the case of the alpha, delta and omega cells that there's many times no English word for some of these things, or terms for what we're trying to say or do, and we're trying to get the nearest one that we can find in the dictionary to fit what we're trying to explain.

Anion.
See entries under "*Ion*".

Antibiotics.
Doc mentioned treatment with antibiotics to fit the body chemistry. Go by the numbers. For instance, certain people have allergies to penicillin, and many people know it by trial and error, others don't know it. Go by the numbers.

Appreciation.
I am reminded that when I first got married I don't think any man's wife loved him as much as my wife loved me, and she really worshipped me, she really did. She set a burnt offering before me every morning, and I didn't want to hurt her feelings and I said, "this is just the way I like my toast" and it was 7 years before she caught on that I just didn't want to hurt her feelings. So anyway there's always a bright side of life you know and you learn to appreciate things.

Arizona Salmonella.
In mathematics Arizona Salmonella is a 126 case, and it was discovered in 1898 in Cuba, and it is a disease that was mislabeled. The bacteria at that time that caused typhoid and malaria were in the Salmonella group so anybody that didn't discover a salmonella wasn't any chemist at all, or physicist. So this thing was found and the reason it was called Arizona was the doctor that discovered it was from Arizona, and he called it Salmonella. Actually it's not a Salmonella, it's a trichinosis.

Now this can only come from eating pork and some even get it from smoked sausage, or boost meats, or luncheon meats because they've added pork to it. I have never known this to be in any animal other than a pig, and one woman said, "I've had this problem for about 2 years and I haven't tasted pork in 15 to 18 years." Well that bacteria had gotten in there and slowly got its start and

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spread and spread and spread. So your own resistance can slow them down or speed them up but I've seen it also strike very rapidly. There's no way to tell how long they've been in there, but it does come from eating pork.

The bacteria looks like small seedling pecans and it embeds itself in the lining of the digestive tract. Once lodged inside of that lining the individual bacterium secretes a substance which forms something like a plastic house for itself, but it leaves the ends of the plastic house open so the food can come in, seep up and keep it alive. The effect of many millions of them is that they secrete a substance which causes the intestinal wall to thicken and become like plastic on the inside such that the digestive juices can't go through it, the blood can't go through it, water can't go through it and the patient slowly starves to death.

In many cases too it also causes the intestinal villi to shed off and once the villi sheds off then moisture does not go on through, it leaks through the lining of the intestines and collects in the abdominal cavity and it has to be drained off. Now 6 to 9 months is a long time for anyone to live once it sheds off because it's not been known to rebuild at all for anyone.

Now Arizona Salmonella strikes women much more than it does men, but it does strike men too, and the percentage of cases seen is about say 5 in 10, 000. Doc didn't find a case in anyone under 25 nor did he find it in pregnant women, but mostly it strikes people in their 30's and all ages upward is when you really know they've got it and there was no age group above 25 that it didn't effect. He didn't know whether they could or couldn't get pregnant, because sometimes when something like that happened nature permits a pregnancy, but he never saw it in a case of Arizona Salmonella.

Now Arizona Salmonella can strike anywhere in the digestive tract from the tongue, throat, esophagus, stomach lining, small intestine and all the way down to the colon but many times it strikes in the small intestine. One of the first visible signs to your eye is that the tongue will be swelling just a little, however it can kill people and never get into and swell the tongue. Sometimes the tongue can be swollen so badly until it's sticking 4 cm out of the mouth and they couldn't even get it in, their face was all bloated, eyes closed, and in terribly bad shape, in fact, dying.

"We were not able to save two patients that came in, one in Haiti choked to death 3 days later because we were not able to stop the swelling, and the other one was at Blue Ridge. We did a few sessions with her in the colonic room, and cold and hot compaction to get her tongue back to normal, and get her to where she could be sociable and even walk around, but she died 4 months later. We were not able to keep the energy in her at all, she just kept going down, down, down, we couldn't stop it. However she would have died within 24 to 30 hours if she hadn't have got to us when she did, so we actually didn't do anything but prolong her life a little and made the end a little bit more pleasant, but it was too late, she slowly starved to death."

It's the same kind of death that you get from starvation, Beri Beri, and you'll also see these numbers on Beri Beri patients, except on a Beri Beri patient you'll see an enlarged or extended stomach, and on a Arizona Salmonella it does not swell, there is no fever, the numbers almost stay perfect, and it's a terrible, terrible agonizing death.

Now they eat like a horse, they're hungry all the time and eat terrific amounts, and the food doesn't disagree with them, but they've really got a problem. The foods cannot digest even though the liver puts enough bile in there to digest it because the water keeps it too dilute and it cannot get

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through the intestinal walls, also the water can't get out so it all washes through. In other words, since the water can't pass through the bowel wall into the system it all goes out through the bowel and causes them to have diarrhoea all the time, a watery bowel.

It might be interesting for you to know that we've had a patient with it for over 6 years and she's still living. She has not recovered at all except that she has not gotten any worse, we seem to have it arrested. She has not gained any weight but then she was not as far advanced as the other patients. We've had another patient for about 3 years and another one for about a year and we have two now at less than a year, and they're still living and they are not losing any more weight, but they have not gained any weight either.

Now when you have a person who is real skinny and underweight it's possibly a 126 case, and it's a good idea to let them eat often. If you suspect a 126 then always put them on the K-Min, 2 x 3 a day, and you may not be able to cause them to gain any weight but you can probably keep them from losing any more weight. So this is something to work towards, and to work with, and to keep in mind, is that K-Min has been able to stop that problem of 126 cold turkey in it's tracks now on about 8 cases we've got.
The thing to do for Arizona Salmonella is K-Min for the rest of their life. It's the only thing that we've ever found to stop it, but it does not cure it. It does not relieve the tissue that it's already in, it only keeps it from spreading any further. Now some day somehow we may figure out a way to get whatever it takes into those walls to cause it to retract, to diminish but so far the inside lining of that digestive tract wall's like a plastic, like a cellophane, and nothing goes through it and the villi sheds off, the little fingers shed off. No liquid can get through that plastic like substance and there's not a thing that I know of that can get through the plastic.

About 1962 Doc asked for, and got, a 5 inch part of an intestine from an autopsy and he made a study of it and presented the study to the doctors in the hospital to show them what had happened, and they were amazed. One thing about the walls of the intestine in which there is Arizona Salmonella is it thickens, and ordinary doctors just say it's a type of cancer. Well it's not like cancer. After the villi shed off, the outer cells of this wall do replace themselves, in other words it stays alive, but the food can't pass through it. Unless those villi are there the body cannot pick up the energy from your food. It's the villi that picks up the energy from your food and if it doesn't take it into the walls where the blood vessels lie you starve to death, actually you starve to death. This thickening happens in the colon, in the small intestine, in the lining of the stomach, the esophagus and the tongue.

With this bacteria the ends are open, the plastic covering only goes around, the ends are open on both ends of it so it can live and one of the amazing things about this is that there's not too many of them in there, you wonder how such a few of them in count can do so much damage, you expect to find them in the billions and billions and billions but they're not, the count is very low, bacterial wise.

Now the finest thing in the world to do for it is to run a culture on it, and in running a culture on it you have to buy an old refrigerator that you're going to throw away when you're finished or keep it for no other purpose but that, and then you run your cultures in this refrigerator. It takes 39 days to come up with your proof, but then you've raised them by the millions in there and it's no problem to see them. But to take a culture and we generally run at least 6 cultures through at one time to be sure that at least one of them will have at least one or two of the primary bacteria in it to start with,

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and some of the cultures will have some in it and some of them won't and we use practically the same culture foods in all of them.

A bowel section has been tried but it hasn't solved any problems because you can't get all the bacteria that way. With Arizona Salmonella, you can do a little bit about it but not very much. Suppose you move the number pattern from Range 2 into Range 1 then it helps temporarily, it slows it down, but it would not stop it unless K-Min was given. Sometimes they get their strength back and it does it marvelously, but sometimes there's too much already lost in the digestive tract and they do not get their strength back.

The following show test results and interpretation of two Arizona Salmonella cases.

Male/Female, 34, 5' 10", 100 lb

$$1.5 \qquad \frac{6.60}{6.20} \qquad 8 \qquad 3 \qquad \frac{4}{10}$$

The numbers do not have to be exactly those numbers but you've also got to have a weight of 100 lb on a patient that's 5' 10" tall, that's a necessity, but the age can be 60, 70 or 20, it doesn't matter. There's a very clear picture there. The person is emaciated, listless and has diarrhoea but if the person had these numbers and their stomach was swollen it may be Beri Beri, because in Arizona Salmonella the stomach doesn't swell.

Female, married, 38, 5' 10", 110 lb

$$3.2 \qquad \frac{7.10}{6.20} \qquad 22 \qquad 4 \qquad \frac{8}{10}$$

Reserve Energy about 23

This pattern is in Range 2, and in considering the "picture" of these numbers the following things need to be pictured in the mind:

- What does this person's face look like?
- What do her eyes look like?
- What is it about the color of her skin?
- What is it about her neck?
- What do her arms look like?
- What about her teeth?
- How does she hold her head, straight up or to one side or to the other side?
- Is there anything especially you notice about her feet, her ankles, her hips.

These things form the "picture" of the problem and you can't get a picture unless you take these things into consideration. These numbers will actually describe this person to you, just like she was standing in front of you.

This woman is very, very thin and her arms and legs would look very skinny and her eyes would look sunken and small. The woman is actually weak as well as tired and she is also anaemic (but she does NOT have leukemia) and she is a very, very pale color. Also her lips look very thin and her

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face is boney and it makes her teeth look too large, in other words there seems to be too many teeth for her face and even they seem too big for her mouth. Now her neck would seem unusually long and she's holding her head straight up, not to either side and the reason is she's too weak to hold it any other way, she holds it straight up to keep her balance. If she held it to either side with this much weakness in this kind of a condition it would tire her out too much so she has to hold it up, in other words, the perfect balance of her head causes less stress on her. Now this woman is almost dead, there's no question about it, she's really in trouble.

Her problem is in the colon and it's not far advanced because her weight is 110 lb. When her weight gets to 90 lb the case will be much more advanced and her lips will then be thick.

You know many things, like she's:

- 38 years old,
- 5' 10" high,
- 110 lb in weight,
- a beanpole, very skinny,
- constipated,
- low blood sugar,
- building salt and cholesterol,
- tired all the time, but more than tired she's weak because the food that's digesting is not getting into the colon and into the bloodstream, and you know that because otherwise she'd be heavier.
- slowly starving to death.

This is actually what happens in Arizona Salmonella, they eat a terrific amount of food but they starve to death. Arizona Salmonella is a thing to dread, to fear.

This case struck in the colon because at 7.10 the food is digesting very, very slowly because the colon is too weak to push the food through. Now both pH's are related to digestion and notice the saliva pH, at 6.20 it means that they're digesting food but it's not passing through into the bloodstream, the colon is not letting it through and you see that by the 5' 10" and 110 lb. If this struck in the small intestine the urine pH reading would likely be under 6.40, about 5.20, 5.30 5.40 somewhere there depending on the time it took.

They generally have excellent elimination, in fact too much elimination, not diarrhoea exactly but too much of the food's going through and not digesting. In Arizona Salmonella cases you've got to be careful about their water intake because it cannot get out through the bowel walls and kidneys like it should, a little will get through the bowel wall but mostly it'll go straight through in 20 minutes after they drink it because it cannot get into the bloodstream. So in Arizona Salmonella you have to regulate the water intake according to how long it takes their food to go through because they can be washed out like a tube almost. I'm talking about water it just goes straight through and it just washes everything out.

Now you need to ask some questions to let you know how far advanced it is, and they may even say "no" to all of these questions, but all it's doing is letting you know how far advanced it is, this is why you're asking:

- The first question you want to ask is "Are you hungry all the time? This person will be hungry all the time, and you expect, "Yes, I'm hungry all the time."

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- Now there's another question that you want to ask in a 126 case is, and this is a question that will help you to zero in and know something about time and how long they've had it, "do you have dryness of mouth?", "Is your mouth dry?". Now dryness of mouth often comes when the salt is above 35, this is a common thing, but this is a 22 and a dryness of mouth.
- Another question to ask, "does your tongue ever feel swollen or thick?" When it does you are in the advanced stages.
- The next question you want to ask, "do you ever have any problem swallowing?"
- The next question you don't need to ask, you can tell by looking at the patient, "are their lips a little thicker than normal". Arizona Salmonella causes their lips to thicken in advanced cases. Now with some colored people you may have a little problem with this but the white race you won't have much problem. I have seen many cases of Arizona Salmonella in which their lips were as thick as the Ethiopian lip.
- The next thing is notice closely the pores of the skin, do they seem to be rather prominent, in other words, they have a masculine look to them.
- Another question you want to ask is, "how long have you been losing weight?" This answer will vary, for some 5 years, some 4 years, some 3 years. What it tells you if they say 2 years, it means that this thing is moving at a very rapid rate for this kind of a malady and you've got to do what you do quickly, and
- "have you been losing weight systematically, at about an even rate?" Expect a "yes" to that.

Now the key to this is the whole thing, and what made me suspicious in the first place, was their weight. That made me suspicious but I wasn't sure about that until I saw the rest of it. With these numbers as they are, they're bad but they're not relatively that bad, you would expect this patient to have more weight for this height. Now with the food there's energy there from the digestion but she's not getting it, the liver's working not too badly, nature's throwing out the cells the best it can but overall she's starving to death. It's the whole thing that gives the picture, all the numbers, not any one number.

Aroused Effect.

You can put certain things on your tongue and within 10 seconds you can begin to get an effect from them, however that kind of an effect is only what's called "aroused effect", or a quick energy. In other words, it's only stimulated energy, it has not actually created something that actually becomes a part of you. It only sets the stage for the other organs to begin to perform their part in the anatomy.

Arrest.

The outcome of the arrest in 1968 was that I fought it all the way through the Supreme Court in Florida and won the case. It took me about 5 or 6 years and cost about US$40, 000. For 2 years they didn't even allow me to practice or do anything. But the result of being arrested was for all these 38 years I had tried to give this to the medical profession, and once they had me arrested then I gave it to the world, for anybody that wants to use it for the glory of God.

So it is possible that they will attempt to arrest other doctors who are using this too. If the devil can say, "Boo, if you serve the Lord I've got a jail that I'm going to put you in," and then you listen to Him, then he's already put you out of commission without firing a shot.

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I'm retaining an attorney at US$50, 000 a year and I'm the first one through his help to get a case before the Supreme Court, challenging the American Medical Association's Medical Practice Act as they're now written in the statute books.

The Medical Practice Acts as they are now written are illegal, they're unconstitutional, they interfere with your rights to worship or to teach the bible and they also interfere with the Fourth Amendment and the Tenth Article when it says this "That any two or more people shall have the right to make an agreement or contract between themselves without interference or molestment by the Government". So therefore under that Act you have a right to go to anyone you want to with your health problems or any other problems and make an agreement and the Government does not have the right to interfere. I have enough credentials now to be licensed in many States but I refuse to be licensed because they would like very much for me to be licensed one day and take them away the next.

I'm not fighting for Carey Reams, I'm fighting for your liberty and everyone who has power to choose to whom they should go.

Arsenic.
The colloidal phosphate of arsenic as found in asparagus is the mineral for the heart. See also "Minerals and Elements - Arsenic".

Artery & Vein.
There's basically two different kinds of blood vessels, arteries and veins. The standard medical definitions are:

- An Artery is a blood vessel that goes from the heart out to the tissues, and
- A Vein comes from the tissues towards the heart.

So medically, if there's any vessel that's leading towards the heart it's called vein and if it's leading away from the heart it's called an artery. Now there's a difference in the anatomical structure of an artery and vein such that:

- An artery has a thick layer of smooth muscle fiber around it.
- Veins have a thin layer of smooth muscle fibers, and they also have valves.

As far as the anatomical effects of moving blood through the system, arteries have muscle fibers and veins have no muscle fibers, but valves.

The blood actually moves through the arteries by the muscular pumping action of the blood vessel itself, pulsation it's called, where the artery is pulsating and that's why when you put your fingers on your wrist you feel that little thunk, thunk, thunk, thunk. That's the artery that's pulsating. The blood moves back through the veins because of muscle action, and the valves in the veins keep the blood from moving backwards.

Now with all this happening remember that the blood vessel going to the brain, the carotid artery, is really a vein because it does not have muscular walls and contains valves in it. Arteries move blood primarily by the pulsation of the muscles in their walls, and since the carotid artery is a vein it has no muscle in the walls and no inherent pulsation. The pulse in the carotid artery actually comes from its proximity to the heart, it's the reverberation, or the vibration, from the beating of the heart.

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With the arteries and veins remember that a high salt level causes the smooth muscle to lose tone, which means a loss of blood pumping power in the arteries and a weakening of the walls.

Doctors will tell you that arteries and veins can't be rebuilt, and when they tell you that they simply mean there's no drug that will rebuild them, we see them rebuilt all the time.

Arthritis.
Many doctors classify any pain in the joint as arthritis which many times it isn't. True arthritis is a loss of the oil in the cartilage in the joint and then an oxidation process starts. The basic cause is too much of one kind of calcium and not enough of pantothenic acid, Vitamin B5, and it's the same cause as for rheumatoid arthritis, lumbago, neuritis and so forth and there's too much oxidation in the muscle, or the joint or the system. When you're into the field of calciums you're into a terrific field.

Inflammatory arthritis is caused by too many delta cells, or cancer cells, anywhere in the system. Generally it's also brought about by a malfunctioning of the liver, and the liver malfunctions because it has too much of one kind of calcium and not enough of another and therefore nature will try and store up the calcium it has too much of, and it'll store it in the cartilage and in the joints because that's the only place that will accept it, and consequently too much is too much, and then the delta cells that are somewhere else in the system collect in that area because there's an oversupply putting extra pressure on the tissue, weakening the area and inflammatory arthritis results. It is the easiest of all diseases to control. Very easy, and I've never seen one case yet whose body did not respond that had it. Now inflammatory arthritis is generally not an arthritis and even though it's classified as being very painful and very aggravating it's one of the easiest of all arthritises to handle. Generally drinking distilled water, correcting the calciums and taking pantothenic acid will clear it rather quickly. Now you may have swelling of the joints for years and years and I have seen people where their arms and legs looked like posts, and yet they didn't have arthritis but were being treated for it, and I have seen those people become perfectly normal in 2 to 3 weeks time because the cause of the swelling was a deterioration, or a deficiency of mineral, in another organ of their body, and it was collecting in the joints in their arms. With inflammatory arthritis deposits of calcium form in the joints and the joints become deformed but when you correct the condition those deposits may break loose and once they break loose they'll start working themselves out through the skin in little chunks the size of beads, and then healing takes place rather rapidly. Although the joints swell the swelling will go away. I've also seen calcium deposits almost like horns sticking out like claws almost through the skin and pushing the skin upward and I've seen those dissolve and come out through the skin. They're a little sore for a few days but heal right up. If you have somebody with inflammatory arthritis and they're overweight and they won't lose weight or can't lose weight then they still have their problem. Those cases you have to send to a retreat.

True arthritis is a loss of oil in the cartilage in the joint which is brought about by high alcohol, but the person doesn't have to drink alcohol and may never have drunk alcohol. Their own pancreas manufactured too much alcohol and it ruined their liver even to the point of being cirrhosis, and the calcium collects in their joints and everywhere else because this arthritis is generally all over the body. When people die with arthritic conditions they also have cirrhosis of the liver. One of the symptoms of true arthritis is muscle soreness, but there are also other causes of muscle soreness, but in true arthritis you seldom find someone with cold hands and feet, because of the alcohol production.

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Royal Jelly is used for anyone that has arthritis or bursitis or any type of joint problem. Royal Jelly has pantothenic acid in it and that helps the joints to retain their fluid. If the person has a high blood sugar you'd want to have them take it in the morning and maybe at lunch time if they're taking it twice a day. Just don't have them take it after 2 p.m. in the afternoon if they have a high sugar problem or if they're diabetic or something.
In homoeopathy for swelling of the joints, or swelling of any area of the body, not just arthritic conditions, they take the whole of a honey bee, dry it, crush it, potentise it, put it in capsules and it's called Apsis Melithica, or Apsis Mel (Sweet Honey Bee) and give that. You can get it through any homoeopathic pharmacy in 1m, 10m, 50m strengths and take it orally.

Now did you ever get bitten by a bug and the area swelled up for a day or two and after that you felt better than you felt in months and months and months and months and months, but sometimes you feel worse. Before I developed this product, I knew one person that had a case of scarlet fever for months and the doctors did everything they could do and nothing worked but the person happened to get stung by a bunch of guinea wasp about 30 or 40 times and you know it absolutely cleared up in three days. Now I'd like to know what the guinea wasp has for scarlet fever, it's one of the things I'd like to know and there is the old story that bee keepers don't have arthritis because of bee stings, and I've seen that lots of times but I've also seen them dead after the first bee stung them, and those were the ones with high blood pressure. A bee sting might give relief to an arthritic patient because a bee sting is one of the richest sources of pantothenic acid, vitamin B5, that we know but it is so strong that if a person with high blood pressure gets it, it is seriously dangerous. I don't know whether you've had any experiences with bees and bee stings or not but if you ever get into extracting venom from wasps, bees, snakes, mosquitoes (mosquitoes don't have very much) or whatever has venom, one of the things you're going to be amazed at is the difference in the strength of the venom. For instance, the older the bee the greater amount of pantothenic acid and the stronger it is and you'll also be amazed that some of the bees really use their brains because in the season in which they're working very hard there's only a very small amount of venom in the sting and whenever they get the hive filled up then the venom sac fills up real full. Now I have seen a big drop, almost a third of the size of the sacs they carry their nectar in, and very strong, and I've seen the drop very small and very weak, and I've seen it very small and very strong. What you have to do with your bee venom it to first collect enough that you can determine the strength of the venom, next you have to purify it and you'll be amazed at how many impurities there are in bee venom, and what you have to do is to take it, dehydrate it, and clean out the particles. When it's dehydrated it forms like a heavy salt powder, not a crystal salt but a salt powder and these impurities can be blown out of it with a gentle fan without blowing it away. Then you put it back into suspension with USP distilled water and then you determine the strength and the amount of pantothenic acid in your solution. Once you know the strength of the pantothenic acid in the solution then we establish the amount in what an average bee would give you if you were stung, then we divide it into tenths, or even hundredths, and that's what we start with. So there's a lot of work in getting a bee sting and if anybody would like to go into that kind of business I think I can keep you really busy at it. I'll teach you just how to do it.

Now for all general purposes we hope to develop this into a vaccine for arthritic patients, but there's still a lot of work that needs to be done in order to get it accepted by the powers that be. Now this vaccine has already done a fabulous job for those whose body refuses everything you could think of and it was still there, then this one has worked. Some of them were afflicted for 10 and 15 years, and in one case was bed ridden for 23 years, and was walking in 6 weeks. Now they

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did not have bad spurs or calcium deposits but they were swollen so badly they just couldn't move without unbearable agony and also their muscles had atrophied, got to where they would hardly move, and it took them about 2 years to get their muscle back, but the pain had gone, the swelling had gone and they began to exercise to bring their muscles back into tone, and it was done through this substance.

I discovered this substance in 1934 and have made it up and used it a few times, illegally, but it's worked and I hope as soon as I get back in the lab to make it available. We have also given it orally and put it in candies but it didn't work. We could very easily get it out on the market that way now, but it won't work, it has to be given I.M., intra muscular, and that's the only way we've gotten it to work and it's amazing what it'll do.

Now the first shot is a very, very weak one, and you just barely give it under the skin to find out:

- whether or not the person's going to be allergic to it or not, or
- whether or not you're going to get any effect or benefit from it or not.

And you can tell with the first shot, just a little teeny drop under the skin. It'll swell up right quickly within a matter of three or four minutes, burn like fire but it won't blister. It'll burn and if three pimples appear in this little swollen place the person's body will respond. But if it's smooth on top the body will not respond to it and it's only a matter then of time until it works. Now there's one no-no in it, it must never be given to anyone with high blood pressure, but also there's going to have to be a lot of work done in order to get this out to the public.

Now this vaccine does not in any way mean that our diet programs are not effective against arthritis, what it means is that there are some special cases where you do everything in the book and they would not respond, and there is no evidence of brain tumor or damage to the vagus nerve. Now when I said that mineral deficiencies could not be made up if there was damage to those areas it's a different thing with the arthritic cases. I guess I've seen four in my entire lifetime that would not respond to diet, and others that didn't respond completely, partly because the person only got to the place that they felt so good that they said, "I'm good enough" and they probably thought that if they got completely well they wouldn't get their pension and they just wouldn't go any further with it, but regardless of those people I have seen four cases of what was called, "incurable arthritis" respond to this whenever the diet they had followed for months and months had only given them temporary relief, but had not taken the swelling out sufficiently for them to work. Another thing about this vaccine, it did in 2 to 3 weeks what it would have taken a diet 8 months to do. This vaccine doesn't have a name yet but it's a natural, organic product and if you put it into your stomach the gastric juices destroy it and the only way we've been able to get it in is through the I.M. shot and I have used it less than 50 times in my entire life but it is a way out thing and it should be made available to the public.

Also with arthritis the air we take in ought to be better down next to the ocean or up under a tree that's putting out oxygen. Now for some people it is, and for some it's not. If you've got an inflammatory type of arthritis then most times water near the ocean aggravates your condition so badly and causes the swelling to be so great till you can't stand it.

I had a woman come to me at Orlando from West Palm Beach and she was in the Real Estate business and she had one of the worst cases of inflammatory arthritis that I think I've ever seen. Before she arrived in town I said, "call me when you get to the hotel that you're going to stay in" and

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because I wanted her to stay 3 or 4 days I said "I'll call you when I'm ready for an appointment with you." Well, the first day I didn't call her. The second day she called me, "Doctor did you forget to call me yesterday?"
"No, I didn't forget it."
"Well why didn't you call me, I come here to see you."
"I know you did honey, but I just can't get to you yet, but I'll call you." And I waited till the 5th day before I called her and each day she was getting angrier and madder and she was about ready to go home when I saw her. And when she saw me I said, "how is your arthritis?" And to her great surprise there was a great improvement in it, and she hadn't even seen me, and she hadn't noticed that it was going down terrifically.

What happened there? There were two or three things going on, making her mad caused the adrenaline glands to flow but I also wanted to know if the ocean air had any effect on it because she lived close to the ocean as it was.

Afterwards, I advised her to move 6 miles from the ocean at least. And she did, and she did what I told her and she got completely well. But this is what I wanted to know and I told her so then, but I said, "if I'd have told you, you'd have thought I was clear off of my rocker."
She said, "I sure would."

Artificial Joints.
If a client has an artificial joint and is put on a program, the program will not cause the joint to deteriorate further. In other words, the joint will normally continue to deteriorate unless you take steps to keep the minerals sufficient and thereby halt the deterioration. I've seen a person have a foot taken off because of deterioration of the bone of the foot, and then the next thing you know it starts deteriorating there and they have to take it off up to the knee. A little later they have to take it off above the knee and all because they have not supplied the phosphate of calciums needed to replace the damage.

The body is not going to regrow the normal structure in the hip bone say because they would have taken out the transformer gland for that place there. In other words, if you take a portion of bone out completely you may join it back together and close it up and the blood supply can carry it, but it's not advisable to try, however it's a patch up and I have known some people to thrive for many years while others only survive a few months. When you're deficient in MinCol nature draws it's colloidal mineral from it's bone.

Ash or Powder.
There's two or three ways to convert things to ash. In a crematory they want as much of it to go off through the chimney as possible, but in platinum test tubes you can cremate things without losing any of the hydrocarbons or anything and you'll come up with your total residue.

Assignment.
When you ask God for an assignment He's probably going to give you one that you don't want, wish you didn't have and one that will make you cry unto God for mercy, like He did with King David.

David was so very "human" and when he was on the mountain top and down in the dumps, he would say, in his book of psalms, "Lord destroy those Philistines, cut their heads off." God did, but you

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know who He sent to do it, was David. So be careful what you pray for because He may send you to do the job that you prayed to be done.

Assimilation.
We can throw mineral in our mouth all day long but if the pH is off and one thing and another we won't assimilate it.

Asthma.
There's only one cause of asthma, lack of calcium. You can have a pH of 6.70 or 7.50 or 8 and still have asthma because you can have too much of one kind of calcium and not enough of others. You can have a constipated asthma patient and it's often the case.

Athletes.
One of the amazing things that you're going to find is that many of our athletes are some of the sickest people we've got in this country. They're way out in their body chemistry.

Athlete's Foot.
The mineral deficiency that effects the feet first, then the sinuses, is Benzene. For all foot and sinus problems use "hot" foods like mexican food, chilli, onions, horse radish, radish, etc.

Atom.
An atom is a combination of charged particles which results in the making of an element, and all elementary atoms and compound atoms are made out of anionic and cationic energy. Whenever you begin to deal with the atomic elementary structure of a molecule, the variables will cause it to synchronize into a compound substance on one frequency.

There are nuclear physicists and particle physicists who claim to have found many new particles when they have bombarded the atom but what they have really found, but not identified properly, is the loss of energy from the atom. They have picked up the loss and change of energy in it, and the energy is either a negative or positive, or anion or cation, or proton or neutron which is saying the same thing in three different ways, and they are trying to classify at certain levels the difference in substance, like water.

The purest of water, pure H_2O, does not all weigh the same, there's all kinds of water and I'm not talking about compounds in the water either, for instance, you have heavy water, you have light water, you have dry water and then you have just water, it's a variation of the energy of your anions and cations that make it up. The lower the energy number of the anion and electrons in water the drier the water, the greater the energy number the heavier the water.

Atomic Number.
In the Periodic Table the atomic number and specific gravity don't agree with the BI system being taught, and will never agree. In BI the atomic number and specific gravity are one and the same thing, but in the other course it isn't.

In the other course you cannot figure energy and in this course you should be able to figure energy because as long as you have a ratio of one to one regardless of what you're dealing with, you all come up with the same thing.

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Atomic Weight.
The atomic weight or the frequency of an element is the atomic energy in a given space. In other words, how much energy there is in a given space.

In working with the Periodic Table of elements I do not use the atomic number at all, I use the atomic weight which is also the frequency of the element. The atomic weight is the frequency of the element and the greater the atomic weight the greater the frequency. Now the atomic weight also gives the number of cationic or anionic electrons. Atomic weight therefore is the total count, or the total number of all anions and cations in the outer shell and inner shell of any substance.

The atomic weights for some elements are:

- Carbon = 12,
- Nitrogen = 14,
- Oxygen = 16,
- Phosphorus = 30, (or Phosphate = 30)
- Potassium = 39,

The best thing you can do in a chemistry book is to memorize the atomic weights, that'll help you a lot especially when you get into equations showing lead poisoning and things of that nature.

The atomic weight and the specific gravity and the energy are really one and the same thing just in different words and different numbers of units?

Attitude and Emotions.
Q. "I want to ask if illness starts with a lack of love, maybe fear and hate, but by changing the diet, or the foods of the person, you may also change the attitude of the person?"

He wants to know if the beginning of disease is hate and fear and so forth. Well when your calciums get too low you have fear. In other words a lack of calciums causes fear and cramps. Now there's over a $^{1}/_{4}$ million different kind of calciums so what you have here is cause and effect, and so many times it's the diet that causes our thinking.

I think the diet has more power to destroy us than our mind does, physically speaking, unless we suicide or something of that nature but not only is self destruction a biological condition it's also a physical thing, but I'm not thinking in those terms. What I'm trying to say here is that the lack of mineral has more to do with your thinking than your thinking does with your minerals when you are very ill. When you are healthy and strong then they should be about equal, but when people are extremely ill you will find that they are not able to think for themselves and should not be expected to, they need somebody else to tell them what to do and what not to do.

Aura.
If the gastric juice is just right it creates energy, electrical energy and heat energy. The heat passes right out of our body in anionic form but the electrical energy that's created from the food we eat forms the aura of electrical impulses around our body and that can be picked up by instruments.

The United States army had detectors which were able to see the aura and tell whether an enemy was encroaching on them. The detectors picked up the electrical aura of bodies and permitted the

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soldiers to aim a rifle or a gun at the enemy, but they didn't know whether it was male or female or whatnot and so it got the troops into a lot of trouble because they killed innocent people at night when they were prowling around, so they had to stop the use of it in Vietnam.

Autoclave.
I like the disposable colonic nozzles the best but others wash them thoroughly in a soap solution then scald them and then put them through an alcohol bath and I like that better than the autoclave. We've never had a problem in all the years we've been dealing with it where it caused any damage. I've never seen any bacteria come through that pure alcohol after it's dried and put in there hot.

Autopsy.
It's very difficult sometimes for a doctor in performing an autopsy to tell which kind of heart attack it was that killed someone, or whether it was the two kinds of heart attack at once. Many times both strike at the same time.

B

Baby.
When a woman is pregnant there is very little possibility of the passage of toxins from the mother into the foetus because once the foetus begins it's like being inside a shell in much the same way as a hen's egg is in a shell. You cannot do anything with ORDINARY things to harm that child, and if the child is harmed it's either:

- genetically wrong to start with,
- been done with powerful drugs that upset the ionization of the mother's system,
- severe electric shocks,
- extreme calcium deficiency,
- extreme saline deficiency, or
- extreme oxygen deficiencies

in the body which cause the ionization to drop so low until you will have problems, but these are not necessarily mitigated to the body through the bloodstream. In other words only pure blood is going to go to that foetus and if a mother has a toxic condition while she's pregnant, and she goes on a fast then the toxins in her system will not pass through to the foetus or come out in the milk.

A perfect new born baby girl, weighing between 6 and 7 pounds, would have a reserve energy of 8, and a baby boy would have a 10 for the same weight.

After the baby is born you can start testing them anytime after they get home from the hospital, say two weeks or so and you would introduce the drinking of water for the baby before it's six weeks old. There's no age that people cannot take lemonade, we even start two week old babies on lemonade, and people should expect to consume the lemonade for a long, long time. I've been on it over 70 years now and I drink it as often as I can get it and I try to drink some every day. Occasionally I go for two or three days and drink it every hour but then when your body is in almost perfect harmony you will know when you need it and then go get it.

One of the most amusing things is if the mother has to go on to a lemon water diet because her blood sugar is too high, or for some other purpose, and she's nursing a baby then about the second

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day the baby won't nurse because the milk tastes like lemonade, it's a change in flavor and it fusses at the mother, "what's going wrong with you?" After 3 or 4 more days it clears up and the milk tastes good again to the baby but there's about 2 or 3 days when mother's chemistry is in withdrawal that the baby really puts up a fuss and then the mother gets very, very disturbed thinking that her baby might starve to death, but just give it a little bit of water and a little bit of fruit juice if it's old enough, and if it's young enough just do the best you can with it. The baby won't starve for 2 or 3 days and it'll even learn to like the lemon flavored mother's milk. A baby resists any kind of a change in diet whatever and will tell you when it doesn't like it.

When a nursing baby seems to be having stomach cramps or colic then there's something wrong in there, it's gas that's forming in the baby and there's a whole lot of things that it could be, for instance:

- it could be that the milk is too rich,
- the baby could be constipated, maybe it needs an enema,
- maybe there's balls in the transverse colon or there may be a lump in the colon.

Now parents sometimes spank their baby for crying, even when the baby is sick. Remember good healthy babies don't cry. If you take a young baby under 3 or 4 months old and lay it on his back, and if it cries and the muscles in it's stomach, or abdomen tighten right up very, very tight, it means that the baby is suffering but it can't tell you where, but if it just cries for the fun of it or just to get attention or have it's way then the stomach muscles are quite relaxed. Now generally if a baby just wants to have it's way and you pick it up it will quiet, but if it's sick and you pick it up it will continue to cry and it doesn't matter whether you pick it up, walk it, love it, lay it down or whatnot the baby still cries, generally not real hard but not real soft either, enough to let you know that something is wrong.

A baby can't tell you in words what's wrong and where, so if a baby's crying then check out every known thing that you can in order to find out why. After the baby's about $3\frac{1}{2}$ months old if it's an ear that's hurting the baby will generally have it's hand on it's ear, or put it's hand where it hurts, watch it closely and observe it and you can tell whether or not the baby has an ear ache or where the problem is.

When a baby is newly born it doesn't have any taste and it doesn't know what flavor is because the taste buds are all set on zero and it'll take most anything, but as the baby begins to develop practically all the first foods it's given is sweetened and the first thing you know all it wants is something sweet and if you change it the baby will refuse it.

Now when you start a baby on a new food that it's not used to you just take a little dab or two for the first day and a little dab or more tomorrow because it takes a couple of weeks to get the baby to eat it, to adapt to the flavor or the taste of it because a baby's taste buds can be developed and trained.

Babies shouldn't burp as much as they do and if they upchuck quite a bit, or spit up their food, it means that their pH's are out, there's too much variation in it and they need to have that corrected.

Remember too, a baby has a very dilute hydrochloric acid and so has to be fed on milk and very light food and most children cannot digest meats before they're 12 and nuts before they're 8 because their gastric juice is not strong enough. The exception with nuts is pressure cooked peanuts, coconut and pinolia nut, those they can digest if they're soft. Even peanut butter or nut butters as fine as you can grind it are too coarse for a child's gastric juice and you're only asking for problems that's going to cost you money in doctor's bills if you give meats and nuts to children.

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You should not be too upset with a salt of 52 on a child of 1 year. Babies and young children tend to have a higher salt because of the child's growth factors, but sometimes with a high salt, say 52, we can assume that the child is either being fed crackers by grandma, or they're eating something that is salty and even if that's not the case we find that for such a little body it registers a high reading and it takes a goodly number of tests over a period of time to see this come down even into the 20 range which, while still high, compared to where they were the body is making progress. Now even though the salt range may look horrendous, a baby's body chemistry will change so quickly that in a week this will not be the same body chemistry, it will change that dramatically.

When babies' urea levels are too high from not drinking enough water it causes cardiac arrest, the baby's heart gets so tired and overburdened it just stops, and they call it "Cot Death", or S.I.D.S. and occurs when the urea levels are way too high. Also with ureas mothers may say to you, "my baby's urine smells so strong of ammonia and it's really rough to change the diaper". Well in that case the diet is too rich in proteins for the baby. Now if they're nursing the baby then the mother should begin taking dolomite as follows:

- 1 x 2 a day, then
- 1 x 3 a day, then
- 2 x 2 day, and then
- 2 x 3 a day

so it won't upset the baby or give the baby diarrhoea. Now if this high ammonia remains in the urine you will get serious skin chapping on the baby. Also when that ammonia odor is in the diaper it's very hard then to get the soap out of the diaper when it's washed. This is the same thing that happens in sewage lines whenever they put certain non biodegradable detergents in the sewer system, it forms a film on the sewage system and then it clogs it up or breaks it down, tears it up. Well the same thing is happening in our system only on a very mild, mild scale.

For ear aches for babies the two best things you can do are:

- First is Formula X dropped into the ear. When you drop that into the baby's ear he's going to be absolutely sure that it's burnt his head right off. It won't burn the head off and it's one of the fastest things in the world to stop an earache, is Formula X, and it does a fabulous job and does it quickly. Now after it gets well do not keep on using it because it's hard to come by.
- Rubbing alcohol is also very good for easing of earache.

When babies are little they can't walk, they have no teeth and a lot of them have no hair, but then their liver manufactures enough substance for them to have hair, then they start growing teeth and their joints get strong enough for them to walk, and so forth. Now after baby gets these things and goes past them he doesn't need it any more so the liver doesn't manufacture it any more. Later, whenever the young man comes into young manhood and the young woman comes into young womanhood other things need to happen and then the liver starts manufacturing a substance necessary for that age, and therefore nature distributes the elements to the direct parts of the body as required by the ionization of that system.
When babies and children are way too acid then use lime water in the bottles of infants and with children, say under 10 years old. For children over 1 year old with acid systems you can also use calcium gluconate.

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Where there is constipation especially under six years old you can use prune juice, pear juice or any of the mild laxatives, and even caster oil given as directed is one of the finest laxatives there is for children. Also you should give a child 3 children's enemas if they are hypertense or the food is digesting too slowly. Give the enemas 30 minutes apart. Children under 3 years old use a small syringe, give them about 2 bulbs full. Above all, you need to change the child's diet and body chemistry pattern for there to be lasting improvements.

Bacteria.

It's a very good idea to get a medical book on parasites and funguses and bacteria. There's a lot of books on it but when you read the first book you'll think you know it, get your second book and it contradicts the first one, get your third book and it contradicts the first two and then get your microscope and go to work on it if you really want to know something about them. Many times in the books you don't know whether they're talking about funguses or bacteria, plants or animals.

They'll talk about a fungus with all the descriptions of a bacteria and a bacteria with all the description of a fungus. It's a bit like a blind men describing an elephant, and you'll find bacteria and funguses that's in the wrong classification but that's the name they were given to start with and that's the ones that stuck. So just don't get excited about the confusion.

The difference in one-celled animals is whether they use oxygen or not. Bacteria and animals use oxygen, and fungus and plants use carbon dioxide. It makes a lot of difference and if you know what you're dealing with it makes a lot of difference in the food and the diet that you are working with, for instance, colitis is an inflammation of the colon and basically it's a bacteria. Look into the family of it and see.

Bacteria, and fungus, produce a substance that's technically called "bacteria liquor", which is mucous. Foods do not make mucous, even milk or dairy foods, and if you follow a program to get the bacteria out of your esophagus and mouth you won't have mucous in your throat.

The mouth is one of the breeding places for bacteria and most people don't know how to use a mouthwash to get rid of the bacteria in their mouth. In order to use a mouthwash properly you should rinse out your mouth really well with the mouthwash, get it between your teeth, over next to the jaws, under the tongue, under the bridge and everywhere else. The same method applies to cough syrups and cough tablets. Rinse out your mouth really well, get it all between your teeth, over next to the jaws, under the tongue, under the bridge and everywhere else, don't just take cough syrup or a cough tablet and swallow it. Once you've done the mouth then swallow a little bit of it and repeat the process until it's gone and that will help kill out or destroy the damaging bacteria.

Now a program is different, and one of the complaints that you're going to have with people in all Ranges except Range 1, is that after you put them on lemonade and water they'll call you and say something like:

- "I think I'm coming down with pneumonia" or
- "I'm getting a really bad cold because my throat is sore" or
- "this lemon water burns my throat so bad all the way down to my stomach. It really burns." Just say, "Praise the Lord, keep it up."

"What do you mean Praise the Lord, when it's about killing me. I'm allergic to it, it burns my throat."
"No, it doesn't burn your throat, actually it does burn in a way but it's not a burn, but if it didn't do that the bacteria would be back in there and the mucous would be back in there.

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What's happened is that those bacteria have been eating on the lining of the esophagus itself, causing the esophagus to rot and have diseases, and they've irritated it and therefore the lemonade causes a little irritation, a little burning. The lemon juice has got that bacteria washed out and nature has started to heal it and for the first time in 40 years you've got a clean esophagus and you've got the mucous out of your throat, so keep it up and in 3 days you won't have any sore throat. It's kinda like putting a little rubbing alcohol on a cut or a bad bruise, it burns a little bit, or it cleanses it, but in 2 or 3 days it'll pass over and you'll feel well."
Get their body chemistry in Zone 1 and let God do the rest. You've got the easy part He has the hard one.
When the fingernail gets big and thick and fat it's caused by a bacteria that gets within side of the nail and it's very difficult to get them out. The finest thing I've ever found to get them out was turpentine on the nail because it'll penetrate the nail faster and quicker than anything I know of.

Chlorine is an essential element for life and you can't get along without chlorine. If it were not for the chlorine in our bodies the bacteria would eat us up within 24 hours and all we'd be is a little bit of compost, and some folks are full of it already. Now people that are troubled by viruses, funguses and worms have a dilute hydrochloric acid in their stomach.

Now with cancer that seems to be alive and growing, what is happening is that the cancer is actually getting larger and larger but it's not actually growing. The mineral deficiency is increasing where the body cannot take it and "post mortea" is setting in. In other words it's premature ageing and dying. Many times you'll find various funguses, various bacteria within these decayed areas and then you blame the bacteria or the fungus for the cause. They do aggravate it but they're not the cause because if that was true then correcting your mineral deficiency would not cause the problem to go away. In other words, cancer is not an animal that's waiting to jump up on you, it's a decaying of the flesh, a premature ageing because of a lack of a mineral, or minerals, and for this reason I do not believe that cancer is hereditary, and I do not believe in hereditary diseases. Disease is a mineral deficiency.

Baer's Law.
As I have said before it's very easy for anybody to be healthy, to be sick you got to work at it, you got to break all the rules, you got to be very choosey about your foods, "I don't like this", "I don't like that" and then you can get to the place that your body chemistry will crave the thing that you do not need, that it has too much of and there again is your magnet coming into effect, there again is the Boyle's Law and Baer's Law coming into effect, like things attract each other. For that reason an alcoholic craves his whiskey, for that reason a person that is a chain smoker craves his nicotine, and a person that's on drugs craves their drugs because of Baer's Law. Now Baer's Law didn't change anything, it just expressed a biological fact of why we crave that which we have too much of, but when your body chemistry is perfect you will have an instinct that will let you know what you need for the same reason, so it's cause and effect, loss or gain of energy. The Biological Theory of Ionization is how things are put together and how they're taken apart, and this is what Boyle's Law and Baer's Law is about.

Balance.
You've often heard terms like:

- "balanced diet" or
- "balanced cereal" or

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- "balanced meal" or
- "balanced fertilizer" or
- "balanced minerals" and so forth

and to say that there's a perfect balance is an understatement. There isn't any such thing as a perfect balance of food, or drink, or water, or exercise, or fruits, or anything else because no two people have the exact same requirements. As everybody is different so all our requirements are different. Now, if you don't know what those requirements are and you don't know how to express them mathematically how can you correct them?

In looking at requirements you need to know certain things:

- the conditions you have to start with,
- the conditions you want to finish with, and
- the difference between the start and finish conditions.

When running a test we put the person's chemistry into math and it is the mathematical differences that give you the balance. In other words, you've got to know the numbers if it's a person or you've got to know the soil analysis if it's a fertilizer. Mathematics is the most perfect science that there is, and let me say it this way, you cannot break the laws of science, you cannot break the laws of chemistry or physics, and you cannot break the laws of diet, that is impossible, but you can break yourself on those laws. Now the more you understand the theory of these laws the easier it is to obey the law, but if you don't understand the theory of the law how can you obey it. If you don't know where you're going how do you know when you get there?

There's a rule that says, "There's no such thing as a balanced food, or a balanced diet, or a balanced body chemistry. When your numbers are moving towards perfect you are gaining energy and when all of them are moving away from perfect you are losing energy", just as simple as that and it's not even necessary to know how little or how much, it's not important. What is important is, "are you gaining or are you losing energy?"

Now when the pH's come more into line and you're supplying the food with the right minerals they need the body will grab it, but when the pH's are out the digestion still might be blind to it but you're not hurting the person and you don't know when the body will be properly balanced to make use of what you're supplying, so have it available as a ready and steady source. What I'm trying to get at is that through the study of the energy that makes matter we can comprehend the balance of nature.

Baldness.

Jerry went downstairs just at lunch and he says, "I don't appreciate you saying my brain is soft", and I looked at him and said, "gee, I wonder what causes baldness?"

You know that wasn't me that was the Lord. I don't know really what causes baldness but he has said that since he's been on the program he's getting more hair up there.

Hair loss is caused by a vitamin A deficiency and also the skin is not absorbing enough oil. Now 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. Sometimes there are genetic problems wherein the pores enlarge in size and yet he may have six hairs on top of his head and yet there's only six pores up

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there. I've exaggerated really a lot but a hair can't come out just anywhere, it has to come out of a pore. He might have six per square inch, or ten or twelve or something like that but if there's a hair in every pore there's nothing you can do about it, but if there's a lot of pores without hair in it you can do a lot of things about it. One thing I would suggest would be to use Johnson's Baby Oil and rub it gently into the scalp each night, gently for about 15 minutes with a very soft baby hair brush. Never use a stiff brush on it because the young hair that comes out is very brittle and it will break off, so use a very gentle brush on it providing that there are a great number of pores without hairs.

Banquet.
I want you to go out and teach the people how to eat the right foods so their stomachs won't be a garbage can. Now it's perfectly alright to have a banquet 2 or 3 times a year at night, fill your stomach and be miserable all night. Roll and tumble all night, get up tired in the morning, get a late start.

I give a banquet just to show people a good time, a climax and the truth. It's very good just to know that the rules are true and accurate, and it's perfectly alright to break the rules occasionally in order to know that they're accurate, but be careful, just break them a little bit, just a little. It's a lot of fun to break a rule occasionally.

So you'll be asked "what about white sugar?" Two pounds a year won't hurt you. In other words don't be down on that which you're not up on.

Base Exchange.
In general, every cell in your body should be exchanged every 6 months, and if it takes longer than that you're growing old too fast. You may have heard it said, "every 7 years", well when that proverb was made, over 120 years ago, the average length of life was 39 years for women and 35 years for men, but every cell in your body should be exchanged every 6 months, and that is one of the ways of staying young. The process of aging is the cell staying in too long which is also the process of cancer, is the cell staying in too long because there's nothing to replace them. The link between longevity and cancer is the same for both, the cells are staying in too long and when you have a 4M reading you can tell that the cells are staying in too long.

For a new cell to be made the old cell has to be thrown out. In other words there is a base exchange of cells. Now the delta cell that is thrown out is a carcinoma cell, and the omega cell that is thrown out is a cancer cell, and don't ever let the word cancer or carcinoma or delta cells or omega cells frighten you because our body is continuously in base exchange, that is, it's throwing out worn out cells and putting in new ones. Did you realise that a baby chick changes every cell in its body every 2 days, or else it couldn't grow up, and a chicken doesn't have cancer. We change our cells every 6 months and if you've got some that have stayed too long in your body they need to be exchanged, and it's nothing to be afraid of.

Chapparal is recommended to help the body with the base exchange of cells, and ginseng is recommended only when people can't get chapparal or if they're allergic to it or it's causing them problems. Ginseng is also a natural Chinese laxative and it contains cascara which is also a natural laxative. The purpose of the ginseng is to help their body exchange carcinoma cells.

Bed Bound.

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If anybody just went to bed and stayed in bed when there's nothing wrong with them then their muscles would atrophy and they'd get to where they couldn't walk, weakness would set in. So the only way to stay strong is to keep exercising, providing your energy's high enough not to destroy your reserve energy. In other words, don't burn up more energy with exercise than you take in, but you can't store it.

Beddoe.
My name is Sande Beddoe, last name is spelt B-e-d-d-o-e, first name "S-a-n-d-e". Sande is my nickname, A-F are my initials and I don't go by my eight cylinder name.

Beefsteak, Cost.
A 20 year old man was working pretty hard but he wasn't gaining weight because he was burning up the energy in his job and his work. Now let's assume that he's paying $2 a pound for beefsteak, how much is it costing him per pound out of the energy that he's getting from it? How much would the steak cost per pound if he was getting 100% energy out of it?

For meat at:

- $2.00 per lb. $2 divided by .0057% efficiency = $350 per lb.
- $10.00 per kilo. $10 divided by .0057% efficiency = $1754 per kilo.

Now that's how much he's paying for the energy in his food. There's only been one time in the history of the world that steak was higher than that, and that's when the cow jumped over the moon.

Generally you can get more energy from vegetables than you can from meats, but if you're in perfect health and your gastric juice is to where it's normal you can still get more out of vegetables than you do meat, but suppose that the vegetables were deficient in mineral, or suppose that the meat was deficient in mineral then you got a problem, and that's why we're here.

Beer's Law or Baer's Law.
(Doc Reams' pronunciation was BEER'S LAW) This is Beer's Law and I'm happy to see that there is a law that is at least named close to what Doctor Reams referred to as Baer's Law, but it is Beer's Law.

"The absorption of light by an absorbing solution depends upon the thickness, d, of the solution and upon the molecular concentration, c, of the absorbing material in the thickness of the solution under examination, thus:

$$i_d = i_i' e^{-\frac{k}{cd}}$$

This is Baer's or Beer's Law. Where:

- id is the intensity of light after passing through a distance "d" in the solution,
- ii is the intensity of the initial light,
- "e" is the logarithmic constant 2.72,
- k is the absorption coefficient.

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If you're interested in reading further see "Theories of Organic Chemistry", by F. Heinrich, and this is Wiley and Sons, New York, page 387. There is also a book on "Photometry" that covers this subject.

To make it simple, the first id is what goes in, the next one is what comes out and the end one is what's left in the light.

Beets.
In the stems and tops of beets there is a little vitamin A and if grown in properly enriched soils, the root has many minerals including iodine, but it's the copper in beets that is especially required. Asparagus and beets are recommended for almost everybody because most people are deficient in their minerals, and you need it. Beets are normally suggested about three times a week and a serve each time.

Behaviour.
Diet has everything to do with your behaviour and your child's behaviour, also with what you think and with what you do, and it goes back to the strength of the gastric juice that is manufactured by your liver and stored in the sacs of your stomach.

Benign.
Benign means it's contained, like a sac, but if it's like a pine tree it's not benign.

Now malignant means that the "thing" is growing, or increasing, rapidly. Therefore you can have a tumorous area, or carcinoma area, that is contained or benign, and is also increasing rapidly in size which is malignant. You can also have something that is not benign and not malignant.

Benzene.
See also "Foods & Supplements - Cayenne Peppers". Doc referred to the mineral for the feet, sinuses and flesh as benzene and it does a number of things in the body:

- it mixes with copper and makes our skin stretch and makes our intestines and blood vessels able to expand and contract.
- it is the element that keeps the flesh from growing into the bones and keeps the flesh attached to the bone, and one of the favorite places for it not to stick to the bone is up in the face, or the forehead, around the eyes, and therefore as the flesh begins to turn loose of the bone just the least little bit then bacteria gets in and causes a problem.
- The sinus discharge from a sinus condition is due only in small part to a bacterial liquor. Sinus is actually the result of a benzene deficiency and your feet use more benzene than any other part of the body and whenever you have aching feet then sooner or later going to have sinus trouble. When you find a person with sinus problems you'll also find they have foot problems, "Ooh my aching feet, my feet hurt". It's a benzene deficiency, and it's also a sinus problem, one follows the other. Generally the feet aching first and the sinus problem later.

For all foot and sinus problems use "hot" foods and anything that has a hot flavor is a source of Benzene. The best source of benzene is foods like Mexican foods, chillies, cayenne pepper, onion, horseradish, radish, tabasco sauce and so forth. Learn to eat hot foods and try to get some in your diet every day if you can, and the best time is when you have soup at night. If it's real hot only use a couple of drops, whatever you can take. Also eat your radishes, onion and so forth.

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Benzene/Beryllium.
It's for feet, sinuses and to keep the flesh attached to the bone. To us that have had chemistry, technically speaking Benzene is called an aromatic hydrocarbon and is also a six-sided structure with six carbons in it. Now we asked him about benzene and he said it's beryllium, the fourth element right next to lithium. See, the atomic symbol for Beryllium is Be, they called it benzene, we call it beryllium, and it says beryllium is not appreciably attacked by acid but suffered decomposition upon fusion with caustic potash, potassium hydroxide.

In peppers and onions the potassium comes in a hydroxide form and that's what gives you the burning on your tongue and when I was in college many years ago they called this benzene, but it was an element and now they call it beryllium but for some unknown reason there's been a change in this particular book, but if you go back to some of those old, old books, and those old, old atomic charts you'll find that there's some difference.

We're saying it's beryllium and it's in our sinuses and feet because God put it there and I don't know why He did it. The foods high in benzene are hot peppers, chillies, Mexican food, radishes, cayenne peppers.

Best.
Always do your best, and study these things with everything you've got and the Lord will reveal to you what they mean. You may not have ever opened a chemistry book or a mathematics book, but if you'll open your mind and follow these principles, God will give you the instruction you need at the time you need it, if you'll only ask. He may not give you what you want, but He'll give you what is best.

Bible.
God expects us to obey His commands, and His commands are for our benefit and the problems He gives us are to help us grow. For instance, the only way you'll ever understand perfect health, or good health, and the road to health is by using the map of good health and there's one book on health that I want to recommend most highly to you, it's the finest book on health that's ever been written, and it's accurate and you can go by it, it's the Bible.
The Bible is also a book of essays that have been a great blessing to me and I have really enjoyed those essays because they showed me a picture of my life and how to improve it. The Bible, get it, read it, follow it and you will see again and again yourself in the mirror of what you read because it is accurate.

Bicarbonate of Soda.
For people that have a highly acid system, a low urine pH, they may have the lemon drink without the soda, but they should not have:

- other citrus fruits like oranges, mandarins, grapefruit, etc,
- all other fruits like pineapple, kiwi fruit, apples, peaches, mangos, apricots, pears, etc., or
- berries, especially berries that have small seeds, like strawberries.

If you have a person that needs vitamin C extremely badly and you want to give it to them you can use any of the fruit juices but there must be bicarbonate of soda in it, and it doesn't matter how much you use or how little you use but generally a level teaspoon full to half a glass of juice is enough, stir it vigorously and as soon as it quits foaming you may drink the juice immediately and you have a pineapple carbonate or an orange carbonate drink which is very good. The unused soda will settle to

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the bottom instantly because it will have met it's saturation point and neutralise the acids and the rest will sink to the bottom real quickly. Just don't drink the sediment.

In this way people with low pH's can take grapefruit juice, orange juice, cranberry juice or any other fruit juice. It is not necessary to have the soda in a single glass of say cranberry juice because 4 oz (120 ml) of cranberry juice in a 24 hour period isn't going to make any difference. But when they're drinking quite a bit of juice through the day it makes a lot of difference. It's how much volume and how critical it is.

Also if you have burning when you urinate then that's uric acid. Actually the acid has only burnt or irritated and tenderised the lining of the urethra, but it's the salt that actually causes the burning. The uric acid damages the lining of the urethra and the salt burns it, something like putting salt in a cut. The finest thing I know for burning in the urethra is a little bicarbonate of soda, say a level teaspoonful in water couple of times, and generally in 24 to 30 hours it will knock it, unless there is serious deterioration and breaking down of cell structure even to the point of being really a cancer and throwing into the system a form of dilute post mortea and so keeping the body way too acid all the time.

Biological Ionization.

The whole "Theory of Ionization" is dealing with energy, and the process of ionization is how things are taken apart and put together.

Ionization is the moving of one particle from a negative to a positive and the unhindered rate of ionization is the speed of light which is 186, 400 miles per second. These moving particles are so small that if one was blown up to be the size of a golf ball the next nearest particle would be 1730 miles away. If particles are moved from a negative to a positive then it follows that the negative pole is the point of origin and the positive is the collecting point. Note, the collecting point and the point of origin are two different points, and this is why so many people believe that thyroxine is made by the thyroid gland instead of the pancreas. Also there are storing up sacs in the stomach, capillaries, filled with gastric juice that's made in the liver. The liver is the origin of the gastric juice and it stores it in the cells of the stomach. The gastric juice gets there a little bit at a time as ionized particles, and all of this does not go through the bloodstream, some of it goes direct by the ionization that takes place within our bodies.

The little particles in the gastric juice start off as a negative charge, and as they come to the collecting point they accumulate, but being a relative form of matter many of them form between "the point of origin" and "the point of collecting". Thyrotoxin and thyroxine both are cationic substances. Try to keep the theory of ionization as small particles collecting in the heart, in the brain, in the eyes, in the toenails, in the bones, in the tissue and in the many different secretions.

This is the same theory that takes place in a silver plating, nickel plating, chromium plating tank. Unless you know the point of origin you cannot correct the condition through diet and you cannot correct the condition through the diet unless you know:

- the point of origin, and
- the elements necessary to manufacture the substance needed at the point of loss of energy, which is the malady.

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So it is through this that we can predict anywhere from minutes to months or years in advance where disease is going to strike. It is through this that we know where the malady is going to strike. For instance, suppose you had a 4 year old child:

- and you found the child had a potassium deficiency, it wouldn't take any great amount of brains to know a brain tumor was developing, or
- you found a carbohydrate reading of 8 or 9, it wouldn't take any great amount of brains to know that the child was going to be a diabetic if you didn't correct that condition.

There's only a small percentage of the children of the USA that are taken to doctors for check-ups like they should be, and a few of those they find them to be in the diabetic range and immediately they put them on insulin when immediately they ought to put them on a program in order to get their system to manufacture the correct amount of insulin. A lot of times they find them with a low blood sugar. So these conditions should begin to be corrected in childhood, correct them at the earliest point of discovery. Do not wait until the disease knocks you down or makes you absolutely impossible for you to go and then do something about it. The parents should be taught when children misbehave there may be a biological reason.

Unless you understand the principle of silver plating, nickel plating, chromium plating or gold plating you cannot understand the Theory of Ionization. Now suppose that you have something to plate, and you put it down into the tank and the solution that you want to plate is in liquid form in the water and when the electrical charge is placed in the water it won't plate. If that happens then the electrolyte is missing and in the tank the electrolyte is salt. In electroplating silver and nickel and so forth salt is the ionizer, but in biological life it is nitrogen and only nitrogen that is the ionizer, and that's what makes biological life different from metals. The key that makes all biological life different from metals is nitrogen and there is no exception. Now, without that little cationic speck of nitrogen no biological life could exist on Earth, and it is around that little speck that a cell is plated, or ionized into existence on the frequency of the organ that's needed.

The relative "Biological Theory of Ionization" of patterns in humans is cause and effect. Did you ever stop to think that there's a reason for everything. Cause and effect is what our whole course is about, cause and effect, and this is what we're going to be studying.

Birth Control Pill.
Birth control pills are the finest cancer seed for the ovaries that was ever invented and I've only found 2 or 3 people in my life that took them that did not have a very, very high count of delta cells in the ovary area.

Birth, Damage.
I think that damage at birth could cause pressure in the brain.

Black's Booklet.
There are some things in that booklet that you need to take with a question mark, but he has repeated in there a couple of times that you need to rotate the sweeteners, and that is right.

Blackouts.
There are three causes of blackouts:

- **Low Blood Sugar**. You'll be walking along and just like a snap of your fingers you fall, blacked out, and you don't remember anything about falling, you don't remember anything.

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Now sometimes it comes on slowly and you know you've got to lay down and you don't care where it is, you've just got to lay down because you're blacking out, but other times you'll black out so quickly until you won't have time to lay down and you fall.

- **Brain Tumor**. There's a brain tumor right on the top of the head pressing upon the edges of the medulla oblongata and the other section of the brain, or
- Low Potassium.

Bladder.

If the bladder gets too small you're going to have to go quite often, and one of the complaints you'll have is, "since being on this diet I have to go to the bathroom every 30 minutes".

All you need to say is, "Praise the Lord, Hallelujah. The person that needs to worry about it is the one that can't go and the reason you have to go so often is the bladder has shrunk to such a small size until it can't hold very much, but keep holding it a little longer each time and a little longer and after a year or two it'll get you to where you can go only twice a day and still eliminate two or three quarts of water depending upon your size."

Now you need to watch both the calcium and manganese content because if the manganese goes down the valve to the bladder may become weak and then you'll have to go more often even if your bladder is large. So this is a chain reaction. Everything about your body is like a link in a chain, every part is connected to something else, even your toenails are connected to your brain.

Now there's a transformer gland in the area between the appendix and the naval that controls the valve at the neck of the bladder and you can stop the wetting of the bed if you can find it and massage it a few minutes each day and it does a fabulous job and for people that have to get up a lot of times very often through the night teach them to massage that and it strengthens the valve and they can hold the water a little longer and stretch their bladder a little faster.

Blame.

There's one sign of an educated person, they never blame others.

Blood.

Stage 1 in the manufacture of a biological cell is the combination of iodine, iron and oxygen with calcium as the catalyst.

Stage 2 - Combining those elements with water, and with nature taking the path of least resistance, the substance that is formed is blood.

Now the blood gets its ionization from the bone marrow and the marrow manufactures blood by an ionization process that is different to that of the body tissue cells. In other words, body cells and blood cells are made differently.

The hollow of the bone where the bone marrow is located is what Doc called an "ionization chamber". In regard to it's texture, bone marrow is the softest of tissue, equal to the softness of the brain, and it has the consistency of cholesterol or an oil. In regard to the actual manufacture of the blood cell, on the inside of the ionization chamber there is an anionic current through the marrow which rotates clockwise and at the ends where the bone is not hollow then the current is travelling in a cationic direction. The anionic ionization is moving upwards in the bone marrow ionization chamber towards the head, while the the message to the marrow for the blood production is coming in from the head.

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Now the charge in the actual bone itself is plusses going downwards, because it's cationic, but inside the chamber, in the marrow, there is the anionic charge, negatives, going upward, and the energy flows in the bone are similar to the energy flows in the earth from the south magnetic pole to the north magnetic pole. The cationic flow is going pluses over the crust of the earth, but down through the heat of the center of the earth the negatives go back to the south magnetic pole where it's converted into a positive charge which then starts it's path across the crust of the earth again.

Now the mineral needed for the manufacture of the blood is in the marrow, and the anionic current rotates around and around in the marrow and as the current rotates it rolls the blood cell out of the marrow in the same way that birdshot used to be made. For instance, to make birdshot we used to take hot lead and pour it on a rotating plate and if it was poured at a certain rate then all of the BB's were the same size. Now the same thing is happening in the marrow, the cells are not dividing they're being manufactured within the ionization chamber of the bone by the rotation of the anionic electrical charge that's moving from the feet upward. Because blood cells are rolled out of the marrow they have no nerve connection to the brain, they're polarised, and this is the beginning of ionization of the whole system. In this ionization chamber the cells are not dividing, they're actually rolling out, but they give the appearance of dividing and you can often say they divide because one time you look there's not very many there and the next time you look there are many there.

Not only that, but since the little blood cell is not connected to the brain it gives every appearance of dividing, but actually they are rolled out by the anionic electrical current which is very similar to dividing. Now the blood cell is a long cell, but very small, and as it rolls it almost looks round to you. Now the very fact that the blood cells are made this way in the marrow proves that the blood doesn't have a frequency because blood cells are not connected to the brain by a nerve. Unless the cell is connected to the brain it does not have a frequency, it has a purpose, but not a frequency, it's a wild. The blood cell that's manufactured by the bone marrow is an amino acid or else it couldn't be formed.

"The life of the body is in the blood". Now the blood has a lot of things in it besides those things that immediately go to make up a drop of pure blood, because the blood is a transportation system for nutrients like:

- **Oxygen**. Oxygen is desperately needed by the brain. You take the oxygen supply away from the brain for a few moments and it's going to be a different person, if any person, that you've got left,
- Minerals, like potassium, magnesium, silicon, manganese, zinc, etc, and
- Amino Acids and so forth.

and wastes like carbon dioxide and salts. The water in the blood keeps the salts in solution and the body regulates the salts in two ways, by moving them out through the skin and out through the kidneys. Now some people come to me and boast, "I never drink water",
and my question is, "what do you think you are, a Volkswagen?"

Our bodies are approximately 70% to 80% water, and it's the water that makes it possible for our body to assimilate elements from the digestion of our food, and when people don't drink enough water you can now see the trouble they're getting into.

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A person had lunch with Doc at Roanoke one day and they were talking about Theological things and because it had everything to do with life, the man asked, "Doc, you talk about the soul and I'd like to have your opinion. In doctrine, I believe that the soul (the word in the Old Testament Genesis 2:7 would be 'nafesh') means the whole of the being, not the ghost out of some mystery movie that floats upward."
Doc's answer was, "you're almost right, it is all of that except the blood and the water."

Doc was able to take the tissues, reduce then to ashes put them in solution and measure their frequency with an oscilloscope. He did the same with the blood and repeatedly tested animal blood, because no one volunteered to come and give him a gallon of human blood, and although he dehydrated it to test the frequency he found he was never able to get a stable number that you could say was the frequency number for blood. They were all over the place, it's not constant.

He concluded from the blood frequency tests that the being is made up of all of those things which do have a frequency, as he often said, "when your number's called you will come as needles to the pole.", and this is what bothered him many years ago, just how is a person to be identified when the resurrection of the body takes place. If you think of the case of the sailors that went over the railing into the sea, or blown up on a battlefield or even cremated and their molecules spread out all over and have even disintegrated. The theological problem is how the resurrection would take place. We now know that everyone of those cells had a specific calcium ratio that was present not only in the building of those cells but was also in that body at the time of death, and that the calcium ratio caused a specific frequency. When we say, "he's got your number" there's more truth to that than maybe we ever understood before.

Remember, in looking at the whole of the body the blood is unique in that it alone does not have a constant frequency, whereas the tissues do. The blood does not have a constant frequency because it's carrying everything for the body and is always changing second by second, minute by minute. All the amino acids have a basic frequency as far as male and female goes, but because the amino acids in the blood are only incomplete building blocks to be taken apart and used here, yonder and there the frequency is not constant. In other words, the foundation of the amino acid, or the skeleton of it that's manufactured by the liver, it goes to the transformer glands and there it has more added to it, it never becomes a complete amino acid in the blood stream. "Complete" meaning you cannot add any other part to it, in other words, as long as you can add one more part to it, it's not finished, but seldom in the blood do they ever become finished.

Now also in the blood you will find delta cells that are complete cells that are on the way out, they're finished cells, but they're also worn out like an old tyre. It's a complete tyre but it's worn out. But the cell that's going in is never complete. Now the cell that's going out doesn't give up anything because nobody wants it, it's worn out. The term dirty, tired or muddy blood is that blood that has too many delta cells in it, you're lacking water, you're not drinking enough water to wash them out.

Our blood is not chelated, it may contain chelated particles but our blood is liquid, and liquids are not necessarily chelates. The blood is a distribution factor for mineral. It's like a little wagon loaded with cations and anions that fit the various parts of the organ. The enzyme or amino acid has something like a platelet added to it that makes it attracted to the respective organs in the body and whichever organ has the greatest pull for that building block it snatches that amino acid off, unloads it off of that wagon, and 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.

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Now the blood cells in the blood are complete cells as far as being conveyors, as a transportation system, but I was talking about the incomplete amino acid cells, I do not consider blood cells to be those amino acids. Now blood cells wear out just like any other cell, and they're thrown out but they're also broken down, otherwise there would be blood in the urine all the time from worn out red blood cells. Whenever a blood cell wears out it's the salt in the blood that tears it to pieces and therefore it goes off as heat energy, or electrical energy or it's so dilute until it doesn't color. Even if you drink milk beverages without coloring in it, take vitamins without any coloring in it and don't have green drink and don't drink quite enough water there'll still be a brownness in the urine, an amber color, and that's the broken down blood cells, but it's not a whole blood cell. For instance if you find a whole blood cell in the urine it's coming from either the bladder or some part of the urinary tract starting with the kidney, but here I'm talking about the brown or amber color which doctors claim is normal. It is not normal, urine should be transparent unless you're taking something with coloring in it, green drink and so forth.

The Scripture says that you're not supposed to eat meat with the blood in it because the life is still in it. God said, "don't eat it" because the diseases of the animal are in the blood and therefore you will probably attract the diseases of the animal from the blood and now you can see why.

The factor that makes the difference in blood types is the pH. Now remember this and don't you forget it, the blood doesn't have a frequency, it's the pH factor that makes the difference in blood types. Now suppose that you transferred type A blood to a person that had type B blood, you'd find that air would form in the blood stream and when that happens you die, it stops the heart.

In other words it's the difference in pH that makes your blood types, nothing less and nothing more and so they called it type A, type B, type C, type D, AD or AC, or CD, and so forth. It used to be only three types but now they've got about ten different blood types.

Now sometimes your blood type can change. Once in a while it does change but it's rather rare and it changes very slowly. There's many, many, many medical doctors that know about blood types but they don't know why. Also there are some people on the Reams programs who, when they go to give blood, are rejected because the medical people say "there's something changing, there's something the matter".

This occurs when the pH factor of your blood is changing. In other words the pH of your bloodstream is different. Now this is the only factor that makes the difference in blood. Now, if there's a change in the blood pH there'd be also a change in viscosity. The higher the pH the greater the viscosity or the thicker the blood, and the lower the pH the less the viscosity, or the thinner the blood. So there's a lot of primary and secondary factors that come into it, but the pH factor is what determines the blood type.

You can also measure the blood pressure by these numbers providing the blood pressure has been constantly high, however you who take blood pressure please allow 50 points of increase by the patient just being in your office. Just add 50 points because they're scared to death.

So many times I've heard chiropractors say, "I lowered the patient's blood pressure in 30 minutes" and it's true, he put them on a table and used his methods and techniques and got them relaxed and then the blood pressure came right down. So most people's blood pressure jumps up 50 points

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just because of excitement, that's nothing unusual. Now there is no relationship between the pulse and the blood pressure and everyone should know their own blood pressure.

There's no law against taking anybody's blood pressure, anybody can do that without practicing medicine providing that you don't prescribe something to raise it or lower it. You can take blood pressures by the million and there's no law against it, and you may charge for it, take up a collection, do anything you want to about it, there's no law against it, providing if you find somebody that you think has a high blood pressure, you tell them, "you better see your doctor." If you say that there's no law against it.
Don't go by any one blood pressure reading and don't you ever believe either that there is a certain range for any individual's blood pressure. There is a range in which most people have a blood pressure range, but a lot of people have their own specific one, and Doc knew and treated people that had blood pressure readings of:

- Say, 72 over 55 all their life, and they were hard workers, they did a lot of work, and it was perfectly normal and those kind of people generally live to be 100.
- Say, 220 over 140 all their life and live to be 80 or 90 years old. Those people are generally actresses or actors or mathematicians or perfectionist or they live about as tight as an E string all the time and their arteries and veins are built for that kind of pressure over the years.

But for doctor hoppers, people who hop from one doctor to another it's very difficult for any doctor to know anything about them because in their excitement their blood pressure is always higher. But the thing about blood pressure is be alert for a quick change, for instance, if your blood pressure's made for 140 over 80 and all of a sudden it goes to 210 over 110 you're in trouble because the blood vessels have not toned themselves to that kind of a pressure and you are asking for a stroke or other problems. Or, if it drops extremely low there's a reason for it. So it's only in the quick change of blood pressure that creates the danger beyond your average normal blood pressure range. But learn what your patients' blood pressure is, know what it is, and if it varies up to 50 points either way don't be excited about it, unless it's one of those low ones, say 72 over 55. If that one dropped even 10 points it's something to be concerned about.

Now one of the finest things in the world to do for high blood pressure is walk, walk, walk, walk, walk. A lot of gentle walking is the finest thing in the world for high blood pressure, but don't tire yourself out. Walk slowly to start with and get to where you can walk 20 miles in a day without even being tired and you will not have any problem with your blood pressure.

So get all these facts into your mind and coordinate them and put them in the proper place and then it will make a lot of sense. But just to have a patient come in with a 90 over 70 and you tell him you've got low blood pressure, well you don't know. According to the medical standard he does but you start raising it and the more you try to raise it the more miserable the guy feels. The thing to do is have him come 2 or 3 times a week or two apart and see if that's his normal. Everybody should have a family doctor who can follow that blood pressure range at least every six months throughout their entire life and also a doctor that can guide him and know what their standard is.

Now, for people with blood that is too thick, whether from cancer or carcinoma cells, high salts, high ureas, and so forth we use Vitamin E to thin their blood and I discourage the use of Vitamin K to patients who have cancer or advanced carcinoma because their blood has a tendency to be too thick already and Vitamin K only makes it thicker. By giving them a diet that is high in Vitamin E,

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and also the Vitamin E tablets, you keep the blood thin enough for the kidneys to pull out the dead cells or the carcinoma cells and health is regained.

For people with haemophilia, thin blood, a bleeder, we use Vitamin K to thicken the blood. I seldom ever give Vitamin E and Vitamin K at the same time. You'll find alfalfa very rich in Vitamin K, alfalfa sprouts, alfalfa tea, alfalfa tablets. Now doctors will tell you that arteries and veins can't be rebuilt, and when they tell you that they simply mean there's no drug that will rebuild them, we see them rebuilt all the time.

The doctors among you should do blood tests. Blood tests are certainly needed because when I say a person has leukemia I just passed a note that they have leukemia, I'd also like to know what their WBC is. I need to know, and also a person starts vomiting and you can't stop it, they begin dehydrating, you need to know what the platelets are. There's certain things that you need to know that'll let you know how quickly you've got to work or whether you've got time to spare, whether death is imminent or not. You can find this out by stepping it by the hour, so I'm not against blood chemistry tests at all.

Blood Sugar.
Refer to "Part 2 - Carbohydrates and the Pancreas".

Body Chemistry Responses.
These are two of Doctor Reams' favorite expressions:

- "that which you dislike the most to eat is generally what your body needs," and
- "that which you crave the most is what you need the least."

and it is the second one that hurts the most, for instance, people will say:

- "I can't stand that onion soup", or
- "I never want to eat cauliflower", or
- "I never want to eat beets, can't stand beets", but they need it. The copper that's there they've got to have, or
- "I have to have my white potatoes every day".

"Why?"
"I was raised that way."
"That's not a good enough reason."

"That which you need the least" and, "that which you crave the most", remember those two phrases, it'll help you with your clients when they'll come to you and say, "I've got to have this."
"No you don't, not really."

You're not going to have a change in Range, and you're not going to get to Range A, unless you take active steps to move you from one range to another, Range B to Range A, because the body will crave the foods that keep you in the Range in which you are. In other words, the body will resist change and these express the biological facts of Boyle's Law and Baer's Law, which says, "like attracts like", in other words we crave that which we have too much of. Now when your body chemistry is perfect you will have an instinct that will let you know what you need for the same reason, so it's cause and effect, loss or gain of energy.

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Now if you need to change a body chemistry and if you can put them through the lemon water and water program without a fast then that's good, but for those with a sugar of 5.50 or above they should NOT be put on a lemon water fast, or even lemon water, because when the body chemistry starts to react it'll generally overreact, and when it overreacts that's what gets you into trouble, and especially so in children. So when working with vitamins and minerals we always recommend that people start off at the lowest level. You should never try and change a person's body chemistry quickly because you'll have them on the phone and they'll be complaining to you, "what are you doing to me?"

In some of the speeches that Doc makes he says that the longer a condition exists the harder it is to move it off of that condition because the body resists change and this is why a person of 60 whose numbers are almost the same as a person of 30 will not bring about the same response on the same program.

In the case of the brain tumor with high urea, that was not a dead sea tumor. I would suggest going to the retreat and have a complete body chemistry change in pattern under supervision because it's absolutely unpredictable how a body chemistry is going to change and you just have to go by the numbers day by day by day. It is absolutely unpredictable how any body chemistry is going to go through a withdrawal or what it'll be like going through or what it's going to be like afterward, it's generally all favorable if the body responds at all, but it's unpredictable whether it's going to go too low or jump too high or bounce around too low one day and too high the next and many times you'll run a test and you'll find a pH of we'll say 7.50 and maybe they'll get a colonic or take an enema or maybe take a laxative and the next day you'll find it 5.00. Now what's happened is their energy rating is so low it can't stabilise the numbers and the faster and the greater these numbers bounce around from range to range the lower the energy rating, the higher the energy rating the more they stay put. The lower the energy rating the more unstable the numbers and when their body chemistry starts to react it generally overreacts and when it overreacts that's what can get you into trouble, and especially so in children.

Now here's another thing that will happen, people will call you up a month later about their report. Don't try to counsel anyone on a report that's over two weeks old because their body chemistry has changed, or it might have changed, or it may have changed and therefore unless they come back and get a test ".. well I haven't had time to start on it"
"well, I'm just sorry I don't know whether your body chemistry has changed or not."
"I just now got a chance to start on it and haven't started on and I forgot what you said, would you mind telling me over."
Now what they're trying to do is to get out of paying you for another call and they want to take up 2 or 3 hours on your telephone. So the thing to do is to just say, "I'm sorry, if the reading is over 2 weeks old, it's too old for me to give you any counselling on whatsoever". So have a principle, a set of rules to follow.

When I saw patients and whenever there was no reason for their body chemistry not responding, and yet they wouldn't respond, I would say, "tell me about your childhood? Who did you love most and who did you hate most?"
And it would come out that they had somebody that they hated and still hated to this day, 50, 60, 70 years later, still carrying that grudge and that hate. You know absolute forgiveness is absolute forgetfulness, and "how can a man love God whom he hath not seen if he hates his brother, or his fellow man, whom he hath seen"?

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So what I'm trying to say to you is when you look at the numbers look for the cause instead of the effect. You're working on cause and effect and if you look for the cause then you can see the effect. Look for the cause, identify the cause, and if you're looking for the effect it's pretty hard to see at this stage. So find out the cause early in your testing, find out why the numbers are where they are, and once you know why they're there then you'll very easily learn to pinpoint the malady that caused them to be there.

When you run the numbers, observe the person, really see them, and you'll see outward signs and expressions indicating an inward condition, for instance:

- wrinkles in their forehead. You'll find a person with a high urea, every time, it's an outward sign of an inward physical condition.
- a heavily coated tongue. It's a malfunctioning liver,
- very thin fingernails with raggedy edges. You'll find people with a phosphate of calcium deficiency,
- cancer of the bone is also a phosphate of calcium deficiency.

For instance, if someone had Lupus you would start to correct it through the liver, not the kidney, not the colon, not the brain, not the lungs but the liver. It starts with the liver, and most diseases start with a malfunctioning of the liver. The liver manufactures over six billion different enzymes and in any one day of our normal life, if we are healthy, it produces over five billion enzymes to keep us living.

Body Tissue, Weight.

The relative weight of body tissue in order is:

- The skin.
- The bone.
- Muscles.

The body comprises hard tissue, or bone, and soft tissue and the breakdown of mineral weight is:

- The skeletal system makes up 26% of the total mineral weight, and
- Soft Tissue makes up 74% of the total mineral weight.

Bohr.

The Bohr theory is attempting to explain the energy relations of the electrons in the structure of the atom. A quoted physics text says, "The Bohr concept is essentially pictorial, giving physical significance to the electron as a particle moving in one of a series of possible orbits, however modern quantum mechanics, or wave mechanics, has to regard the atom as a purely mathematical concept without requiring any definite model as a basis for the calculation." It's mathematics, it's anions and cations.

Bone.

The body is made up of hard tissue, bone, and soft tissue and the breakdown of mineral weight is:

- The skeletal system makes up 26% of the total mineral weight, and
- Soft Tissue makes up 74% of the total mineral weight.

The number of bones in the body is a variable, for instance, in England they have a skeleton with 36 vertebra, and the fellow was about 9 feet 4 inches tall. Now a good average for a body is 24

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vertebra but it's also not unusual for a person to be one or two short. Now in the skeleton with 36 vertebra the fellow also had 18 pair of ribs, where a normal 24 vertebra skeleton has 12 pair of ribs. We also run into people with 14 pair of ribs and some with 9 pair. People also have 2 pair of floating ribs. So it's rather amazing how many ribs some people do have.

In dealing with the composition of the bone itself, and while the smallest and the softest cells are in the brain, the largest and the hardest cells are in the bone and the size differential, or ratio, between the smallest cells in the brain and the largest cells in the bone is ten thousand times. In other words, a bone cell is 10, 000 times larger than a brain cell. In the body there are 206 bones and they are composed mainly of phosphate of calcium, that's what bones are.

In the manufacture of cells, Stage 4 is the formation of the phosphate of calcium, or bone and there's a magnetism that results from the production of this particular cell. The magnetic attraction for the body starts in the hardened skeleton, the actual bone structure. In other words the bone material is the ionizer of the body, the antenna, the magnet that draws ions or energy out of the air. Remember that 80% of the mineral needed by the body is supplied from the air and no more than 20% ever comes from the food.

Now the development of the bone and soft tissue starts way back in the development stage. In the study of the embryo the first thing that forms is the folding in to develop the neuro notochord. Now the stole comes from the end of the nerves and with the nerve developing in the system then the stage comes in for developing the bone. You've got to have the nerves first, and then we develop the program in the center which creates the rest of the body out of the bones because the nerves are programming it.

The bones start from nothing at conception and the energy to build the bone structure begins in, and comes from the brain through the nerves, but you also get some energy coming straight into the body from the atmosphere. As the bone develops it becomes more and more of a magnet, powered from the brain, which is then able to draw in more and more anions and cations from the atmosphere, our food and wherever else it can get them.

During the development of the foetus a substance is given off through the bone which then becomes the tissue makeup of the rest of the human body. In the same way that the fruit comes out of the seed, the tissues come out of the bones. In other words, the bone is the seed of the rest of the tissue to the human body and benzene is the element that keeps the flesh from growing into the bones and keeps the flesh attached to the bone, and one of the favorite places for it not to stick to the bone is up in the face, or the forehead, around the eyes, and as the flesh begins to turn loose of the bone just the least little bit then bacteria gets in and causes a problem.

The bone is also a storage area for many of the heavier trace minerals in the body, like molybdenum for which a few parts per million would last ten years. Now trace minerals, like molybdenum and strontium, collect in the bones and the less trace elements you have in the bone the softer the bone and the more you become a candidate to have cancer of the bone or deterioration of the bone. Cancer of the bone is caused because of a phosphate of calcium deficiency and the bone requirements through our food is phosphates of calciums because there's three kinds of calciums necessary in the phosphates; Tricalcium, Calcium Carbonate and Calcium Oxide. Now MinCol has all three of them in colloidal form, and food in colloidal form does not have to go through a digestive process, it's already processed, ready for use. Now the same things we're talking about

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could lead to bone problems, deterioration of bone, osteoporosis, bone cancer, finger or toe nail problems, rough fingernails, brittle fingernail, thin fingernails, ingrowing toenails, or teeth problems then it's calcium phosphate that you need. Now MinCol contains 66 different colloidal minerals and is made from bone meal and in a ton of bone meal there's about 60 pounds of MinCol but we can only get out about 3 pounds of it and it has to be done by hand, it's a little expensive but it works.

While calcium phosphate is very important in the formtion of bones and teeth, fluorine is also necessary and there's enough fluorine in our foods and from the ionization of fluorine that comes directly into our bodies from the air. Now fluorine, chlorine, silicon and calcium phosphate forms the enamel that's on our teeth and if you look at teeth and see that they're kind of transparent toward the end it's a calcium phosphate deficiency, or you see little saw edges, or little dents in the end of teeth, you can see then that it's a phosphate deficiency. These are visible signs of calcium deficiencies that show up in the chart in your report.

When children break a tooth off right at the gum line, and they are given MinCol, that tooth will grow back out to be full length because teeth should grow out just like your fingernails. When you start giving MinCol to people warn them that their fillings will probably fly out in less than 3 months because the tooth is growing out. When that happens they'll have to have them lightly filled, and after two or three times the teeth will grow out without needing to be refilled again. The only reason you have tooth cavities is a mineral deficiency. A cavity in your tooth is actually a cancer in the tooth enamel itself, the decayed part comes out leaving the hole there and the enamel is so hard you don't have decaying substance in it until it reaches the nerve and then it gets down into the gum and then you have ulcers in your gum, and many other problems.

The mineral composition of the bone is shown in the "Mineral Composition of the Body" within this Part under "M".

The lower the Urine pH the more the bones begin to hurt, and quite often young people who are growing so rapidly will complain about their bones actually hurting, the joints actually hurting. Check them out you'll find that most of them are into an acid situation. The lower you go on the acid scale down to 5.6 they'll find it difficult to hold a chiropractic adjustment, the bone structure is beginning to change and there is a tendency towards bursitis.

Bone Marrow.
Doctor Reams calls the hollow of the bone where the bone marrow is an "anionic ionization chamber" and the softness of the bone marrow is equal to the softness of the brain, it has a consistency of cholesterol or an oil.

The marrow manufactures blood by ionization and the blood cells are not connected to the brain, they're polarized. The blood gets it's ionization from the marrow and the ionization of the blood is the beginning of ionization of the whole system. Remember, blood cells are rolled out of the marrow by the anionic flow of energy through the bone marrow, similar to the manufacture of lead "shot" on a rotating plate.

For more information see the section on "Blood" in this Part.

Bonemeal.

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MinCol is the colloidal essence of bonemeal and in a ton of bonemeal there is about 60 lb of MinCol, but only about 3 lb can ever be extracted. If you take bonemeal capsules you'd have to take about 60 to get the same amount colloids as you get out of one MinCol tablet.

Books, Vitamins.
There's some good text books on vitamins and you really ought to buy and study them. For instance, there's a whole book on vitamin A and it really will help you to understand something about vitamin A, and also there's one on the B vitamins and it will help you a lot to get this book on the vitamins and what they do.

Don't buy one from a vitamin company because they're advertising to sell their vitamins, get a proper text manual on it and also if you'll get one with the chemistry of the vitamin in it, it will also help you understand the variables and the many different kinds of the various vitamins.

Bowel Flora.
Make sure the people understand that they are to eat some type of culture like yoghurt or acidophilus if they take a colonic regularly until they get their problem straightened out, once or twice a day. Some of the things to help establish the bowel flora quicker are:

- cottage cheese,
- natural yoghurt (gluconate), for either acid or alkaline systems, and
- kefir

When the pH is above 6.40 they can have the lactate type (acid) products:

- buttermilk,
- whey (which is bacterial liquor), and
- acidophilus culture.

When Doc first went to Georgia he ordered yoghurt, but the stores had never heard of it, all they had was sour-belly grits, cornmeal and potatoes and they thought that was good eating. He began to order various things and they were very accommodating and anxious to please and they got what he needed but at one stage he ordered yoghurt from the milkman and the milkman said, "what is that?" He said "you order it from your company, it has it." But they brought him acidophilus. He kept it and used it but said, "listen, I ordered yoghurt, I did not order acidophilus"
they said, "we don't know the difference, what's acidophilus?"
"It's a different kind of cheese so to speak. In other words, I want yoghurt cheese instead of acidophilus cheese", so now they're bringing me what I want.

So if you give buttermilk or acidophilus to people with low acid pH you are aggravating the condition and you're making them worse. So these are factors in foods that you need to know and remember and do. The difference between the acidophilus and yoghurt is that they are a different kind of bacteria, the acidophilus is in the calcium lactate group and the yoghurt is a calcium gluconate, a neutral. We're talking about the lacto bacillus acidophilus and the other kind is the vulgaris, which is in yoghurt.

Bowel Problems.
The more acid the system becomes the more you can look for digestive problems:

- Putrefaction. The lower the UpH the greater the putrefaction in the bowel and the body is reabsorbing all types of toxins and that in turn effects the liver.

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- Ionization. The lower the UpH the more abnormal or irregular the ionization taking place, especially in the bowel area and such things as ulcers, colitis, spastic colon will show up.
- Digestion. The lower the UpH, the more rapid the digestion. There's an extreme, rapid, tearing apart or digestion of protein, and in the rapid digestion of protein you have the rapid release of heat, and with the rapid release of heat and the breaking down of the foods the body will try and move this material out in a hurry and the result will be diarrhoea. There will be a loss of energy also, but the symptom will be diarrhoea, or loose bowel.

Bowel & Stool Odor.

Your bowel movements should practically be odorless whenever your system is working normally. They should be like a cow or a horse with their droppings, not a bad odor but kind of a musty organic odor that's not really foul. It's only when it's not working normally does it have a foul odor and it means you do not have enough aerobic bacteria in the colon to destroy the foul odor.

Now you can have parasites in the bowel with high or low pH, and also a high urea, and parasites include all kinds of worms, one celled animals, certain types of bacteria and so forth. When the pH is high you'll specifically have worms and they'll cause your hair to lose it's sheen and when the pH is below 6.40 there is a lack of oxygen so there'll be anaerobic bacteria which cause both a foul odor to the stool and dullness to your hair. For instance, you can have the sulfur bacto bacteria in the colon with an extremely acid system and they're only making it more acid, and when you have those there's a very foul odor to the stool.

These numbers let you know what questions to ask that will verify your number.

With a high pH you may have pin worms (pH of 6.30 or 6.40 in both because pin worms don't like the low pH), or tape worms or something like this but the low pH parasite is a type of colitis.

Whenever you get into the colitis funguses and bacteria you're really into something and many times you cannot tell even under a microscope which type you're dealing with, whether you're dealing with an animal or plant, and the only way to do is to pull them out and put them into oxygen or CO_2 chambers in order to determine which one you're really dealing with. Even today some of our finest, best and up-to-date books on parasites, bacteriology and funguses still don't make it clear, and there's some of the writers that are being honest enough about it to say, "we don't know which it is", whether it's an animal or plant.

Now you have to treat the animals and the plants differently because if this were animals in your colitis the K-Min would work really well but there's certain type of funguses that it won't have any effect on.

Interestingly enough it's been shown that heavy meat eaters also have high fatty diets and this produces an increase in anaerobic bacteria in our bowel. Of course anaerobic bacteria function without oxygen and aerobic bacteria function with oxygen which emphasises the problem with oxygenation in the bowel with certain diets. You can easily tell the difference which you have in your body. Remember, if the bowel is anaerobic the stool has a very bad odor, and if it's aerobic the stool is practically odorless.

Boyle's Law.

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Now remember through all of this that elements do not have the same number of protons and neutrons, or as we say, cations and anions. Now, Boyle's Law is concerned with gases and has three variables:

- P is pressure,
- V is volume, and
- T is temperature.

The law says:

Pressure times Volume is a Constant (Temperature), and it's written

$$P * V = \text{Constant (T)}$$

Boyle's Law says that:

- If you were to take a gas in a cylinder and increase the pressure on it then the volume would decrease, and
- If you were to take a gas in a cylinder and increase the volume then the pressure would drop.
- If you were to take a cylinder of gas and you increased the pressure and increased the volume it would mean there was an increase in temperature.

Now at a constant pressure and temperature the volume or space that an element takes up is the same for all elements. Boyle's Law proves that "all atoms under the same temperature and pressure are the same size" because if that wasn'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. So the very fact that we have a standard of weights makes this law true.

Now in the same way that Boyle's Law refers to gases, Baer's Law applies the same way to solids, so what we say for one you can repeat for the other as far as solids are concerned.

Now in the human body, or even as far as atomic energy is concerned, we're dealing with two constants here:

- atmospheric pressure, and
- the temperature of the human body.

Now do you understand the correlation, because what we're talking about here is the sum of the parts. The sum of the parts together will equal the whole, and parts of this gas in this law are atomic elements. They're little miniature gaseous formations within themselves and so Boyle's Law applies to a gas and Baer's Law to a solid. You can reduce it to it's smallest reduction or pure element within that and it'll apply the exact same way.

This is where Doc runs afoul of the typical traditional physics and chemistry with their little atmospheric nucleus with equal numbers of protons and neutrons because that conflicts with Boyle's Law. Either one or the other has to be right. Well from experimentation we know Boyle's Law is correct, and so it has to apply to the smallest common denominator of pure element within that.

For instance, water is the only substance that expands when it's heated and frozen, all the rest do the opposite. Now there's one proof right there that the rule's correct, under the same temperature and

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pressure all atoms are the same size. In soft snow it takes about 11 inches of powdery snow to make one inch of water.

Now keeping the relationships of Boyle's Law in mind:

- if you instantly put somebody on the other side of the Van Allen Belt they would explode, blow up, because the sudden loss of pressure would cause a tremendous expansion of volume.
- Now when a skin diver goes down too deep and comes up too fast he gets what they call the bends. That's the nitrogen gas coming out of the blood and it actually causes a clotting of the blood, a poisoning of him. There's not an even change as he comes from deep water up, they have to depressurise slowly so the extra gas that's dissolved in the blood can be taken care of slowly.

The thing to remember is the fact that this relates to atomic structure, the smaller you get within this gas.

This you need to know but it doesn't have anything to do directly with your math of the future except to know that it's out there. In other words, all we're doing right now is proving what we told you in the first course by the laws of chemistry and physics of which we said that we would do. That we would prove that these things were accurate by the laws of chemistry. You will not be needing these equations in your overall calculations but the thing about it is when you're asked how do you know that there's not an equal number of protons and neutrons within a mol, then you have Boyle's Law, Baer's Law and other laws to verify it.

The summary of these two laws is that like things attract each other. This is the summary of the two laws, like things attract each other.

Now in basic chemistry it says, "opposite ions attract each other" and yet these laws say that like things attract each other. So this is only a proof preparing you to answer the questions that's going to be thrown to you by some "four- year wonders".

As I have said before it's very easy for anybody to be healthy, to be sick you got to work at it, you got to break all the rules, you got to be very choosey about your foods, "I don't like this", "I don't like that" and you can get to the place that your body chemistry will crave the thing that you do not need, that it has too much of what you crave most.

There again is your magnet coming into effect, there again is the Boyle's Law and Baer's Law coming into effect, like things attract each other. For that reason:

- an alcoholic craves his whiskey,
- a person that is a chain smoker craves his nicotine, and
- a person that's on drugs craves their drugs

because of Baer's Law. Now Baer's Law didn't change anything, it just expressed a biological fact of why we crave that which we have too much of, but when your body chemistry is perfect you will have an instinct that will let you know what you need for the same reason, so it's cause and effect, loss or gain of energy. The Biological Theory of Ionization is how things are put together and how they're taken apart, and this is what Boyle's Law and Baer's Law is about.

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Boyle's Law says, "At the same pressure and temperature all elementary particles are the same size". Now that does not hold true for compounds, molecules or cells. So under the same temperature and pressure cells have different size.

Therefore the statement is, "at the same temperature and the same pressure they have a different size, or a different volume. So you've got small cells and large cells. Now that is true, but it wouldn't be true if every cell was square, but they're not.

Reviewing Boyle's Law, "Pressure times volume is a constant", shows that atoms under the same pressure and temperature are the same size but each individual atom's density is not the same and that depends on the anions and cations. The greater the atomic density the greater the weight and the higher the frequency. The higher the frequency the more resistance has to be applied to slow the electrons to suit the frequency of the body.

For the beginning of cell structure Boyle's Law tells us that, "like attracts like" at the cell stole. The system has programmed the amino acids for upbuilding of various organs. Now remember the one rule, nature does not like to fight it's way around, it goes by the line of least resistance.

If an amino acid is programmed for the brain and it goes by the heart the heart will not pull it out because it is easier for the brain to pull it off, the line of lease resistance applied from Boyle's Law, like attracts like, all the stuff that's like it tends to drop off that way. If we were to liken this little latticework to the milli micronage aspect of this and you had two cogs here, one that fits and one that didn't, nature will pull out the one that fits. The line of least resistance of this is it'll fit right in there very easily and that's where you get the "like attracts like" and that's why we say Boyle's Law again.

Now this aspect has not been explained by anyone else in the world, this is something new.

Brain.

If brain cells were square that could be a reason why some people are blockheads, but brain cells are really perfectly spherical, like quicksand, and it's the pattern of energy that makes them so. The smallest cells of the whole body are in the brain and there are more cells in the brain than there are in all the tissues of the rest of the body put together.

The brain has a high moisture content and it's texture is soft, gooey and mushy, in fact both the brain and the spinal cord are soft and mushy such that pressure on the spinal cord is going to put pressure on the brain, and a lot of health practitioners, notably those who work on the spine, get some results because they're helping to increase that energy flow from the brain down through the spinal cord out to the organs.

The total wet weight of the brain in a perfectly healthy 20 year old would be about 2 lb, or nearly one kilogram, and if that was reduced to a dry powder the mineral would weigh 8 oz, half a pound, because the moisture content is about 75%, and removing the moisture gives you 8 oz.

The average mineral percentage for the composition of soft tissue and for the brain is about the same, and basically it's the same for every single organ or tissue that we want to talk about but with minor variations between the different organs and tissues. The normal potassium levels in the

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soft tissue are 5%, but there's a greater percentage of potassium in the brain over normal soft tissue and it goes up to 8%. 8% of the dry mineral weight (not ash) of the brain is potassium.
Now the ratio for phosphate : potassium is 2:1. In the brain the potassium is 8% so the phosphate content is 16%, a total of 24%. In most soft tissue the ratio is normally 15% phosphate and potassium, but in the brain it comes to 24%, a 9% increase over normal soft tissue.

To balance that so the mineral content comes to 100% the decrease occurs in the calcium level, and it's reduced by 9%. So, the 9% increase for the phosphate : potassium ratio comes out of the total amount of calcium. Normal tissue calcium is 54%, less 9% for the brain, is 45% calcium in the brain which is related to micronage. The easy way to say that the phosphate and potassium are increased and the calcium is decreased in the brain is to say that the micronage is different because it's the calcium ratios that determines the micronage.

Now potassium is the mineral for the brain and the brain contains a higher percentage of potassium than any other tissue, and the potassium in the brain is not given up whenever it's cremated to an ash, it remains in the ash.

The brain also contains traces of aluminium, gold, silver, copper and so forth but these are in colloidal phosphate form.

In summary, the brain has:

- the least percentage of calcium,
- the most percentage of potassium,
- the smallest cell,
- the softest cell.

In contrast, the bone has the greatest percentage of calcium, is the largest cell and is the hardest and densest tissue and it's the micronage that makes the difference, but sometimes it seems the brain is the densest. The size differential, or ratio, between the smallest cells in the brain and the largest cells in the bone is ten thousand times. In other words, a bone cell is 10, 000 times larger than a brain cell.

The brain controls where the amino acids go, remember "like attracts like". Every cell in the body is connected by a nerve to the brain and the chain is brain-nerve-stole-cell and so the brain is the master computer for the frequency and everything else, it programs each cell through the nerve to the cell stole, and the program for the cell is in the stole (remember cells do not divide, they plate). For instance, a cell in the body doesn't just keep growing and growing and getting bigger and bigger and bigger and bigger until your big toe will weigh 40 lb. It stops growing at a certain age and so forth. The part in the brain that's responsible for the messages getting out and through to the organs is the electrolytes and while potassium is not an electrolyte the aluminium, copper, silver, gold, salts, and so forth are electrolytes. The nerves are electrolytes too.

Now the stole does not feed information back to the brain for the brain to feed information to the liver for a new particular type of cell. The only time information goes back to the brain is if there is cell damage, say from a cut, bruising, burn, injury, or other cause. In other words, if there is a signal to the brain that there's a problem then it'll try and replace the cell and reprogram for a new plating effect and new cell, and also get rid of the delta or omega cell.

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A colloid is what makes "the diamond in the dew drop" and in the colloids there's a sufficient amount of the phosphate of aluminum to charge the brain sufficiently to be the beginning of electrical responses to follow the entire nervous system even to the end of the toes. So the brain is very high in colloidal substances, and that's where it get's it's aluminum from. There is no feeling in the brain, "no brain - no pain" and the brain has more aluminum in it than any other part of the body but way, way less than the potassium. It has just a good trace amount of aluminum.

There must be a constant supply of potassium for the brain and any time the potassium goes down in your blood chemistry, and in your brain, then you become absentminded (but remember absentmindedness is also a sign of genius). Now with senility you generally have forgetfulness's but there's a big difference in absentmindedness and forgetfulness. If you are forgetful and you forget something there is no recall, it's gone forever, but if it's absentminded you can recall it later but not right when you want it. In other words, potassium is just as necessary for the brain as oxygen and you may have plenty of oxygen but not enough potassium and you may blackout just as quickly from a potassium deficiency over a given period of time as from the oxygen deficiency.
The chain reaction is the potassium for the brain originates in the liver, and then the thyroid puts the finishing touches to it and it goes onto the brain. The same blood vessel that takes blood up to the thyroid takes it onto the brain. So as you begin to study these chain reactions, and those of the blood circulation, it might help you to understand and see how the blood circulates through the body, because the blood is a carrier for your energy throughout the entire system.

The brain has the smallest cells in the body and the size of the brain cell is 50 Angstroms. Now 1 Angstrom is 10^{-8} cm, or another way of looking at it is one micro inch is a millionth of an inch is equal to 254 Angstroms. Brain cells are so small that in one inch, 25 mm, you could line 5 million of them up side by side, and if you took the brain itself and spread it out one cell thick it would cover about a third of an acre.

In the structure of the brain you need to consider the nerve fibers, because when you look at the brain in the study of embryology and pathology the cells you actually see are the nerve fibers. The brain cells are much smaller, 50 Angstroms, so small in fact that unless you use the right equipment you won't see them. To look at 50 Angstroms you need high resolution equipment because even the better scanning electron microscopes have only a 100 Angstroms resolution, so you couldn't see the cell, while the best of the scanning electron microscopes have 30 Angstrom resolution and you may pick it out now and again. The transmission electron microscopes now have about 2 Angstrom resolution so you should be able to see it with one of those. Now the best you would be able to see in an oil immersion microscope at 1200 power is 2000 Angstroms, so you can see how many cells you could have lined up together and you wouldn't pick them out of the cell.

Now the brain cells are spherical and their relationship to the nerve fibers is like a mass of beads. Now if you've ever seen Egyptian corn you would have seen a grain with tassels on it. The corn kernel on Egyptian corn grows out on the end of the tassels and this has been likened to the nerve fibers coming off the brain cells, only in the brain they're much shorter and very fine. If you could count these fiber clusters and compare it to the frequency of the body, a male nerve would have 24 nerve fiber clusters and a female nerve would have 26 fiber clusters.

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If you compare the brain of an infant and the brain of a frog, you'll find that the frog's brain is not as "ridged", it does not have the folds in it that a human brain has and that's because the brain folds develop as a result of learning and it's the actual learning process that develops the changes in the bead-like brain cells so you can then start developing the folds and the convolutions and things that dictate the areas of the brain for different nerve responses.

Now the nerve fibers are large, and Doc elucidated on an experiment he did with aluminum, copper and iron that related to the brain, particularly about aluminum and it's potential for transmitting or carrying charge in the brain. In Doc's words:
"A few years ago I was working with certain elements and I wanted to know what effect an electrical charge would have on various metals between a positive and a negative plate in a glass tube six inches long. So I took round beads of aluminum, copper and iron and put each type in a different tube, and I bombarded the beads with an electrical charge.

First I used a line of beads and the electrical charge used was the same in each tube. The effect was such that it moved the aluminum beads whereas it didn't move the copper or iron beads at all. Next I used one bead of each, put it in the center of it's tube where it would actually be as near the point of the center of gravity as possible. Each bead lined up, each bead was the same size and I bombarded them with a charge, and the aluminum bead rolled out the end of the tube, the other two stayed put.

In other words, the lighter the element the greater effect the magnetic attraction had upon it, in much the same way as the gastric juice dissolving the minerals with the lowest atomic number. So the brain has a greater magnetic attraction, or greater electrical force, for attracting aluminum to it, it's got a drawing effect.

Now here again we're talking about frequency and micronage and the effect of how these elements relate to particular unique organs. Now aluminum is necessary for these functions and you would also think that the brain, having so much potassium and calcium in it would be anionic, but that little trace of aluminum that's in the brain, that's connected in cellular construction in a test tube, is cationic."
In regard to the organizational structure of the brain, looking down at a cross section of the brain it's divided into three sections, and the fourth section can only be seen by looking from the side view, which is in the area of the pons. The nerves for the brain are separated into two parts:

- the cranial nerves, and
- the vagus nerve.

Now, some of the standard medical definitions do not fit into the biological ionization teachings. Cranial nerves are related to the four areas, the fourth area being the pons. All of the nerve cells in the brain end in the pons with the exception of the vagus nerve. The pons is at the base of the skull where the spinal cord comes out on the other side and is like a small golf ball on the beginning end of the spinal cord. Now the pons is the relay station, but it may also be called the despatcher or the coordinator, and everything that comes in or goes out of the brain goes through the pons.

Considering the two divisions of the nervous system:

- the vagus nerve is called by such names as, "the involuntary nervous system", or "the autonomic nervous system", or "the vital organ system" and it is this nervous system that allows the brain to control our vital organs which control the heart rate, respiration, all the

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> glandular functions, organ functions, and so on. The vagus nerve does not enter into the cranial nervous system at all, it has a completely different pathway. Whereas the cranial nervous system's pathway is through the spinal cord, the vagus nervous system's pathway is through the posteria left quadrant of the head, and it is this area that is most developed in an infant as shown by a brain dissection. The area behind the left ear down to the center, is where it comes off and travels down to the various organs, and there is no involvement with the spinal cord. The vagus nerve goes into the mass that surrounds the pons and while it gives the appearance of going through it's only in the surrounding mass. Where the cranial nerves go through the pons the vagus nerve doesn't end in the pons, it goes directly to the organs, there's no pons in the relationship whatsoever and the proof of this is, suppose the neck is broken either by diving or some other accident that completely cuts all the nerve ends in the pons and then the pons can no longer despatch the messages for muscular movement, but the vagus nerve does not end in the pons, remember it goes by a mass through the edge of the pons, like a string pulled through the edge of a piece of wax, and the pons does have an appearance of a waxy substance, and you can live on 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.

Doc gave the example of Adam and Eve going from an anionic to a cationic state and he feels that the vagus nervous system is the only part of the brain that was really altered when that conversion occurred. Now because of this, he says the vagus nervous system carries the Spirit of God, it becomes part of the subconscious because when sleep comes on something happens to this area effecting body function.

Now it's interesting here because conscious thought becomes a wave that can be controlled by you whereas the vagus nervous system is not controlled by you, it's automatic, or autonomic. There's two Scripture texts that refer to conscious thought, Colossians 3, 2 which says, "set your affection on things above, not on things on the earth", and 2nd Corinthians 10, 5-6 which says, "Casting down imaginations, and every high thing that exalted itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ".

When you study these you'll begin to understand that you really have to control this conscious thought because there's a law in every universe that what you spend your time with, or that which you worship (and worship being figuratively spending your time with or concentrating upon), you will become like and that's just conscious thought, the thought that you can control. If you let Satan control it, or if you let someone else control it through hypnosis or something similar, then you're relinquishing a part of your being that you were given the responsibility to control.

All disease begins in the organs controlled by the vagus nervous system and this is a coordinated response that will be illustrated. The medical world has said that 80% of disease starts in the mind and that's true, figuratively speaking. If we take the cranial nervous system, the vagus nervous system, the liver and a body tissue cell which could be in any organ or tissue in the body. Under perfect conditions the vagus nerve sends the appropriate message to the liver for the right enzymes to be made.

If a distorted message, which is a malfunction, becomes the controlling factor in the vagus nerve then the malfunction can block the liver function as mineral is coming in, and this is why Doc says, "hate is the finest cancer seed in the world" because it blocks the mineral coming in and

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when that happens it effects the programmed amino acid construction for the cell function which then has a response back to the brain, via the cranial nervous system. He says that disease starts in the vagus system but the symptoms are seen in the central nervous system and there is a relation between the two, a reflex, such that the body and mind are related and you can't separate the two.

Now if we've got a symptom showing up in the cranial nervous system, then we have a programming effect that tries to override it, but the malfunction in the vagus nervous system can either be through the unconscious mind or it could be through a mineral deficiency, either way, they are both related, and then as the system tries to program it back with frequency it can't because the frequency is dependent upon mineral, it's cause and effect. Cause and effect tying together so if the body is getting mineral through ionization then it will have enough.

With this type of situation there's one more important thing to think about and that is blood circulation in the brain. The blood that goes to the brain comes off of the top of the aorta and is therefore the lightest, the cleanest and the most refined meaning it has become oxygenated in the lungs. Now the brain has less blood, but cleaner blood, than the rest of the blood in the muscles. Now the cleaner blood is more efficient but the brain has less because the brain is stable, it doesn't move like the muscles, it's not an active muscular movement so therefore it doesn't need so much to move energy in or metabolic waste away.

The lack of potassium in the brain means a brain tumor. Simple as that. It is the cause of brain tumors. You can find a potassium deficiency and know that if nothing is done to correct it then in up to 5 years or maybe longer, sooner or later that person's going to have a brain tumor. When the sum of the ureas is below 12 on a first test it is a potassium deficiency and if it is below 9 it's actually a brain tumor, and don't forget, this is on a first analysis only. In biological ionization mathematics a brain tumor is a 220 case.

A blackout can be caused by a brain tumor right on the top of the head pressing upon the edges of the medulla oblongata and the other section of the brain and in regard to the incidence of brain tumors there's certain areas in the United States where there are many brain tumors showing up because the soils in those areas are so depleted in potassium and the people are not getting enough potassium in their diet. Notice this too, a person with a potassium deficiency works like a horse because nature seems to know that something's wrong and they outwork two or three people, and when a potassium deficiency starts it's the hardest thing in the world to slow them down.

A brain tumor can be a simple hardening of the arteries where the message isn't going through. Do not think of a tumor as being only "round". A brain tumor starts microscopically, generally at the cellular level, and if you look at it under a microscope it would look something like a pine tree branch, branching out with the nerves in that little area and then it keeps growing bigger, and bigger and bigger, following the nerve structure of that capillary area, or it can cover more and more area. Even if it's hardening of the arteries you can still say it's a brain tumor because the hardening of the arteries prevents the messages getting to the liver which prevents the liver supplying the materials for the brain to restore itself. One follows the other, cause and effect. It's almost impossible for doctors to pick up a microscopic brain tumor on x-ray or any other type of brain scan but the test will show it. A tumor's got to be rather advanced and with an energy rating around 25 in order to pick it up with those instruments, in other words it's very difficult to pick up as long at the energy rating is above 25.

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When you begin to deal with a tumor you begin to deal with many, many factors. So many people think of a tumor as being around, like a ball, or a marble, but tumors come in all kinds of shapes, all kinds of patterns and while certain types follow nerve centers the cancer type of deterioration has a habit of following the nerve sinew, therefore causing no pain in the area until it's really to late to do anything about it, and this is why people can have tumors or cancer for so many years without even knowing it's there.

Now in treating 220 cases you work with the potassium and calcium and not aluminum because the largest critical percentage is potassium. Work with the big percentages and don't sweat the small stuff. Get the big ones. For the rest of the body remember, people have more calcium by weight and volume than anything else. So work with calcium there and the next most important one is phosphate. So if you can take care of the calcium and the phosphate you've just about got the whole ball of wax.

Now one No-No is never, never, never use dolomite when you have a 220 case, a brain tumor, it'll aggravate the condition and make it worse. Brain Tumor Patterns where Diet fixed All But One Case, and that case required surgery.

$$1.0 \qquad \frac{7.00}{7.00} \qquad 6 \qquad 3 \qquad \frac{10}{5}$$

Potassium deficiency and a tumor is in the process of forming. Diet will fix this if the body chemistry responds. Nothing will show on x-ray.

$$1.5 \qquad \frac{6.40}{6.80} \qquad 10 \qquad 4 \qquad \frac{2}{8}$$

Small tumor has formed and is not processing the messages through to the vital organs. Diet will fix this if the body chemistry responds. The tumor is not advanced but it is advancing.

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{2}$$

Definite tumor has formed. Diet will fix this if the body chemistry responds.

$$8.3 \qquad \frac{8.00}{6.10} \qquad 25 \qquad 4 \qquad \frac{6}{3}$$

Definite tumor has formed. Diet will fix this if the body chemistry responds. 0.3 is the refractometer tolerance.

$$7.5 \qquad \frac{7.40}{5.90} \qquad 45 \qquad 4 \qquad \frac{13}{9}$$

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Tumor has formed and is located on the top of the head on the inside of the cambium layer and is pressuring the basic metabolism part of the brain because the messages are not going through to the vital organs. Diet will fix this if the body chemistry responds. The diet for this will aggravate other kinds of brain tumors. You can tell within a week if a diet will correct this. This would probably not show on X-ray yet.

$$4.3 \qquad \frac{6.40}{5.90} \qquad 15 \qquad 4 \qquad \frac{13}{9}$$

"Dead Sea Tumor" located on the top of the head between the skull and the cambium layer. Definite Tumor has formed and most likely resulted from an injury. This one can and must be operated on to remove it.

Breakfast.
For a person with a low blood sugar, male or female, either pregnant or not pregnant you can recomment lots and lots of fruit for breakfast.

Breast.
The breast is a filtering system for milk, whether an animal or person and just as the kidney filters waste out the blood the breast filters out the milk, it's the exact principle.

During intercourse the breasts are supposed to become very firm, and if the woman is really getting the maximum amount of pleasure they should become very firm, but after a woman's had 3 or 4 babies, and is past the 50 mark then it's not so true as under 45. Now if this is not happening then the woman is quite minerally depleted.

The key mineral for all the reproductive organs is manganese, it's the mineral of life, followed by zinc, and the food source of manganese is foods with seeds. Cranberry juice is very good as are berries, squash, cucumber and so on. Zinc you get from the sunshine and air.

For instance, a woman may have a bruise in the breast or they may have a fatty tumor that they think is a tumor or a cancer or the doctor might say, "yeah, yeah, yeah you've got a cancer it ought to come out," and before you can blink he gets the knife on you as quick as he can, got to put you in the hospital.

All that doesn't mean a thing, but the numbers will say that you don't have a tumor and yet there's the swelling, there's the fatty tumor, and that's happened over and over and over again.

Some women have also said, "the doctor said I've got a tumor in the breast", left breast, right breast or both breasts and the tester never said a thing about it. There may be a lump, but that lump need not be a cancerous tumor. It can be a fatty tumor, and they don't show up in these tests very well but also they're not dangerous. The thing to ask is, "how long have you had it?"
"Ten years"
"Has it got any larger?"
"Oh it gets larger and smaller"

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That's a fatty tumor and on a lot of people it doesn't make any difference, yet some doctors are so anxious to get a hold of the knife that many times they just can't wait to get the person in there, and yet others would say, "oh I wouldn't bother till it gives you a problem", or they send it off for a biopsy.

Now it might have been bruised a little bit in that particular spot where the biopsy was taken from and you find two or three delta cells of different size in it "Oh yeah, it's malignant."
Now that's only 50% correct because you're looking at it under a microscope, it's a scoping problem that's to determine how far advanced, and to what stage it is, and many times they don't even know the exact color and they care less, they just go by the size and not only that, they don't know how long it's been since that test was taken. It might have lain in the laboratory for two weeks before they got to it and they might not have kept it properly refrigerated and by the time they did look at it the tissue was in pretty bad shape and consequently it would be very easy to draw a wrong conclusion.
Now the doctor that sent it might have forgot to put it in formaldehyde, so there's so many things that can happen and we're all human so we don't really know what to believe about reports.

Now a woman was on the program for about a month when she discovered a lump in her breast. A little bit of panic set in, she went to the doctor, he examined her and said, "you have to have an operation" so she goes to the hospital and while she's under anesthesia they run a biopsy and it comes back "malignant", so they do a radical mastectomy.

Many times a woman just gets a plain bruise from a bump on a chair or something, she bends over and hits a chair and there's a bruise, and it's really a "son of a gun" for a month or two and if she sees a doctor, ".. oh yeah, it's gotta go, it's gotta go, it's gotta go". I'm going to tell you I don't believe those things, I don't believe 50% of the malignancies. I've been up in the hospital and they said "this was malignant I see it on the chart"
"Then show it to me" "We haven't got time"
I said, "oh yes you've got time, you're going to show it to me." "Well, OK".
And it wasn't there. The operations always successful, the patient died on the operating table though.

If the tumor is really a cyst then after the operation the patient's going to say, "that doctor did great, he did a beautiful cancer surgery on me you know", and she didn't have cancer at all.

Now her problem started with a bruise and it's not the cyst at all, it's the lower colon or the ovaries or the uterus and it's probably in pretty bad shape. The very fact that there's pain there leads me to believe that where there's pain it's not too serious, the dangerous kind is where there is no pain.

One of the things you never do is argue with your patient. Never argue with your patient, you don't have to. A lady and her husband come in one afternoon, the test was run, and it showed that she had a tumor in her left breast, a good size one, benign, and she was told that.
She said, "oh Doctor" she said, "you're wrong, I don't have anything wrong with my left breast."
This was simply the picture in the numbers, no examination other than the eyes and the technicians do the eyes, I seldom ever look at anyone's eyes just the numbers on the card. Then two hours later she came back, very humble, and she said, "doctor" she said, "I'm sorry that I disagreed with you, I didn't know I had a tumor in my left breast but I do have one, will you give me a diet?"
I said, "no, I won't give you a diet, I will not, you'll have to go to a doctor now and confirm it and bring me the confirmation that you have a tumor and then I'll give you a diet."

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So the next day she went to her doctor and he wanted to put her in a hospital and remove the breast immediately, and she said, "no, I'm not gonna have it done, I believe in God and I believe in Faith and I believe God's gonna heal me and all I want you to do is write it out that you warned me to have this operation and then my family won't blame you for not warning me. So he wrote it out for her, she brought it to me and I put her on a diet, eight months later I sent her back to see the doctor and he said, "I missed my diagnosis."
I'm not reflecting on the doctor, what I'm trying to say is before radical things are done then there's time to try a diet.

Breast-Fed Babies.
It is NOT true that breast-fed babies can live off mother's milk alone for maybe 2 or 3 years of age.

Breathing, Deep.
The best time in the world to take deep breaths 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, three times and no more and then wait about ten or fifteen minutes before you get up. Do not get up immediately, if you do you'll be dizzy.

Bright's Disease.
Bright's Disease is kidney failure. When their entire body swells from just drinking distilled water then many times you'll find that they have Bright's Disease or Nephritis. The body retains too much water. It's a kidney disease, it's the final stages of nephritis and it's very difficult to handle.

I would suggest sweat baths, stay in an extremely warm room all the time, even too warm for you and even though you're not sweating the sweat evaporates, so hot baths even Epsom salts in the water, things of that nature. Try, try, try to get those kidneys to functioning because they're in bad shape.

I see so much kidney trouble especially in the summertime and winter. I see more kidney trouble in the summertime because of the iced tea that people drink and in the winter those that drink high amounts of chocolate have a lot of kidney trouble. One of the things that I've never understood is why one kidney will be a lot more effected than another. Sometime one kidney is half rotten with cancer and the other one is perfect. I don't understand how a kidney stone can be in one kidney and not the other but it is, or sometimes I find them in both kidneys but there's a lot of things we'll never understand this side of Heaven.

Brix.
Brix is an exact percentage of sugar.

Bugaboos.
Doc says there's bugaboos out there, but there's milk and honey too. Try and avoid the bugaboos and keep looking for the milk and honey, and sooner or later it'll dawn on us.

Building.
In reality you cannot build a house starting with the roof, you have to start with the foundation and build upward, and we're starting with the very foundations of health. We're going to start with the ion and built upward and upward and upward until we've built a single cell.

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Burden of Caring.
There's no human being that reaches maturity who is not at times loaded with burdens almost too heavy to bear, and especially so with doctors that have to stand by absolutely helpless in watching a soul slip into eternity, and even when that person himself is slipping into eternity he's placed so much confidence, so much faith, so much belief in you, and so has the family, and you're so helpless at that time.

Bursitis.
Bursitis is caused because the body needs Vitamin A&D, and taking vitamin A&D capsules will generally stop bursitis the quickest of anything.

Business Practice.
Make yourself available to people, the community and community groups, even to forming health clubs, or being active in health club work, PTA works, school work, anywhere and everyway you can. Now it may seem that for a long time you don't accomplish anything, that it's all wasted effort but remember this, Noah preached for 100 years and didn't win one convert, so you may not know the good you accomplish but it's well worth the effort to try, and if you really want to build friendship then give of yourself, give without the thought of how much is coming in, but know this, "a workman is worthy of his meat" and one of the things that I have found in life is that a person that didn't know what they were worth wasn't worth very much, a person that knows he knows, knows what to charge, but also I don't want to see people become wealthy on the sick and the dying, in other words, charge a fair price.

The areas in which some people live cost more than others, and some only want to cater to the very wealthy and spend a lot of time with them so instead of seeing 30 or 40 patients a day they see 4 or 5 patients a day. Well now that doctor's got to have more money for the time he spends with them than the person who sees 40 patients a day or 50 patients a day. Some chiropractors brag that by 12 o'clock they've already seen 110 patients that morning. Sure they gave them a finger adjustment but they didn't help the whole person.

I'm not complaining about the good they do but you need to work on the whole man, the whole woman, the whole child, the whole person and they didn't have time to coach that man or woman about their diet, about their habits, or their drinking water or rest. They didn't have time.

It's better to see 10 patients a day and charge $150 dollars a patient and help them to conquer their problems than to see 40 and charge them say $20 a patient and so forth. It's better to do well what you do, and don't overload yourself, especially when you first start out. Take them one by one, help them on every point, and you won't have to advertise, you won't have to do anything, but do your best for God.

One thing I'm going to suggest to you as testers that in the sale of vitamins and minerals if you will make an agreement with your health food store for them to handle all the vitamins and minerals and to send you people that need care the first thing you know you'll have 50 people a week, and any one that has more than 50 people a week really just has too many. Ten patients a day will keep you pretty busy, that is at first, and later a few more, but I would limit the counselling to 15 minutes and don't tell them everything you know, just tell them:

- what to do, and

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- where to get the materials

and the health food store will send you more people than you can make from the profits of the sale of vitamins and minerals. Now, if the health food store doesn't handle the vitamins and minerals you recommend then that's a cat of a different color, make it available, don't recommend something that's not available to people. So try to do as much good to as many people as you possibly can.

Another thing, if the person gets so busy that they can't come in themself, then don't accept their specimen from anybody else. In other words, if they're so busy don't let anybody else bring it, if they don't bring it themself just don't pay any attention to it. Just refuse to do it. If their health is not important enough for them to come during your office hours then forget about it. If they're in such a hurry to get to the cemetery you can't stop them, and not only that, if the wife has finally nagged the husband to send in a sample in order to get her to shut her mouth he's not going to do anything about it anyway. So the thing about it is unless the person thinks enough of their own health to come and be counselled directly, face to face, then don't bother about it, and the same goes for the child in school. Insist that you see the patient, insist that they come and stick to it, don't send word by a relative or friend, don't send it. Tell the person directly, face to face, whatever you want them to know because as sure as you were born by the time they've got it there they've changed it like they want it, they have heard terms they are not sure about and therefore they'll twist it and by the time it gets to them it will not be recognisable.

These are things to do to build up a practice and confidence. In other words, people are not accommodating you by coming to you, not at all. They're not doing you a favor by coming, they're doing themselves a favor.

Many times I had people call me up, "doctor, if you can't see me when I want to be seen then I'll go to somebody else"
and I'd say, "that's exactly what I'd advise you to do." In other words, they wanted me to cancel somebody else's appointment and take them. On occasions I've also said, "if you'll come and want to sit for a few hours I will try to work you in, but I'll do my best to get you as soon as I can."

Remember, you work for them but it is your business and in your business you set the hours and the appointments. If you will follow these rules then very quickly you will be booked up a few weeks in advance. Of course there's always emergencies that you can handle.

Now here's another thing that will happen, people will call you up about their report on a test that was done a month ago. Now don't try to counsel anyone on a report that's over two weeks old because:

- their body chemistry has changed, or
- their body chemistry might have changed, or
- their body chemistry may have changed.

therefore unless you have a current test you cannot give an accurate report and unless they come back and get a test do not counsel them, even if they say, ".. well I haven't had time to start on it .."
"I'm sorry I don't know your test so I don't know whether your body chemistry has changed or not."
"I just now got a chance to start on it and haven't started on and I forgot what you said, would you mind telling me over."

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Now what they're trying to do is to get out of paying you for another call and want to take up two or three hours on your telephone, so the thing to do is to just say, "I'm sorry, if the reading is over two weeks old, it's too old for me to give you any counselling on whatsoever". So, have a principle, have a set of rules on which you operate your business so as to establish confidence in the people.

Now if a person needs to go to a retreat do NOT give them a diet sheet and don't let them talk you into it because their body chemistry's going to change in a day or two and not only that but a lot of them fudge and do things they ought not to do. For instance, there was a young man in the retreat with a cancer almost the size of a grapefruit just below the joint of his right shoulder, and all through the day he would do what he was told, but at night he'd go over an get an ice cream and pop and drink it, and he thought we didn't know the difference. He though he could flush it out before the next morning. Now this happens.

Also in the retreat there was a case of advanced collagen disease. The person was a colored woman, about 30 years old, married with some children, and because she'd been a wonderful maid the sponser who was paying her way was her employer, who she'd worked for for a number of years.

The advanced collagen caused her appearance to be so bad, so terrible, that she looked more like an animal than a human, in fact her appearance was so bad that she was not allowed to eat at the table or be with people during meal times. For the first two weeks we kept her confined to her room because of her appearance, but the first day she was supposed to drink her lemonade and water, 4 oz of the lemonade on the hour and the water on the half hour and she was plainly capable of doing it, I mean she was not a bedridden patient by any means, and I called her in that evening and I said, "listen, I told you to drink your lemonade on the hour and your water on the half hour, I don't want to tell you this again".

Now I tried to be as kindly as I can but I'm firm, and anyway the next day I called her in in the evening and I said, "I told you yesterday to drink your lemonade on the hour and your water on the half hour, and I don't know what I'm going to do to impress it on your mind that you've got to do this and not fail. Now this is the last time I'm going to tell you and if you don't do it tomorrow I'm going to send you home.

The next day I called her in and I said, "call your husband and tell him to come and get you because I'm tired of fooling with you, and I'm not going to bother with you any more, if you're just determined to die you go home and die, because I can't help you if don't do what I said".

She begin to cry hysterically for about five minutes and she cried and she said Doctor, "why are you sending me home?"
I said, "because you're pouring your lemonade down the toilet and not drinking it."
And she said, "doctor if you just won't send me home I'll drink every drop of it tonight if you'll just give me one more chance."
So I did. Instead of being on a fast three days she was on one 6 days because then she started to drink it correctly and in two weeks you should have seen the difference, she begin to look like a human being and she could come out among the people but she said this, "don't never pour your lemonade down the toilet 'cause the doctor can see right through the door."

Now what I'm trying to tell you is this, when people don't respond they're not fooling anybody, you or the numbers or anything else, and if they say they are then send them to a retreat because these

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numbers will change if they do what they say, providing there's not a brain tumor or damage to the vagus nerve that interferes, and if you have any suspicion of that then send them to a retreat because they need help.

About 5% of all the people that you test, if you're testing very many, you'll find need to be in a retreat, but they come in waves. I tested as high as 60 or 70 in a day, I don't mean an 8 hour day, I mean a 20 hour day when I had somebody testing and just reading I'm giving them approximately 5 minutes each and I would go 2 or 3 days and not a one need go to the retreat, and the next day a bunch of them need to go, they come in waves. For instance, leukaemia patients, you may go for 3 or 4 months without hitting one and then hit 2 or 3 within two or three days. In fact I was hitting a leukaemia patient about every 2 months 3 years ago in testing and then one day I hit 3 in one day, a wave of them, and I didn't hit another one for about 3 months again. So these things come in waves. I can't explain to you why, but they do, and two of them was in the same family, and one of them was in another family, not even related to each other.

So what I'm trying to tell you is this, have a set of rules to go by and live by it, and always keep your cool, never argue with your patient because you're no bigger than the person you argue with, or debate with and so forth. Be patient with people and if you can't push somebody up don't push them down and you will find that if you will use these words regardless of what people say to you, "I will help you", "I will help you", "I will do my best to help you", God will do the rest. "I will help you" regardless of what they say or accuse you of say "I will help you".

Whenever a policeman arrests me I say, "I will help you to obey the law as you have to obey it". When I'm put in jail I say to the jailer "I will help you do your job, I will help you do your duty". There's no one that you can't help, or at least offer your help to, some people won't let you help them, but anyway you can offer to help them, so what I'm trying to say is let your life be a living sermon, everything you say and everything you do is a sermon, somebody is listening, somebody is walking in your footsteps, and some of the greatest sermons that's ever preached is preached without saying a word. Somebody is watching you, somebody is using you as their example so be careful what you say.

Business Practice.
See Also "Job". As a counsellor, one of the things you need to try and teach people is to become sensitive to how their body feels, because if they're not at all sensitive then they cannot tell if they feel better today than they did last week. If someone says to you, "I really feel better today than I did 3 days ago" then find out what they're doing, "are you doing exactly as you were told, or have you changed it a little bit?" Learn from your clients because most everything they say is important.
Now sometimes you'll have to be a little firm if they just say, "I didn't take any at all".
"Shame on you." Let them know you care what happens, work with them, and get their minds looking towards living to be 100 years old and in good health. Begin them planning on it because people don't live any longer than they plan on, but there are cases in which the person completes the assignment God has given them and He says, "well done my good and faithful servant. Come home my child", but they generally go when they're in good health.
This is your job as a doctor and a tester and an adviser is:

- TEACH the people how to live healthy and happy,
- COUNSEL them to the best of your ability on habits, foods, clean and unclean meats and so forth, and

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- LIMIT your time to about 15 minutes. Do your best to counsel and teach them as much as possible in 15 minutes because they have an instinct and know when you have told them all that you know, and they're not coming back any more. But they figure that whenever you are finding them at the highest point of interest just tell them when to come back. Stand up and help them leave. And believe me they'll come back for more, but if you wear them out and tell them everything you know in that visit they're too busy to come back for any more and consequently they get back into the same old rut and will always say and swear that you didn't do them a bit of good.

Butter.
Do not use too much of the animal butterfat. Vegetable butter is fine, corn oil butter, the Fleishmann's Corn Oil Butter is one of the nicest ones to use, easy to digest, and the preservatives in it I've never found it to do any one any harm.

Buttermilk.
You only recommend buttermilk whenever the system is alkaline, UpH over 6.40.

C

"C"
The "C" in the salt reading is a Roman numeral meaning hundred. It doesn't mean "Conductivity" or any such other thing, it means 100.

Calcium
In the Periodic Table, the element calcium is an anionic element which has an atomic weight of 40, and a configuration of 1 cation core and 40 anion electrons.

In regard to calciums and the diet, there are many, many, many different kinds of calciums and many, many, many different kinds of results to expect from calciums, and it is very important to get the right kind of calcium in the right amounts to the right person at the right time.

There are seven different kinds, or classifications, or groupings, of calciums and six of them are essential to life and there's one kind that's not available to human beings, it's not used; There are many thousands of different kinds of each of the calciums, and in the 6 classifications there are ¼ million different kinds.The calcium groups are:

- Hydroxide Group. Anathema to biological life in the hydroxide form.
- Gypsum Group. Gypsum is calcium sulfate and the gypsum group includes lactates, acetates and sulfates.
- Oxide Group. The oxide group is a high energy calcium.
- Tricalcium Group. These would be tricalcium oxides, phosphates and things like this.
- Phosphate Group. Then just your P2O5 group, with calcium phosphate.
- Carbonate Group. Calcium carbonate and those related compounds.
- Dolomite Group. The calcium in dolomite is not available to the human body, not then, not now and not in the future because the frequencies cannot synchronize. Dolomite is used only as a source of magnesium to reduce the ureas. Now some dolomites are absolutely unadvisable to use at any time because of the associated impurities, but remember this, dolomite calcium is not available to your system now or in the future in that form of a

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natural dolomite. The body doesn't metabolise dolomite very well and doesn't use dolomite calcium at all.

Calcium Hydroxide is in its own group and is fatal to all biological life in the hydroxide form. However calcium hydroxide is the calcium ingredient that goes into the making of lime water; and in that form it becomes a liquid calcium, but do not drink the sediment. When you put calcium hydroxide with water there is a loss of the hydroxyl, or the OH, which then makes the calcium ion available, and at that point it's no longer a hydroxide, no longer a poison. There is a special well wherein the water contains a sulfur ion that aids in the transfer of the calcium. Normally sulfur will cause lime water to "boil" but this particular sulfur ion is of a type that does NOT cause the lime water to "boil".

Calcium gluceptate (Eli-Lilly Product) is calcium hydroxide in saline solution and you have to get your doctor to get it for you, it's a prescription item and it does too much good for the public to get it. Women that are in menopause, and people with hysteria from lack of proper calcium, get 5 mls injection of calcium gluceptate I.D. and that will generally quiet them in 30 minutes. (I.D. - under the skin).
Calcium Lactate is in the gypsum group (calcium sulfate) and is in many different food forms like:

- Cottage Cheese,
- Buttermilk,
- Whey,
- Kefir,
- Acidophilus,
- Sour Milks, and
- Calcium Lactate tablet.

Now you eat these whenever the pH is above 6.80 and you avoid them when the pH is under 6.40, but the higher the pH the more calcium lactate and lactate foods should be had, as:

- pH 7.20 - 1 x 3, or 2 x 2, or 2 x 3, and
- pH 8.00 - 2 x 3 or 3 x 3.

Now if the pH is around 6.40 and all the other numbers are way out it means that there's a calcium deficiency and the pH being there is more of a coincidence than a reality. In those cases give one calcium lactate and one Cal II with each meal. For instance, if the pH's were:

6.00
7.50

you would give both the lactate and oxide forms of calcium. A reading like that means:

- First, a vitamin D deficiency in the body, and even though there's enough for the liver, the liver is not utilising it (neither assimilation not manufacture for the body) and it's throwing it out. When you use the lactate it will turn more energy loose in the liver, which then increases the energy in vitamin D and you'll see the urine pH begin to climb a little. Now this won't happen if they're not drinking enough water or if they're drinking too much alcohol which is destroying the liver's functioning.
- Second, there's too much of one kind of calciums and not enough of the other kinds of calciums, especially the phosphate of calcium, and

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- Third, is that the "E" is too low, your energy is too low and the lower the energy the greater the variation in zones.

Calcium Ascorbate.
For those who use Cal II and vitamin C then calcium ascorbate may be alright but you'd have to try it and see. Go by the numbers.

Calcium Oxide is a high energy calcium but is not available to the body in certain forms because it is too hard, for instance, ground oyster shell, or ground up bones of animals are not accepted because in an oyster shell the calcium is a very, very hard oxide form and even when you grind it as fine as talc, it's still like boulders compared to the size it has to be for the calcium energy to actually become available to you. When a report says "too much calcium" or "calcium too high" it means there's too much of calcium oxide and they need a colonic, and "the food is digesting too slow" means the same thing. Whenever you get too much calcium oxide for too long it displaces the lesser calciums because of the specific gravity. In other words, the purer the calcium the more precedence it has. We are not interested so much in the compound as we are the calcium content of the compound, with the exception of dolomite for its magnesium.

(Note for below: In original texts it was Calcium Oxide as stated as being used in Cal II, and originally that may have been the case. Now Cal II contains the Hydroxide form of Calcium with Yeast; so the following text has been amended to read what is actually used.)

Cal II
is an hydroxide form of calcium made from brewers' yeast and a very, very pure form of calcium hydroxide, about 99.99% percent pure calcium hydroxide, and probably 100% at zero percent moisture. Originally we used a calcium oxide supplement without yeast called Cal Min and their bodies would not always accept it, and you could do what you please but it still didn't do what we wanted and the problem was greater for women with a low pH because their bodies use 7 times more calcium per day than a normal man during their child bearing years, and it was a difficult thing to keep that calcium supplied. After adding the yeast and vitamin D to it we had no problem, it works very, very well unless you have other problems that offset it, like allergies to yeast, but just go by your numbers.
Yeast is a fungus and you try to put calcium hydroxide with a fungus without burning the fungus and you've got a job on your hands. We did it and it's now available and it does marvelous things for people with a low calcium. Cal II is recommended if the pH is under 6.40, and they need to take it as long as it is needed because it takes about a year to rebuild a liver and whenever you discontinue it the pH drops.
Recommend:

- 6.40 to 6.00 - 1 x 3
- 6.00 to 5.40 - Adults 2 x 3, School Children 1 x 2, Under school age Calcium Gluconate.

Cal II is the preferred calcium hydroxide supplement and when they can't take the Cal II because of the yeast in it (it causes some people to retain water) we put them on the gluconate 2 x 3 times a day and the Cal Forte, the egg shell.

Cal Forte
is an egg shell calcium which is used if people are allergic to the Cal II. Take the whole egg, put it in a blender, and blend it up. Make milkshakes out of it.

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Calcium Gluconate
is in the oxide group but it is almost a neutral calcium, and is in things like sweet milk, some yoghurts as well as peas and the different soft vegetables. Calcium Orotate supplements also fit within the neutral aspect of this group. The more ill anyone is, or the more debilated, or the lower their reserve energy, the more calcium gluconate they need because their gastric juices are so dilute and weak. The more dilute the gastric juices of the liver the easier it can assimilate calcium gluconate, and calcium gluconate makes vitamin D available and it's the only calcium that appears to do so. Initial research was able to trace calcium gluconate to vitamin D. People that need calcium gluconate are generally:

- those with an extremely low energy rating.
- children under school age (over 1 year old),
- nursing mothers (because they tend to retain fluid),
- people who are too sick to work or are very seriously ill, including a lot of senior citizens and bed-ridden people, and
- in shots for people who have to have something immediately because their nerves are so bad.

In other words, the people who need it are the people who are really sick unto death. When someone is really sick give them 2 x 3 a day gluconate, and give your minerals with meals, and your vitamins between meals. Also you give calcium gluconate in addition to Cal II, lime water, and vitamin D when the pH is 5.20 and under.

Calcium Phosphate.
Whenever you have bone problems (deterioration of bone, brittle bones, weak bones, thin bones, bone cancer, etc) or finger or toe nail problems (rough fingernails, brittle fingernail, thin fingernails, ingrowing toenails) or teeth problems (bad teeth, transparent teeth, saw edges) then it's a calcium phosphate that you need, and you get that in MinCol which is made from bone meal, it's actually the colloidal essence of bonemeal. Calcium phosphate is very important in forming bones and teeth and fluorine is also necessary but there's enough of it in our foods and from the ionization of it that comes in from the air directly into our bodies. Now fluorine, chlorine, silicon and calcium phosphate forms the enamel that's on our teeth and if you look at teeth and see that they're kind of transparent toward the end it's a calcium phosphate deficiency, or you see little saw edges, or little dents in the end of teeth, you can see then that it's a phosphate deficiency. These are visible signs of calcium deficiencies.

Tricalcium.
Not tricalcium phosphate, just tricalcium, it's like a soda. Your tricalcium carbonate is your baking soda. The "Tri" in tricalcium is three chelates.

Calcium Citrate
is a calcium that MAY be able to be used instead of Cal II. Further research is needed to verify it's action in all cases, but always, "go by the numbers".

Calcium
is a singular and plural word and the forms include salts and flours such that there are more than a $1/4$ million different kinds of calcium, and this is why in human nutrition the element is often

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referred to as "calciums". Now calciums is an anionic substance that varies in its anionic powers within the mol just the same as any other substance, for instance, the calcium that's in the shell of an egg has a different anionic value from that which you'll find in a grapefruit, or else a grapefruit would be an egg, and the same goes in an apple, a peach, a pear, a grape, turnip, radish, you name it. Remember, energy is like parts of a jigsaw puzzle, and not only is the difference related to the different MHU but also a difference in frequency, which also relates to its bioavailability when considered in relation to the strength of the gastric juices. In other words, at a particular pH or resistance it's how easily the body can take and use that calcium.
At a urine pH of 7.4 the body is beginning to have calcium deposited, not randomly because the body doesn't do anything just at random, it picks out very specific spots which are out of the way, normally called joints, and they start to deposit calcium there. So you have calcium deposits or calcium spurs and around 7.6 you have a calcium deficiency.

Keeping in mind the huge variation is size and shape of the human body and skeletal system, as a working figure the body is:

- Water, (60% - 80% with a working average of 75%), and
- Mineral (25% - of which 60% is calcium in all it's forms)

The importance of calcium is such that all biological life uses more calcium by weight and by volume than any other element, and it is the lack of calcium which is the primary cause of the degeneration of any organ in the body, and oxygen is the second cause, and then it follows through with a number of other minerals. For instance in the building of a single cell we start with the three common elements of iodine, iron and oxygen and we combine them with the catalyst, calcium, the element which is in the greatest amount in the human body. The calcium puts these three elements together and this is where micronage comes into the picture. The micronage has to do with the calcium ratio in the molecule and if we can put more or less calcium into the building of this cell, i.e., change the ratio, then we make different cells. It's the ratio that makes different specific cells otherwise a liver would look like a pancreas would look like an eyeball would look like something else. Now calcium determines the pattern of structure of the micronage because we have more calcium than any other element, and to quote Doc, "it got there first with the most." That's all there is to it, nothing more complicated than that. Note that in the building of cells the Calcium is the catalyst for iodine, iron and oxygen.

Now women need 7 times more calcium PER DAY than men during their childbearing years, but we do not give women more calcium than men because the body can only absorb so much, also the calcium supplements we give for people are in capsule form, not tablet form.

OUR FOODS TODAY ARE SO GREATLY DEFICIENT IN CALCIUMS THAT YOU MAY HAVE TO TAKE CALCIUM SUPPLEMENTS FOR THE REST OF YOUR LIFE UNLESS YOU CAN GET FOODS WITH ENOUGH NATURAL CALCIUMS IN IT.

In our tissue cells all forms of the nucleus is composed of either calcium or potassium, calcium for the body and potassium in the brain. So calcium or potassium forms the DNA factor while the RNA factor is formed by the energy of the electrons. Now let's suppose that a body cell is not getting enough calcium, and there generally is a calcium deficiency through most of the body, then the little area in the nucleus, or the core, will possibly start breaking down because it doesn't have enough calcium to support the cell.

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Calcium is always an anionic, or alkaline, element and there's no exception. In a test tube it doesn't always appear to be that way but calcium is always an anionic substance, anywhere, anytime, anyplace (on the bottom of the ocean, in the soil, in a seashell, and so forth) and it is constant. Calcium is an anionic substance because the electrons in orbit ALWAYS rotate clockwise. If they didn't it wouldn't be calcium. Also remember this, in all of our foods there's only three alkaline elements:

- Potassium,
- Calcium, and
- Chlorine.

Now under these 6 kinds of calciums available to you there are more than a $^{1}/_{4}$ million others, so when giving a diet it's necessary to be in one of those groups and that is near enough to help.

What makes calcium available to the body? Resistance. In other words, how much calcium is available to you is determined by the amount of resistance that you create in the body.

In other words, the amount of energy that your body gets is determined by:

- the amount, or quantity, of resistance there is in the body and the food, and
- the quality of the resistance, whether you need the kind of energy patterns in the food, and
- the kind of resistance you need.

It is a lack of calcium in the liver which means a dilute gastric juice (and a dilute HCl can also be caused if the body manufactures too much alcohol) and so it is very, very important to get the right kind of calcium in the right amounts to the right person at the right time. For instance, if you give calcium lactate to a person who has low calcium they'll climb a wall, or go into hysteria, but once you know which kind of calcium you need then making it available is another thing. For instance, if you've got swelling joints and constipation you've got too much calcium oxide, and you do not use that group, you use the calcium lactate. Go by the numbers.

Now your urine pH denotes your calciums, and the calciums is what determines your resistance. Remember, pH is a measure of resistance and always give calciums by the lowest pH:

- 4.80 - 5.40 Vitamin D (10 000 x 2), Lime Water (2 x 3 Tablespoon) , Cal II (2 x 3)
- 5.40 - 6.20 Lime Water (2 x 3 Tablespoon), Cal II (2 x 3)
- 6.20 - 7.20 Cal II (2 x 3) & Vitamin C over 6.40 (1000 x 2)
- 7.20 - 8.00 Calcium Lactate (2 x 3), Vitamin C (1000 x 2), Colonics

Our foods are so low in calcium that we are showing symptoms of:

- nervous eccentrics,
- nervous wrecks,
- interference with the regular beat of the heart (may be from low calciums),
- fear, and
- cramps.

and at times it's so bad we can't even get along with ourselves much less than anybody else. From puberty onwards through her childbearing years, a women will use 7 times more calcium each and every day than a normal man, and when a person's calcium drops too low:

- for a woman, she's in menopause, and

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- for a man, he's in menopause too, but his symptoms are different.

Most people don't even know what menopause is. About all they know about it is an old wives tale, and men have menopause the same as women, different, but it's still menopause. Menopause is a change in body chemistry, and they're both the same thing in either men or women but yet the effect is different.

In order to understand menopause you have to begin with a boy and girl when they're born normal and each will use the same amount of calciums until the young lady comes into young womanhood, and when she comes into full puberty she will use 7 times more calciums per day than a normal man, and anytime those calciums drop too low in her she's in menopause, and if it drops below a certain line the menstrual flow will stop, even before she's 20 years old, and if it drops still lower at any age her periods will stop and will never start again, she will be through with menstrual periods and having children forever, unless a miracle occurs.

Generally during her 40's nature will cause the calciums to slightly drop off very slowly, and at a certain stage the menstrual cycle will cease, but the calciums at that time should be levelled off and if this happens and the calciums stay high in her system where they should be, she'll go through menopause without any bad effects at all. But any time her calciums drop too low she becomes:

- hard to live with,
- nervous to extremely nervous,
- excitable (easily provoked, angered, irritated) and
- very difficult to understand.

Actually she's not fighting people she's fighting for her life, and if there's any time in her life that she needs understanding and help it is during this time, and remember, a lack of calcium causes this extreme nervousness at any age, 15, 20, 30, 40 or more or less. Also there's another primary cause of calcium damage to a body and it's the lack of calcium which causes a reduction in the production of estrogen, and finally the woman has to have a hysterectomy, and immediately after that they run into problems of healing, getting well, frustration and many other things that the calcium does for people that they do not associate with their malady. So try to find out which calciums are too much and which one are too little and then begin to fit them into the pattern needed to produce the proper food for the body organs.
Now let's discuss it from a man's viewpoint. Calcium does about the same thing for a man as it does for a woman until the man comes into young manhood, then if he's calcium deficient he is:

- a lot more nervous than he should be,
- has fears,
- has insecurities, and
- is excitable, and dog tired at night from barking all day.

When a man's calcium drops too low he has lots of fears and insecurities and he's easily excited (provoked, agitated, stirred, angered, inflamed, etc) and therefore he's often dog tired at night from barking all day. The greater the calcium deficiency the greater the fear and the greater the inward insecurity. A lack of calcium can cause a testrogen deficiency and if that gets the least bit too low he becomes dangerous, he becomes a criminal.

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In children, for instance, the same thing happen as with an adult but on a child's scale. The child is easily upset, nervous, gets annoyed very easily, is short tempered and so forth. We had a call from a doctor who gave the numbers for a 4 year old child and .., "does this child cry a lot?"
"that's the reason we called, the child can't stop crying"

Plain nervousness, the child's nerves were going to pieces because the calciums were too low, they couldn't stop crying. So they were told what to do and also to call back if the child wasn't any better in 24 hours. They haven't called back. We gave this child lime water and it did it in just a few hours.

We have also got a number of couples in their 20's and 30's back together and 2 couples had been divorced for over 2 years, and others were in the act of getting divorced. Now these couples loved each other dearly, but they couldn't stand each other because their calciums were too low. So we get their calciums built up and then love and tolerance return for them. One couple is back together now and they're in control of themselves now and doing real well and whenever one of them gets flustered the other one runs and gets the calcium bottle and says, "here dear, take your calcium". Another of the couples that were divorced for over 2 years are now planning on having another baby, and it's just truly remarkable the calmness that can be brought about simply by using the right kind of calcium to the right person at the right time.

That is what you have to learn, to get the right calcium in the right amount at the right time according to age, height, weight, sex and so forth. Remember these things and it will be a great asset.

We have women that come in that are ready to climb a wall, almost screaming maniacs, in deep menopause, and in 30 minutes they're perfectly calm, they're laughing and their whole world is a joy to be in, it only takes 30 minutes and it is simply beautiful to know what can be done. There is a medical doctor on staff who was taught this procedure and he orders a shot of calcium gluceptate for the patient, the nurse gives it and in 30 minutes the whole world's calm, and she's just a wonderful person to be around. The calcium gluceptate vial will last about 3 to 4 weeks and in the meantime you can build up the calciums so eventually they won't need any what-so-ever. Go by the numbers and follow through on it.

Not only does low calcium cause people to be irritable, cross and cranky but low blood sugar causes the same things and you need to keep in mind that they're not fighting people, they're fighting for their life and if you understand that it helps a lot. Now where you've got someone, particularly a woman of childbearing age, who is low calcium AND low sugar you've really got a wildcat on your hands, especially if it's your wife, but also remember they need help and understanding not criticism and intolerance at that time.

In regard to the pelvic floor area, your calcium AND your manganese content need to be kept up because if the manganese goes down, and the valve to the bladder becomes weak, you've got to go more often even if your bladder is large.

So use your head, get all the facts and memorize them, memorize them, memorize them and God will show you which one to use at what time. The more you can memorize these things the more you can use them with great ease.

Calomel.

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Calomel was something that the doctors of many years ago thought that you couldn't live without. It's mercurous chloride and was used as a cathartic, that is, a strong laxative verging on a purgative and many times when you've got a patient who took that and it starts to come out of their system during withdrawal it may cause a loss of hair and loss of skin, especially if they're an older person that has ever taken a lot of it which got stored up in their system and has never come out.

Calorie.
A Calorie is how much heat it takes to raise the temperature of 1 gram of distilled water 1 degree Centigrade starting at 60 degrees centigrade and it's also the energy contained in foods. Do you realise the food that becomes a part of you is the loss of energy from the food you eat, and that the energy you live from is the amount of energy lost from the potential energy, which is the undigested food that passes on out through the colon as a stool.

In other words, we live off the energy in the food we eat and not the actual food we eat and calories really do not relate to the food we eat because let's suppose that a person eats 2 kilograms of food a day, 2000 grams, and we'll take 3% of that because of the digestive efficiency and that equals 60 grams. Now because no two people have the same digestive efficiency they don't get the same amount of energy out of any one thing. The number of calories that's in an egg, or a slice of bread or piece of matter, no two people get the same amount of energy from so just throw your calorie theory right over the sandybank and forget about it. Now there's times to use intelligence in food but you don't have to go to the worry of counting calories because counting calories has never solved any problem really.

In other words they have created more problems than they have solved and remember, all the foods that we eat are cationic and the liver manufactures a substance called bile that's an anionic substance. Remember this rule, "the pH of the saliva equals that of the liver bile", that's pretty close to constant and, most of the time, absolute. Calories are only a fad for fat clubs.

You go to a fat club to learn how to lose weight and they count calories and about starve you to death and some people count calories down so low that not only do they lose weight but they also lost strength until they couldn't go, and sometimes they didn't even lose any weight, but still lost strength. Some of them could lose a lot of strength without losing any weight, so it's only 50% accurate at these fat clubs.

Camera.
When these numbers are correctly done they will paint a picture of what you look like inside, from a brain tumor to an ingrowing toenail. However they are not to be used as a diagnosis but as a camera to take a picture of what you look like on the inside.

Cancer.
The medical dictionary says that carcinoma and cancer are the same thing, but in that same dictionary there's no word that makes any distinction between a perfectly good healthy living cell, and a dead cell and if you ask enough doctors, "What is the term that distinguishes between a perfect cell and a dead cell?" it's unlikely you'll get an answer.

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The medical book that's approved by the research authorities in the healing sciences and the American Medical Association clearly distinguishes the difference between a carcinoma and cancer cell and it shows that:

- a carcinoma cell is giving off too much energy, and when a cell gives off too much energy then there is an overall loss of energy, and
- a cancer cell is a dead cell, that it's lost its ability to produce any energy.

Because the medical dictionary does not properly define the states of a cell some new definitions have been made:

- Alpha Cell - A new, perfect cell.
- Delta Cell - A carcinoma cell. It is a cell that's still living but it's giving off too much energy, which means an overall loss of energy and the cell is dying, and
- Omega Cell - A cancer cell. It is a dead cell because it's lost its energy and has started decaying (forming a "post mortea").

If a cell can be likened to a tyre:

- A new tyre would be an alpha cell,
- A tyre that is wearing out and needs changing is a delta cell, and
- A worn out tyre that you couldn't use under any circumstances would be an omega cell.

For instance, when you eat meat you're eating carcinoma cells, they're not cancer cells, they're carcinoma cells because it's a dead animal's meat that you're eating. I eat meat, I'm not against the eating of meat but those cells are carcinoma cells.
Don't ever let the word cancer or carcinoma or delta cells or omega cells frighten you because our body is continuously in base exchange, that is, it's throwing out worn out cells and putting in new ones.

A carcinoma cell is a cell that is being exchanged, it's the base exchange cell before it reaches the stage of cancer or decayed cell. For instance a perfectly healthy baby chicken changes every cell in it's body every 2 days, a perfectly healthy chicken and it doesn't have cancer, it's perfectly well, perfectly healthy. It couldn't grow unless it changed every cell in its body every two days. Now these base exchange cells are carcinoma cells.

In the same way, every cell in your body should be exchanged every 6 months, and if it takes longer than that you're growing old too fast. If it takes longer than 6 months they need to be exchanged, and it's nothing to be afraid of. Now it used to be said, "every 7 years", but when that proverb was made the average length of life was 39 years for women and 35 years for men, but every cell in your body should be exchanged every 6 months, and that is one of the ways of staying young. The process of growing old too fast is the cell staying in too long and the process of cancer is the cell staying in too long because there's not the mineral available to replace them.

Remember this, when the answer to cancer comes you will also have the answer to longevity. The body replaces cells by throwing them into the blood where they're carried to the kidneys and filtered out into the urine, and everybody should have waste particles in the urine. When you look in the urine specimen it is best to use a penlight, count the particles, and multiply them by 20, 000 because for each particle that you see, even though it looks like a little diamond in there, it's really like a boulder compared to the ones you can't see, and there's 20, 000 energy size particles you

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can't see for every one you can. After we count 4 million, or 4M, we just quit counting because it doesn't make any difference.

Whenever you see 1 or 2 particles in there with your unassisted eye you've got a pretty good specimen, providing all the numbers are perfect. The debris reading is only to let us know whether nature's cooperating or not, for instance:

- Some people are dying with cancer and their debris reading is almost perfect because the cancer was not breaking up and getting into the blood stream, and all we want to know is, "if it gets in the blood stream is it getting into the kidneys?"
- There have been a few cases of cancer of the kidneys in which the small specimen we were able to get was almost totally clear because we couldn't get any water through the kidneys. In those cases the patient died within 3 days because their kidneys were unable to function, but the little drop they did manage was almost absolutely clear, and it's actually a miracle how they got any specimen at all.
- In some, the specimen looked like pure blood coming out of the kidneys because there was such a great breaking down of the cancer in their body.
- In others the specimen looked like very thick soup.
- Some show a very thick sedimentation in the bottom of the container that were actually pieces of cancer cells coming out and thrown out through the kidneys, or are pieces of the kidney.

You can tell a cancer kidney cell from the other regular cancer cells by the color. In the specimen the kidney cancer cell is the light one and the regular body cancer cell is the most red, or the darker red, or deeper red, or deeper color, and sometimes it can be both which will give it a blend between a red and a greenish battleship grey, between a battleship grey and a green color.

Someone who has a 4M reading and goes on the program, and if they void a reddish urine within 3 days then:

- that may be a typical housecleaning situation, or
- sometimes it could be a kidney stone that turned loose and the irritations breaking up, or
- it could be ulcers in the bladder, or urethra, or
- it could be in the prostate gland of a man, or
- it could be during a woman's menstrual period (it doesn't make any difference whether the woman is menstruating or not, you can still do a reading just as well, just don't pay any attention to the red.)

Now the greater the dilation of the blood vessels inside the eye the greater the amount of decay that you have in the body, and cancer is only a state of decay. Now if you see a person dying with cancer and their eyes are crystal clear it means they may die tomorrow.

Chaparral capsules are used to help the body exchange the dead cells more rapidly by getting rid of them, and if they want they can have chaparral tea extra. On some people chaparral acts as a laxative and on some it does not. If it does have them cut it down. Chaparral is recommended according to how bad their problem is, the more numbers that show up on the card the longer I give them the chaparral. If they don't have too many numbers showing up on their card and they're in pretty good shape I give it to them for maybe 2 or 3 months, and if they've got a whole lot of numbers showing up on their card I usually put them on it from 4 to 6 months.

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There is one thing that you need to do to help sick people, and it is in regards to their mental attitude, their thoughts, that are necessary for rejuvenation. It is most important for them to get "hate" or "revenge" or "malice" out of their heart. Hate is the finest cancer seed in the world. When everything else fails to give you cancer just start hating and you will have the key then. You'll have a seed that will germinate. So this is what hate can do for you, it can keep your food from digesting then rob you of your life, or give you ulcers and even give you cancer. Hate can tear you down, and it only hurts the hater, not the hated. You'll only hurt yourself if you hate. Hate is the finest cancer seed on Earth, if you want cancer just hate people and you're on the right track. For instance, hate can stop the digestion and cause an insufficiency in calciums in the liver, which means a dilution of the gastric juice. A dilution of the gastric juice means a demineralization of the foods that you eat and a demineralization of the foods you eat means that some tissue somewhere in your system is going to be starving for mineral and therefore the cells that cannot be replaced are going to become carcinoma and may turn to cancer if those needs are not supplied.

Now the tobacco people want you to believe that everything in the world causes cancer, instead of telling you that it's a mineral deficiency. They want you to believe that everything in the world causes cancer so that you think smoking cigarettes won't hurt you. This is where this comes from.

It's a bit like it was after World War II, everybody that you had a fuss with and didn't like was a communist. What the communists wanted people to do was accuse everybody of being a communist, and they wanted everybody to accuse everybody else of being a communist so that they could do their thing without getting caught. It's all in the way you look at your problem, for instance, some people will say, "you've got foods here that's got preservatives in them."
"Sure" I said, "I believe that today foods are safer with the preservatives in, most of them anyway, than they are without them."
"Well don't you know that preservatives cause cancer?"
"No, I don't know that, I don't know it at all. It has never been proved, it's just a fad, it's just somebody's idea to write a book, and they wrote a book, and it's very good for the writer, but it doesn't work with people."

Cancer is not an animal waiting to jump up on you, it is caused by a mineral deficiency and the greater the mineral deficiency the more rapid the cancer will grow. The less the mineral deficiency is, the less rapid the carcinoma area or cancer will grow. Some people ask, "will carcinoma turn to cancer?", it may or it may not, nobody knows, it depends upon the individual and whether the nutrient is supplied to prevent it, or not. You may sometimes see literature on the effects of estrogen causing cancer. There is nothing in that. Estrogen does not cause cancer.

However:

- Birth control pills are the finest cancer seed for the ovaries that was ever invented and there's only been a few people who took them who did not have a very, very high count of delta cells in the ovary area.
- Cancer of the bone is caused because of a phosphate of calcium deficiency,
- The only reason you have cavities in the teeth is a mineral deficiency. A cavity in your tooth is actually a cancer in the tooth enamel itself, the decayed part comes out leaving the hole there and the enamel is so hard you don't have decaying substance in it until it reaches the nerve and then it gets down into the gum and then you have ulcers in your gum, and many other problems.

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- Leukemia is cancer of the bone marrow. The term "cancer of the blood" is a result because it is the bone marrow that causes the blood to break down, this is cause and effect. Leukemia and anemia are both in the same category of cause, it first starts with an iron or iodine deficiency in the liver which is the result of a calcium deficiency, there may also be an oxygen deficiency from the lungs. It's a chain reaction and consequently the body does not manufacture, or accept, or receive from the foods, enough Vitamin A. There has not been found one single case of leukemia, or anemia, where there was a high or low WBC that did not have the lack of Vitamin A. Although cancer of the marrow of the bone, leukemia, is caused because of a Vitamin A deficiency, the amount of Vitamin A you take has nothing to do with the amount that's available to you. You may be taking it by the pound and doing yourself damage. What you need to do is to find out why the body is not assimilating Vitamin A and set the body chemistry in position to accept Vitamin A. In the retreats there has been 100% success with leukemia victims, they got completely well.
- Hodgkin's Disease is a very serious disease, it's cancer of the lymph glands. You need to send them to a retreat at the earliest date possible and get the body chemistry lined up. In the meantime have the family plant some wheat grass so they can start on 4 oz of wheatgrass juice twice a day after they get home. The wheatgrass is necessary because it has good chlorophyll AND is low in protein. Also, that they practically do no work what-so-ever, stop eating all meats and you have to go by the numbers after that. For that you have to go by the numbers.

In cases of lymphatic leukemia you actually have a confusion in terminology because leukemia is diseases of the bone marrow, and it's not lymphatic. Lymphatic is Hodgkin's Disease, an entirely different thing altogether. Lymphatic problems is the beginning of Hodgkin's disease and leukemia is the bone marrow problems in which it's not manufacturing the blood like it should manufacture it. So it's entirely two different things, the numbers, the math, the diet and everything is absolutely as far as the East is from West apart.

Look at a piece of banana or a tomato or other fruit. The black spots that begin to appear on a tomato skin, or if it's got a rotten spot on it, it may be caused because somebody pinched it and bruised it and therefore the water collects there because the cells have been damaged, and to that tomato that's a little cancer. All cancer is, is a dead and decaying cell regardless of where you find it or what it's in. For those doctors who have problems in their mind of trying to reconcile that a cancer cell is a dead cell because they've seen it growing, think on this, if a banana that's maturing has black spots on the skin, those black spots are the beginning of cancer cells, in other words, the banana is starting to decay. Did you ever try to peel a banana and the banana had become like gelatine? As far as the banana was concerned, those were banana cancer cells, and if you look at them under a microscope, depending on certain factors, you will find the same irregularity in the size of the cell as you would in animal cells whenever they turn to extremely advanced cancer cells. Now if you take a banana that's all gelatine in the center you can take a stick and stick into that banana at the end, skin and all, put it in the freezer, freeze it, and then you've got one of the finest popsicles for children to eat you ever saw in your life, eating a banana that had cancer. It's a state of decay, nothing more than that. Now there are some fruits that are very delicious like that but there's others that ferment and are not so good, and some are absolutely undesirable.

Now with cancer what is happening is that the cancer is actually getting larger and larger but it's not actually growing. As a cell starts losing energy it starts to expand, absorbing moisture as it does so and a cancerous growth as it is enlarging in an organ is due to either:

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- live cells coming in contact with the bacteria, fungus or "post mortea" in cancerous cells and themselves dying and forming part of the cancer around the periphery, or
- the cancer's growth or enlargement is due to just a straight mineral deficiency.

A cancer cell is simply a decaying cell, and the cell is decaying because it's lost its energy supply. Now, is that banana cancer growing because it lacks a mineral or is the banana maturing? There is such a thing as "coming to full maturity" in fruit because it's not controlled by glands, and whenever the plant is able to reproduce the seed so it can reproduce the plant then it's met its climax and served its full purpose and the fruit is said to be ripe, at its full maturity.

Biologically speaking, plants are not in the same chain reaction as animals because animals are controlled by glands and plants are not. This is all helping us to understand that cancer is only a state of decay.

Many people have the idea that you can cut out the area that has cancer, or carcinoma, by surgery and you solve the problem. If you take that affected part out without changing your body chemistry and your body diet it's only going to break out somewhere else. In other words you've got to remove the cause in order to conquer the situation. It doesn't make sense to remove, say, a left ovary because it has cancer, and then not do anything to replace the mineral to keep the other one from becoming effected. In other words why not try to replace the mineral first providing that "post mortea", a dying off, a gangrene so to speak, had not set in. If that has set in then it must be cleaned out because the body's starting to die and that is the area that it starts to die in.

In other words, the mineral deficiency is increasing where the body cannot take it and "post mortea" is setting in. In other words it's premature ageing and dying. Many times you'll find various funguses, various bacteria within these decayed areas and then you blame the bacteria or the fungus for the cause. They do aggravate it but they're not the cause because if that was true then correcting your mineral deficiency would not cause the problem to go away. In other words, cancer is not an animal that's waiting to jump up on you, it's a decaying of the flesh, a premature ageing caused by a lack of minerals and for this reason cancer is not hereditary and diseases are not hereditary. Disease and cancer are caused because of a mineral deficiency.

Many times a doctor has mentioned that a carcinoma was malignant, or a cancer was malignant and it scares people plum to death, they think that malignant means incurable, there's no hope, and surgery's imminent. The word malignant simply means growing at a rather rapid rate. You can have malignant carcinoma as well as malignant cancer, or measles, or hives, or whatnot. In other words anything that grows at a very rapid rate is said to be malignant, and that's all the word malignant means. Now a tumor is a group of carcinoma cells that if they stay in long enough they will have a core and it's not considered a tumor until that core is formed and the core is a group of cancer cells, dead cells, like a boil.

In a rapid growing cancer the cells are irregular in size whereas in a slow growing one they are about the same size, and the reason a cancer is said to be malignant is it contains big cells, medium size cells and little cells because the mineral deficiency is so great that the very nerve to the area dies off. The problem is in the nerve, it's dying off, and therefore the message is not going through to the area or cavity in which these live cells exist, and when the nerve message is cut off the cells die in very rapid numbers and so they're different sizes, in other words some were old cells, some were medium sized cells and some were small, young cells. The small cells are the ones that have not

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reached maturity because of the lack of mineral. In other words, the growing cancer effects healthy cells that are dying either half formed or fully formed or in the process of forming.

Now in animals an altered cell has not been known to take on a different frequency from what it should have and thereby propagate itself as a different frequency. Now in plants it may, in other words you can have another species of plant but I've never known it to happen in a human being.

If you have examined the tissue of a child against the tissue of an adult under an electron microscope you'll see what I'm talking about. Let me just make it rather something simple that you know of, a young trout say 9 inches long against one that weighs 10 pounds, now the tissue is the coarsest in the big one, so the tissues are different sizes. The older it is the larger the cell is until it reaches its frequency electrical level and then it stops growing. In other words it can't grow any more.

There's one thing I want to make a difference in, is the difference between emphysema and a cancer. Emphysema in it's truest sense is a dehydration of the lung cell, dehydrating like your skin or scalp in the presence of too much oxygen and a cancer cell is one that is carrying too much moisture.

Now, when you get a cut on your finger, or your arm, or in an operation the nerves are cut and when the brain starts to knit it will put another stole on the end of that nerve and then it'll and then it will regrow another cell, otherwise once you had an incision it would not ever heal, or one cut or one bruise, it could not heal but the brain itself will grow another stole on the tip end of that nerve which will start the process of knitting. It's called knitting pains and when you have patients that are seriously ill with cancer and they start to get well one of the complaints that they will have is, "I have sharp shooting lightning pains, that are very great, it's paining me"
then you say, "well is it sharp shooting pains, quick as lightning, or is it a slow nagging pain that hangs on?" They say, "it's sharp shooting pains like lightning."
That's knitting pains and that's good kind of pains, but one that gets on and hangs on like a bulldog is not good.

One of the great mistakes that's being made today with people that's got advanced cancer is that they're giving them only nuts to eat, or apricot pits, and they cannot digest it and it only makes their condition worse because they cannot digest it because it takes energy away from other the foods.

One of the problems with people who have cancer is they become so picky in their diet and about their food that they don't eat enough and their stomach shrinks. One of the things to do with people who you know really have cancer or even advanced carcinoma, is to have them to eat more food than they want, especially if they're underweight.
In addition to diets we can often use colors to help people get well faster because of the effect of the color on the milli micronage. By using different colored lights:

- Yellow Light. Skin disease, sunburns, blisters, steam burns and things of that nature you use the yellow light because the yellow light is rich in vitamin A and the skin uses the most vitamin A. The liver puts the vitamin A together on a frequency so therefore it's found rich in the liver, not because the liver uses it but because it manufactures it.
- Green Light. Cancer, either skin cancer or internal cancer, use a green light, and it helps recovery much quicker providing there's no damage to the central nerve, or the vagus nerve, or the brain, and the messages are going through.

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The use of Vitamin K, or alfalfa, with patients who have cancer, or advanced carcinoma, is discouraged because the blood has a tendency to be too thick already and Vitamin K only makes it thicker. By giving them a diet that is high in Vitamin E, and also the Vitamin E tablets, you keep the blood thin enough to take some of the stress of the heart and to make it easier for the kidneys to pull out the carcinoma and cancer cells, which improves the health.

It is impossible for drugs to heal anyone because they cannot be made into building blocks for the body. Drugs don't supply minerals and they can't create a new cell and they're a poison to the body because it doesn't fit the body frequency, it will not pattern itself into the protein building blocks, the amino acids. It has no place in our system so consequently the body throws it out, or it aggravates the condition or even delays recovery.

In cancer treatments chemotherapy does not regress anything, it gives a false hope, and all it does is ruin the liver and makes it impossible for it to function. It displaces the calcium and therefore the liver cannot produce enough natural salts to keep the nerves sending the message through to know that something is wrong.

When people have had a lot of cobalt and chemotherapy it is important to make a correct assessment of the physical situation because you need to know whether the flesh is cooked or not cooked, whether it's hard, whether there's swelling of the abdomen and so on because you do not want to put people to a lot of expense whenever ALL of the odds are against them.

If all the numbers are way out of line and you have a low sugar and low salt then it could be that you're looking at a cancer situation. Also, you may find about .02% who will have a low blood sugar and an extremely high blood sugar the same day and for those people there is a suspicion of either cancer of the liver or cancer of the pancreas.

Capsules.
Capsules are preferred and used over tablets because they break quickly and with a boom and they do a lot more good than tablets. We use capsules and not tablets because many times the gastric juice is so dilute and the tablets are so hard that they go right through like buckshot, they don't break down at all and they're a waste of time, effort, energy and money. All the supplements are sold in capsule form because they disintegrate and get into the system much faster than tablets.

Now people like to take two of things instead of one because, "if one does good then two ought to do twice that much." So instead of giving them one big capsule we made smaller capsules and let them take two small ones instead of one big one. The capsules we use are a vegetable product because the animal gelatine ones get too sticky to fast. They become sticky and stick together but we found that the ones made from the vegetable don't get sticky and gummy. We could buy a cheaper capsule but we don't.

Carbohydrates.
Carbohydrates are the sugars. See Also Part 2 on "Sugars and Carbohydrates" and "Sugars" under the main alphabetical listing in this Part.

Card, Patient Record.
The information from the test is to be recorded in only one way on a patient card:

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1. Put your name on the upper right hand side and your phone number under your name. At the upper left of the card:
2. Title, (Mr, Mrs, Miss (not Ms) Patient's last name, middle name, given name, telephone number.
3. Address,
4. City, State, and Post Code,
5. Age, Height and Weight, Sex, Race (if not White)
6. Date,
7. Test Results.

This is the order in which it's written and no other order. Also the line between the pH's and between the ureas is a straight line because they are not fractions, they are factors.

Under the test results you put the eye numbers, right eye first and then the left eye.

Do NOT write the words "age", "height", "weight", "sugar", "pH", "saline", "albumin" or "urea". Memorize it because the less you've got on the card the less problem somebody can give you.

For instance:

John Tester
08 9111 1111

Miss PATIENT, Jane Mary, 08 9222 2222
123 Fourth Street
PERTH, W.A., 6999

23 1.6 65 Female Caucasian

30/Feb/1990

1.9 $\frac{6.60}{6.80}$ 9 4 $\frac{8}{5}$

Cases and Examples.
I'm showing you the way out cases so that you can use your own imagination and ingenuity to do the cases somewhere between. If I told you that New York was somewhere between San Francisco and London you'd look about half way between so to speak, get the idea. I'm giving you the two extremes hoping that you'll follow the middle path of logic to find you're problems.

Case Histories.

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I would like for you who have interesting experiences of whether they pertain directly to me or not directly to me, just the numbers, or case histories or something that's very interesting to write them up because it will help and be amusing to a lot of people. If you'll turn in these little stories we'll try to get them out so all the testers can use it, because it boosts people, it helps people, and I'm not asking for glory or anything else because it is God who does the healing, he's the great physician, but a lot of people when they're ill need a lot of encouragement and this may encourage some that's in the valley of indecision.

So all I'm saying is, I hope you can master this thing as well as the Lord has permitted me to do it, but I also say to you, many of you will be blest if you never learn to see the pictures.

You'll have people call you up and say, "have you ever had this kind of a case", or "has Doctor Reams ever had this kind of a case?"

Well, every day there's new names coming up for old maladies, and by old maladies I mean just a plain loss of energy. Just tell them quickly,

"Regardless of what you name it, any malady is a loss of energy and there's not any kind of a case that we have not dealt with, name it what you may. Naming it doesn't cure it. In order to help you I'd have to have your numbers, and then we'll see whether or not your body responds".

You've told the whole story in just three or four sentences.

Catalyst.
A catalyst is an element, compound, material or thing that has the ability to join two or more elements or compounds together without itself becoming a part of the union. A catalyst may either slow or speed a reaction but the main thing is it assists in the union without becoming part of it and it can be taken out again and reused. For instance:

- a minister marries a man and woman. The minister's the catalyst that joins a man and woman into a husband and wife, but he does not become part of that union. The minister would be the catalyst.
- a wrench that joins a nut to a bolt. The wrench does not become a part of the union, it would be the catalyst.

In the biological and chemical fields there are catalysts that join other substances together without themselves becoming a part of that substance and they are very, very important:

- Water is the first primary catalyst and the finest catalyst known to man and it's also a cleansing agent, as well as a catalyst. Water is the catalyst for carbon.
- Chapparal. When taken properly chaparral will help replace delta cells faster than any other substance because of the healing factors in it, and those healing factors are a wonderful substance that acts as a catalyst to make other minerals available to the body. I don't think it's any one substance because chaparral does something to the gastric juices of the liver, it ionizes the liver which causes it to extract more of the elementary energy for the various organs of the body than it would otherwise. I don't know just how it does but I know that it does it.
- Lithium (Li) is the catalyst for potassium and manganese, and
- Calcium (Ca) is a catalyst for iodine, iron and oxygen.

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- Phosphate is the catalyst for carbon and oxygen in the manufacture of carbohydrates. It carries the carbon into water and sugar is the result.
- Sugar in the body is a catalyst.
- Starch is also a catalyst. The starches act as a catalyst to collect and hold the sugars, much like a sponge.
- Dolomite will cause the undigested proteins to be thrown out of your system, but it is the magnesium that is the catalyst that actually does the job of lowering the ureas.

Cataplex A/F.
Doc knew Royal Lee very well, and one of the finest things that he ever made was the Bitaris Cataplex A/F, and that will do more to make calciums available to you than any other one thing I know besides vitamin D. When everything else fails to make calcium available then use the Cataplex A/F, but the only thing about Cataplex A/F you got to know when you need the calcium and when to stop it, or it'll wear itself out and it won't work at all. With Royal Lee's products you had to have a doctor's prescription to get it. Also his tropins, gonadotropin, are very good.

Cataracts.
Cataracts are not caused by microwave ovens but by a mineral deficiency, and there doesn't seem to be a single mineral that contributes to cataracts, but a group of them. Now a deficiency of manganese contributes to cataracts but only in a foetus or unborn child.

Now if you have studied cataracts very much you notice some of them are almost white, some of them are green, some of them are almost beige color, some of them have a reddish color and so there's a variation of it, but the white one is the one that grows the most rapid. The other one grows very slowly.

What they do to remove them is, with a small beam, they slice the fat, or burn it out, just a little bit at a time without damaging the main eye and by using little tweezers they can pull it out, and sometimes it comes out in strips.

If you take out a cataract and analyze it in a test tube you would find that it is a cholesterol, or it could also be a triglyceride because some of the cholesterols are triglycerides, and it covers the eye there. The cause of cholesterol is the body retaining too much salt and the fatty tissue gets in there. I've never seen a cataract on a person with a low cholesterol.

Now when people take algavim, plus getting their body chemistry in top shape, in about 5 to 6 months of taking it regularly the cataract disappears. Doc saw people that were totally blinded by it, that had to be lead everywhere, and there problem disappeared completely in one year.

Cation.
See entries under "*Ion*".

Cause and Effect.
The relative Biological Theory of Ionization of patterns in humans is "Cause and Effect". Did you ever stop to think that there's a reason for everything. Cause and effect is what this whole system is about and this is what we're studying and closely associated with this is learning what you need, and supplying it is education, and supply and demand is also what this is about. Know what the demand is so the supply and demand then becomes the base for cause and effect.

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In anatomy, if the body is to be healthy it has to have certain minerals in certain ratio in certain proportions. In other words, the biological explanation of ratio and proportion is cause and effect because for every cause there is an effect and for every effect there is a cause and whenever you see these numbers they are the result of a cause. So don't get your eyes set on the numbers, keep your mind on the "why" of the number, if the number is there why is it there and what does it denote. The numbers themselves will teach you nothing, it's what you know that the numbers mean that means everything and any time those numbers are on that scale there's a reason for them being there and you must learn why they're there, and as you learn why they're there, and you understand enough about anatomy, you can then begin to visualize and see the picture that those numbers are trying to present to you, so learn your anatomy well.

So please don't expect the numbers to tell you anything because they're just numbers on a sheet of paper, but why they're there is absolutely important, and you must learn what they mean. For instance, if you have a watch and you look at the face then the numbers there don't tell you a thing. It can't talk, it can't do anything and if it's an older watch it may even give February 31 days. A watch is just the dumbest little engine that doesn't know anything, but it's got numbers and it's what those numbers indicate to you that matters, in other words you know that when the hands get to a certain place then it's time to:

- eat,
- go to bed,
- keep an appointment,
- take a pill, or
- do something.

But the watch hasn't told you that, it's your application to what those numbers indicate, and it's the same with these numbers, so don't expect them to jump up and say, "this person's got a wart on their heel". They won't tell you that, but you may deduce from the numbers if that wart is inflamed and is losing energy that there is a wart on their heel.

By themselves these numbers don't tell you anything, you've got to know what they mean by experience in using them, and by cause and effect. When you look at the numbers look for the cause instead of the effect. You're working on cause and effect and if you look for the cause then you can see the effect. Look for the cause, identify the cause because if you're looking for the effect it may be pretty hard to see. So find out the cause early in your testing, find out "why" the numbers are where they are, and once you know why they're there then you'll very easily learn to pinpoint the malady that caused them to be there. If you study these numbers long enough and know your anatomy well enough then these numbers will begin to talk and paint pictures for you to understand and to comprehend.

For instance, there's a very wide range in the numbers and this system is for the whole man, the whole woman, the whole boy, the whole girl, in other words, the whole person, and not just the food, not just the stomach, not just the rest, but the whole person because it is cause and effect. You tell a housewife with half a dozen children who's got a 20 or more ureas reading that she's tired all the time and you've got a friend for life and not only will she do whatever you tell her but she's going to bring her husband and her neighbors with her.

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Now these numbers are the result of the whole man, the whole woman, the whole boy, the whole girl, and you need to work on it and be diligent, and the world will tread a path to your door. It is said that he who makes a better mouse trap the world will tread a path to his door, but there's one more statement that should be added, and he'll get arrested for it.

When you run the test and have the numbers then observe the person closely, really see them, and you'll see outward signs and expressions indicating an inward condition:

- High ureas cause a lot of inward tension, and inward tension is the cause of wrinkles on the forehead. So, forehead wrinkles indicates a person with a high urea because they're an outward sign of an inward physical condition.
- A heavily coated tongue is caused by a malfunctioning liver,
- Very thin fingernails with raggedy edges is caused by a phosphate of calcium deficiency,
- Cancer of the bone is caused by a phosphate of calcium deficiency.
- Because no two people get the same number of calories out of anything means you can throw your calorie theory away.
- An insufficiency in liver calciums causes a dilution of the gastric juice. A dilution of the gastric juice causes a poor extraction of minerals from the food you eat, a poor extraction of minerals causes a lowered mineral availability which in turn is the cause of some tissue starving somewhere in your system, and therefore the cells that need that mineral cannot be replaced on time and are going to become carcinoma cells, and may turn to cancer if those needs are not supplied. Cause and effect.
- Feeding children a diet that is too rich will cause them to lose energy and become sick.
- Not enough oil in the cooking is one cause of food sticking to the colon. We need to bring the frying pan back and use more cooking oils in our cooking, and by adding the cooking oil into the vegetables and so forth it makes them digest a lot better.
- Not enough fiber in our diet is another cause of food sticking to the colon and our diet should be 35% fiber.
- If the HCl becomes too alkaline the food digests too slowly and there'd be a lot of gas and the misery of constipation. The major cause for hypertension in children is constipation, they're miserable and their food is not digesting.
- There's only one cause of cramps, charley horses, and that's a lack of calcium.
- Lack of calcium is one cause of frustrations, as is low blood sugar, high blood sugar, high ureas and so forth.
- A lack of calcium in the liver is the major cause of a dilute liver bile and a lack of oxygen for the liver is the secondary cause of a dilute liver bile.
- Pressure is the cause of all headaches, but there's about a hundred and fifty different reasons for this pressure.
- The cause of indigestion is only the gastric juice being too dilute to digest your food for whatever age you may be, and the major cause of indigestion is not the wrong combination of foods or drinking water with your meal, the main cause is destructive emotions like anger or hate and know this too, you cannot hate anyone else without first hating yourself and hate is the finest cancer seed on Earth. If you want cancer just hate people and you're on the right track.
- The gums receding up the teeth is caused by a lack of vitamin A.
- Low blood sugar is the cause of motion sickness and is also the cause of about 50% of the automobile accidents. Highway hypnosis is always low blood sugar, never high blood sugar.
- The cause of all disease is a loss of mineral energy.

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For instance, if someone had Lupus you would start to correct it through the liver, not the kidney, not the colon, not the brain, not the lungs but the liver, because it starts with the liver and most diseases start with a malfunctioning of the liver. Remember, the liver manufactures over six billion different enzymes in our lifetime and in any one day of our normal life, if we are healthy, it produces over five billion enzymes to keep us living.

Now, whenever there's no reason for a body chemistry not to respond, and yet there is no response, then a relevant question may be, "tell me about your childhood? Who did you love most and who did you hate most?"
And it may come out that they hate someone, and have hated them all their life, 50, 60, 70 years on and still carrying that grudge and that hate. Remember, absolute forgiveness is absolute forgetfulness, and how can a man love God whom he hath not seen if he hates his brother, or his fellow man, whom he hath seen.

Do not try to get any set of numbers in your head except perfect, that's the only one you need to remember, all of these others won't help you any more than class, if you try to pick up these various numbers or patterns like I have on the board you're going to fall flat on your face, but if you'll get the reason why they're there, use that head and that brain you've got, it will tell you a lot, but don't try to compare one number one person with another, it does not work, remember your ranges and what they indicate and remember cause and effect and work on the cause.

Cell.
Remember, the smallest and the softest cells are in the brain, the largest and the hardest cells are in the bone. The harder the substance the larger the cell, for instance, there's one cell in a diamond. Now, there are more cells in the brain than in the rest of the body put together but more importantly, the origin of ionization is the brain and the main site for ionization is the liver. Now the liver never finishes what it starts, it only completes the first 60%-80% of the building of the amino acid leaving the remaining 20%-40% to the transformer glands. When finished, or nearly finished, the amino acid goes into the structure of the body.
Just as we had trouble properly defining some terms we also found in the case of the alpha, delta and omega cells that many times there's no English word for some of these things, or terms for what we're trying to say or do, so we're trying to get the nearest one that we can find in the dictionary to fit what we're trying to explain.

- **Alpha Cell**. An alpha cell is a perfect cell and alpha cell production is directly related to the mineral found in the amino acid, which says that as the liver makes these 5 billion molecularly different enzymes each 24 hour day (not generically different), those amino acids for the cells are going to have the mineral if you've got it in your mouth, if you're perfectly healthy, which is what we're talking about in this course. Perfect numbers. If you've got the diet for your frequency then those amino acids are going to have the mineral so that your cells are going to be made perfectly, and there's going to be no loss of energy.
- **Delta Cell**. A delta cell is one that's already losing energy.
- **Omega Cell**. A dead cell, one that has no energy.

Cellular waste, debris or albumin is important, but it's not important enough to raise the price of the test US$60.00 to precipitate the cells out, which takes about 2 hours, and then to take those cells and run and find the protein and then run the other test then subtract the two, it isn't worth it. I mean it doesn't mean that much.

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With a heavy concentration of delta cells just drink more water. Drink your regular amount of water and it'll drop down. The cells are just flowing out fast and if it goes up then it's just temporary thing, generally have them to drink a little bit more water than normal but it's nothing serious. Go by your stethoscope, use that stethoscope.

Meiosis is the term for the production of the sex cells and will be explained in the next course, Course 6. The standard medical definition for mitosis is cell division and I don't believe in it. For instance, they take live tissue specimens from a patient, look at it under a microscope, and they see this mitosis, the cells are apparently dividing, but I'll tell you what they actually see, they see nature throwing out a worn out cell. We don't repair a damaged cell, the body throws it off as albumin and it's replaced.

Cells create reserve energy and they create it by ionization. Whenever the cell starts from the stole it's built by ionization, just like the silver plating and nickel plating in tanks. Now the next part, how does the cell store reserve energy? In other words, the cell is made by ionization, but in what chemical form does it store reserve energy? It's been suggested in phosphated bonds in ATP which is on the right track. I don't go along with the theory of the mitochondria being the cell powerhouse, but we'll get into that later.

Energy comes from the carbohydrate foods. Now even if it's starches it's got to be converted into a carbohydrate form and in the agricultural course you're going to find a very close tie between body chemistry and plants, there's a very, very close tie within the cell. We'll get into it later today but not at this moment.

The catalyst for carbon and oxygen for the manufacture of carbohydrates is Phosphate. Now, the carbons come from the carbohydrates that we eat, and also from the carbons in our food. Now a part of this is in carbohydrate form in the cell. The oxygen that makes the carbohydrate within the cell comes from either water of the air we breathe. Here is the catalyst and it manufactures sugar in our system and I'll show you how it does it.

The warm temperature causes the molecules to get further apart, the carbon molecules, the oxygen molecules and the hydrogen molecules all get further apart. 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, although occasionally you'll find a person that it does the opposite because the pancreas manufactures too much alcohol at night or they drink too much, they have a cocktail or something and it upsets their body rhythm.

Now when the molecules are far apart the phosphate catalyst sneaks in because there's room to get in. As the body cools off these molecules try to get closer together but the phosphate is there and pushes them further apart, the P_2O_5, O_4, is pushing these further apart, it's in there because there was room to get in. As the body cools this phosphate sneaks out and leaves the carbon behind and when these molecules get closer together you have the $C_6H_{22}O_{11}$ or O_{12}. So this is the way the cell can manufacture it's own carbohydrate up to a point, but it's dependent on the natural carbohydrates to a certain extent. If this wasn't true you couldn't use your own fat to survive on. Do you see what I'm saying? Your fat does not store sugar as such, the phosphoric acid manufactured in the stomach spreads the cells out wide enough so when they get over to the liver

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it can sneak into it, put them together in a carbohydrate form into each molecule so actually you're sweeter than you think you are, even when your sugar's too low.

If we had enough time in research we could make a synthetic sugar without sugar cane. I have the equation to do that now and know how to do it in a laboratory. I haven't done it and I'm not going to do it because it would have wrecked the economy of many of the countries of the world and it wouldn't benefit mankind any because many Islands and many people of the world depends on the growing of sugar cane in order to make sugar. But this can be done in a laboratory without growing all this sugar cane, and yet it would cut the livelihood away from thousands and thousands and thousands of people and in fact the sugar would be so pure until we'd lose what little bit of mineral was in our brown sugars and so forth.

Now sugar cane can be converted to the manufacture of alcohol for fuel so that you could do those two things without hurting the economy but the alcohol has a much lower octane rating and is not near as efficient as our gasoline fuel. It could be done and this formula will be left to scientists to do whatever they want to do with it. I have it for them to use.

Anyway, back to the cell. The blood cell that's manufactured by the bone marrow is an amino acid, or else it couldn't be formed. Now generally speaking it doesn't have a frequency like the body, it has a frequency but it's not the same as the body, not a 24 or 26, it's a wild.

The Scripture says that you're not supposed to eat meat with the blood in it because the life is still in it. God said, "don't eat it" because the diseases of the animal are in the blood and therefore you will probably attract the diseases of the animal from the blood.

In regard to the manufacture of the blood cell, the hollow of the bone where the marrow is, is an ionization chamber and the blood cells are made by an ionization process. On the inside of a marrow bone there is an anionic current and it rotates around, now it also depends on where you start, for instance, where it's not hollow at the end it's travelling in the same direction, but also the anionic ionization is moving upwards in the bone towards the head and the message to the marrow for the blood production is coming in from the head.

Now as this current rotates around and around and around and the mineral is in the marrow of the bone and this rotation process then rolls it out something like birdshot. To make birdshot we used to take hot lead and pour it on a rotating plate and if you poured it at a certain rate all of the BB's were the same size. Now that's what's happening in the marrow, the cells are not dividing they're being manufactured by the rotation of this electrical charge within the ionization chamber of the bone moving from the feet upward.

Now the charge in the bone itself is going downwards because it's cationic, pluses all going down, but inside the chamber, in the marrow, the anionic charge is going upward, similar to the energy flow from the south magnetic pole to the north magnetic pole. The cationic flow is going pluses over the crust of the earth, but down through the center the heat of the earth the negatives go back to the south magnetic pole where it's converted into a positive charge and starts it's path across the crust of the earth again.

It's very difficult to understand, the cells are not dividing, they're rolling out but they appear to be dividing. You can often say they divide because one time you look and there's not very many there

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and the next time you look there're many there. Not only that, but the little blood cell is not connected to the brain so again it has every appearance of dividing. Now the other day I said that they divided because I didn't want to draw you off of the thought you were on, and I knew we were going to explain the process in exact detail in the way it was done so I said "divide", but actually they are rolled by the electrical current which is very similar to dividing. Now you must remember the blood cell is a long cell, very small, and as it rolls it's so small that it almost looks round to you.

I can prove all this to you in animals. Now the very fact that the blood cells are made this way in the marrow proves that the blood doesn't have a frequency because blood cells are not connected to the brain by a nerve. Unless the cell is connected to the brain it does not have a frequency, it has a purpose, but not a frequency.

Next, the size differential or the ratio, between the smallest cells in the brain and the largest cells in the bone is ten thousand times. In other words, a bone cell is 10, 000 times larger than a brain cell. Now in the body a cell just doesn't keep growing and growing and getting bigger and bigger and bigger and bigger until your big toe will weigh 40 lb. It stops growing at a certain age and so forth.

The program for cell size is in the cell stole but another factor is the micronage. It's the micronage that synchronizes each of these organs according to the image of God in which we were created and when the cell reaches it's maximum point then it's spent and begins to break down. Each cell only manufactures it's maximum amount of energy until it reaches it's perfect ionization point, and when it reaches that point it begins to deteriorate and it's time for it to be replaced, and your mineral deficiency is the determining factor of whether it will be replaced or whether it will not be replaced, and for this reason:

- We can predict heart attacks weeks and months or years in advance, and
- We can also tell you where cancer will strike weeks and months and years in advance.

We can do this simply because we see that your diet is insufficient in mineral to keep that particular organ functioning normally.

Now the frequency of a steer is .000028 and in the same way as the cell of the orange is bigger than a human cell and it's electron speed around the molecule is faster, so too with the steer, the cell is bigger and coarser and the speed is faster than a human cell.

A steer can live on grass all it's life with this frequency but it's also got some additional factors in converting grass frequency to it's frequency that help in the digestive process but generally it's easier to convert to this .000028 frequency because it is a faster frequency than it is to the human frequency. Now if that's all it is then by the same token humans could do better living on grass.

The whole structure together makes a larger circumference and if we could compare it to that on the end of a skating whip. A person gets on the end of a chain of people in the Ice Capades and the guy's just whizzing around, he can hardly hang on, and the one in the center is just barely moving and that's what makes the difference here.

Cellulose.
Cellulose is a synthetic material that's made into:

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- Wigs,
- Floor rugs that look like animal fur,
- Nylon hose, etc.

Although some cellulose comes from trees or plants, the chief source of cellulose as used in manufacturing comes from casein and the casein comes from the cream in milk. There is soy bean casein, bean casein and peanut shell casein. There are many different kinds of casein.

Hair is a covering for your head. It is made of a natural cellulose and minerals that are drawn together by nitrogen, and it's the excess protein that actually brings hair into existence. Hair wouldn't exist if it didn't have some nitrogen in it because nitrogen is the basic substance that pulls the molecules together to make the substance called "hair" and the basic cellulose for your hair comes from casein.

The fiber of cotton comes right out of the seed, it's cellulose that the seed spews out.

Chain Reaction.
Everything about your body is like a link in a chain, every part is connected to something else, even your toenails are connected to your brain. Everything has a central computing system in there and as you begin to work with this chain reaction you're going to find how these chains link up.

For instance, the liver is the atomic reactor for the whole system, it's function is to manufacture the amino acid building blocks (enzymes) for the body and the elements it uses in the chain reaction are iron, iodine, oxygen, calcium and water, but when you start to form the amino acid in the chain reaction we first need nitrogen because no amino acid can be formed without a cation of nitrogen in every cell of the body, that's the one common denominator, and that's what helps give us the frequency.

Charge.
The difference between a negative charge and a positive charge in electricity is the direction in which the electrons travel. The cation is a positive charge and the electrons rotate counter-clockwise, and the anion is a negative charge with clockwise rotating electrons.

Chelate.
A chelate is a molecule with a extra electron on it and the term chelate means an atom with a claw, "chelate" meaning claw in Greek. The only thing, the electron is the outer shell of a molecule and whenever you take any mol and put on an extra electron without changing its overall pattern, then it's chelated. All of our system is held together by chelated molecules, and if it were not for the chelation we'd come apart.

The extra electron is a claw, for instance, it's like a boy and girl they link their arms around each other as they walk down the street, they're chelated. In other words, they got a claw joined into the other claw that holds them together. So this is what the chelation is, is the binding together of the molecules. Sugar is a chelate because it becomes a binder for oxygen transfer. The chelate grabs onto the oxygen to hold it in as a transfer basis, and in our system this is why the sugar's important, as a transfer mechanism.

Chemistry.

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Chemistry classes seem to be orientated for technicians for industry, and not for real chemical engineers. Now some of the things that you've been told are contrary to what the chemistry book says, but what you're taught is truth so that you can figure energy later. But until you understand energy, until you understand and know how many cations and anions you will not be able to figure energy.

Now you were taught that an atom had to have the same number of protons as neutrons. That is wrong. That is false. For instance any time in chemistry, or math, you have a ratio of 1:1 you have the same thing.

Now you were taught you had to have 8 anions and 8 cations for a one mol of oxygen, and if that were true the physics of that structure would follow the line of least resistance and break down to be 8 molecules of hydrogen. Doesn't that make sense. In teaching his course "Doc" said,
"I went through college and I was taught just like you were taught, it hasn't been changed, and when I got out into the field to work I fell flat on my face, I absolutely almost went insane for about three years trying to figure out what was wrong. I finally went to private teachers who taught me how to figure energy. I was charged US$50.00 an hour back in the Great Depression to teach me the basic foundations of calculating energy, but the very thing they taught me I could sell it today, and tomorrow and the next day. In other words they put the foundation of figuring energy in. Dr. Charles Northam was the one who taught me how to figure this energy and how wrong the books were, and he had a nice write up in the 1937 Readers Digest, the write up is in there. So what I'm saying to you is forget what you've been taught in the past and now just take it like it really is and I will prove this more and more as we go through it."

As one of the Course Instructors said,
"When I took my chemistry in college I kept arguing with the teachers because I couldn't make it come out the way they did, and so I memorized all the equations in order to pass the course, and now I'm beginning to understand why it wouldn't come out. "Doc" Reams tried to prove to them for years that it doesn't work that way.

Now in regard to where this will go, "Doc" told us that's he's only in the first grade, and that it's all of us that will have to carry it on from this point, but we also know that not everyone is going to be able to develop the acumen, the knowledge to do original research work in this but, by the time this is over, I think "Doc" is hoping for maybe 4% will be able to arrive at the very end, see the picture, calculate the reserve energy and do original work, but that does not mean that the other 96% will not be good workers in the field.

If we follow what the shepherd teaches us and try not to understand everything all at once because it is impossible to teach a four year chemistry course in a couple of days here, and so what is being asked here at this point is an acceptance attitude to be able to take statements that are given as rules and that you memorize the rules, commit them to memory and then hang things on them later. Also try to prove them false later if you want to keep yourself busy, but at this stage of the education accept some of the things which are given as a rule which holds, which has been proven, and don't seek to understand all of the reasons why it works that way, because if we were to go into cellular physics we could be here for years just trying to understand one cell and there would be people dying out there because we were busy trying to understand where the electron is, and what they need is your help in testing and setting up diets and as time goes by then perhaps we can understand the theory of ionization a little bit better and the why of where it works.

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What you've got to understand and realize is that everything that appears to be so in a test tube in the laboratory is not so in the biological realm. It's different, and whenever you begin to put these things together into these patterns you'll understand this.

Chemotherapy.
In cancer treatments chemotherapy does not regress anything, it gives a false hope, and all it does is ruin the liver and makes it impossible for it to function. It displaces the calcium and therefore the liver cannot produce enough natural salts to keep the nerves sending the message through to know that something is wrong.

Chicken.
A chicken manufactures Boron in its body and chicken meat is rich in Boron. Boron is also a germicide the same as the chlorine that comes from the salt that you eat which keeps your body from being destroyed by parasites. So meat eating isn't quite as bad as some vegetarians would have you believe.

Now if a chicken is healthy then chicken fat should be a golden yellow, but if it's a beige color then the chicken is slightly ill.

You'll find that hens that are laying an egg every day before they lay they sing discords, but they still sing, they make a joyful noise because they're laying an egg and because she's only got a thimbleful of brains after she lays she cackles for about 10 or 15 minutes because she's so happy, and this lets Brer Fox know where the nest is so he can come and get the eggs. If they didn't do that the whole world would be covered ten feet deep with chickens and there'd be no room for foxes, and so this is the balance of nature.

Children.
Behaviour**.** Parents should be taught that when children misbehave there may be a biological reason for it because healthy children are not lazy children, healthy children are not tired children, but tired children are sick children, remember that. Now feeding children a diet that is too rich for them will cause the children to lose energy and be sick. "Doc" raised 4 girls and when their room wasn't tidy he did a test on them to find out why. He found that "tiredness from high ureas and untidy rooms" go together, and so he determined whether they needed dolomite or not and so before the children were punished he found out whether there was a biological reason for it or not.

Now, when you start dealing with people you're going to be amazed at what you find because not all children are young and little. You'll find "children" that are 50, 60, 70, 80 years old. People that are still kids in their mind, still kids in thoughts, in ways of doing things, they haven't grown up, they are still a child and you can tell a child when you meet them, they act like a kid, for instance:

- they're chewing everybody up,
- they're pushing everybody down,
- they never have a kind word to say about anybody,
- If they can't have their way they're going to stomp the floor,
- If they can't have their way they're going to take their stuff and go home, and
- If they can't be "it", they won't have any part of it,

and that's all kid stuff. Now these people may be adults in size, but not in mind.

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When a person comes in my office and chews me out, "Doctor you did so an' so and you did so an' so and it hasn't done a bit of good."
You know what I do, they're acting like a kid and I treat them like a kid. I say, "Well, I've done the best I know, I'm not satisfied with it and I know you're not satisfied with it .." and if they have not carried out my instruction then I said, ".. but I told you to do so and so, and you didn't do it, I told you to do such and such and you didn't think it was necessary, I told you to rest and you didn't do it.

Now if you don't want to obey the rules of health then I can't help you, if you just want a little drug that'll make you well instantly I don't have it. If you're not satisfied with the instructions I give you I'm sure that there's somebody else that can tell you what you want to hear, but I'm going to tell you like it is."

Doc raised six children with no cavities in their teeth at all and no days missed from school because of illnesses. They were raised on this plan that you're learning now. These things have been successful for hundreds and hundreds of children, and it's remarkable what can be done.

Constipation.
I find many children from about 7 to 12 years old that are under sedation, tranquillised, because of hypertension or hypersensitiveness, and they're absolutely doped almost into a stupor and their only problem is constipation and a poor diet.

When the food is digesting way too slowly they have constipation and there is a lot of gas and misery with it and it is the major cause of hypertension in children. They're just miserable and their food is not digesting. Now let's suppose that the child's food is digesting too slowly, constipation has already set in, and he needs help in getting his colon cleaned. If the child is over 12 then colonics are recommended but enemas are recommended for children under 12. So anytime a child under 12 has a pH 7.00 or above you'd usually tell the parents to give them enemas. You put the child in the kneeling position with the head downward and then let the water flow in, and that's generally sufficient with a child. Now for a very high alkaline system you can get the Calcium Lactate in shots. Now constipation can be easily corrected and we correct it all the time.

These problems can be easily picked up in childhood and bear in mind that many adult weaknesses begin in childhood, so pay close attention to the children and to the diet the child gets.

Cooperation.
You know children need help and they complain a lot about "they can't do this", and "they can't do that", and they need encouragement, and when a child says that he can't do this or he can't do that, try to encourage them that they can do it. At least how do you know until you try. You've got to try, you've got to dare.

Children under 4 years old have difficulty in cooperating. Once in a while you will find one $3^1/_2$ that can, but I haven't found a child under $3^1/_2$ yet that could cooperate, but at 4 practically all normal children can cooperate. Now whenever you're going to put a child on a lemon water and water fast, according to their weight, and you use the lemonade and water at a ratio of 1 in 10, 1 ounce of lemonade to 9 ounces of water for children, and if they have a high blood sugar sometimes you can use the sugarall or sweet and low, but many times the child will not want it at

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all, they like the lemon water and water plain, and if you'll take that child and talk to him as man to man, doctor to patient, and tell him he is to be a big man and he's doing this, they'll go through it like a trooper, in fact it's remarkable how well children can cooperate whenever you tell them what to expect. Once in a while a 4 to 5 year old will forget and cry a little bit but then you go and explain it to them that you're a big girl, you're a big boy and you're going to get well and if you don't you're going to have to have needles put in you with insulin and they go through it like a flying trooper and they come through it they're as proud as peacocks, they're, they're, they're really doing it and you've won a child to you for life.

Determination of Sex.

There was some research done into what determines the sex of boys and girls. Research on men with one testicle (either born without it or lost it for some reason, say injury or surgery) showed that the children conceived after the loss were either all girls, or all boys. Where they had all girls they did not have the right testicle and where they had all boys they did not have the left testicle.

While it's easy to determine which testicle is involved, which ovary was determined this way. When families were found that had all girls, and the father had two testicles, then we did tests on the mothers and it appeared that the left ovary was the only one producing an ovum. It is not known if this is 100% accurate or not, but no exceptions have been found so far. In summary, it's been found that:

- the left ovary AND the left testicle bring the girls, and
- the right ovary AND the right testicle brings boys.

There is a rule by which the ovum and sperm are joined together and it's in the milli milli micronage realm. In other words the ovum and sperm have got to be compatible down to the milli milli micron and no two of those sperm are alike, and unless they fit milli milli micron to mill milli micron they will not join, and this is what makes identity, identity.

Diabetic.

Now what about a child, maybe pre school age, they have diabetes too, well you work those later but you can tell by a child very quickly because they gain Reserve Energy much faster than an adult in recuperating, but they also lose it faster, so be careful in dealing with children.

Don't ever attempt to try to handle a child with diabetes, send them to a retreat and I'll tell you why. Suppose you came across a child who was not on insulin or other sugar controlling drugs but they had such a high sugar that insulin or other sugar controlling drugs would be the doctor's next step. In those cases the child has a terrific amount of pressure or hypertension inside and if you put them on a program and the sugar drops then that child will go through a rather severe withdrawal, vomiting, sick stomach and so forth and the parents will be deeply concerned about what is happening. The child won't be giving you much problem but the parents will, they're just sure you're killing the child and that the diet is impossible.

Parents don't like to see their children vomit but yet you know, and you've already told them, what would happen but it didn't really strike home that it could happen. Please, if you run a retreat tell them what to expect before it happens, then when the first upchuck comes:

- it's very green,
- then it turns brown, and
- then yellow

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but it doesn't last very long. Then immediately after the child upchucks, if it's through the day, in about 5, 10 or 15 minutes they're feeling better than ever. This upchucking is not a lingering, hanging on type of illness.

After the vomit begins to turn yellow the child will go to sleep and it will sleep anywhere from 12 to 30 hours and it's very difficult to wake the child up at all, it's as limber as a dishrag. The child is in a very, very deep sleep and yet the pulse is normal and everything else, including the numbers, is just doing fine. They generally do wake up to go to the bathroom, just long enough to barely get to the bathroom and so forth but it's difficult to keep them awake long enough to eat anything at all and their eyes roll back in their head, they're so relaxed.

When that happens to the child it scares mummy plumb to death even with advance warning, and I'm going to tell you if mommy's there you can kinda get along but if daddy's there mommy's going to excite daddy and he's ready to fight you and you have to comfort them and guide them and this is no job for an average tester in the field.

Now I've had it to happen hundreds and hundreds and hundreds of times and I know what they'll do. After a while the child wakes up and he's rested, the hypertension is gone and you should see the energy that kid's got. He just bounces all over the place, he's absolutely obedient, where he had horns before the parents begin to look for wings because he's so obedient, so anxious to please and it's really remarkable what has happened, then the parents are very, very happy about it but, during this withdrawal on a child it's really something to take them through it and what I'm trying to say is the child won't give you much problem but the parents will.

NEVER, NEVER, NEVER touch a child that's on insulin. Send them to a retreat and let the retreat take that responsibility because they have to be tested every hour of the day and through the night, also one of the things that you have to be very careful about with a child that has high blood sugar that the sugar will drop too low and the child will go into convulsions and that too scares a mother and father plumb to death, and all they know to do is put them in warm water, that's what the doctor says do, but all you need to do is put a little honey on their tongue and then in one minute they're back to normal again, so what I'm trying to say is these are not cases for you to try to handle, don't attempt it.

I'm not trying to get people into a retreat, I'm trying to keep peace in your neighbourhood, and keep the police off of your neck and keep that person out of the hospital because the first thing you know if they're trying to do this at home the kid's in a hospital and it was the diet that you gave him that almost killed him, and then you're under investigation and your troubles have really begun.

So these are things that you need to memorize, and if you think that you can get along without them you've got another thought coming.

Freckles.
Freckles on a child is caused by a malfunctioning liver. When you correct the diet and fix the liver the freckles will leave, and that goes for a child as well as an adult, including redheads. Red hair doesn't make any difference.

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Maturing Early.
Children that mature very early are assimilating manganese because of a genetic condition, their sexual organs are maturing yet their very growth is stunted. In medical literature there's the history of one child who died of old age at 6 years old with a long beard. In other words his voice changed at $2^1/2$ years old, he grew a beard at 3 and died at 6 of old age and he had to walk with a cane the last 6 months of his life. So there's case histories like this, in other words you live the span of life. Normally a boy of 6 is a boy because he is unable to father children, because his digestive juices are too weak to pull out the heavier minerals like manganese.

No-No's.
Feeding children a diet that is too rich or too heavy will cause them to lose energy and be sick because a child's digestive juices are weak and they cannot digest foods that are suitable for healthy adults, like:

- Meats, until they're 12 years old. Children can have imitation meat, or fake meat, provided it's really vegetable protein, and
- Nuts or nut butters, until they're 8 years old, except for pinolia, coconut and boiled peanuts but they have to be boiled until soft. Raw nuts and nut butters like peanut butter even as fine as you can grind it are still too coarse for children to digest.

Because their gastric juices are not strong enough to handle the proteins in meats and nuts their ureas accumulate, accumulate, accumulate and the children are tired all the time. Healthy children are not lazy children, healthy children are not tired children, but tired children are sick children, remember that and remember too that you're only buying a medical bill and all sorts of problems when you give children meats before they're 12 years old and nuts before they're 8 years old.

Raising Children - Part I.

I'll give you some ideas on child psychology and child care. Let's start with a child, $1^1/2$ to 6 or 7, the child will come to mummy and say he doesn't feel too good, and the least thing upsets him, and:

- "Johnny stuck his tongue out at me", or
- "he pinched me", or
- "Suzi did this, or that, and the other.

Mother's busy or daddy's busy and they say "don't be a tattle-tale". Those words come right out of Hell, right out of the mouth of Satan. If you do not correct that child's hurt feelings, if you don't take steps to restore that child's dignity, if you keep saying "I'm busy" or "don't be a tattle-tale" then by the time that child is 7 years old they will have drawn the conclusion "mother and daddy are not interested in my problems", and believe me you won't be bothered with them any more because they'll take them to someone else, and when they're a teenager then you'll get a call from the police department, "we have your son", or, "we have your daughter" because they couldn't go to you when they were little, they had nobody to go to.

Now to that little child between $1^1/2$ and 6 or 7, that sticking out the tongue or that little pinch was a Watergate Affair to that child, it was really something that mattered, it was a big event, and you did nothing about it, nothing and so you failed to sew that child to you for life.

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I listened to my children when they were little, they believed in daddy and mommy then and today they still believe in daddy and mommy. They're not apron string kids and they made their mistakes and I watched them make many a mistake when I knew what was going to happen before they made them, but I'll tell you this, once they made them they came to daddy for help, or mommy for help, they didn't run to somebody else and get worse and worse.

As Doc explained, "One night when my baby daughter was about 17 she had a date with a fellow who said he worked for a certain used car lot, and as he was leaving town he asked her to return the car the next morning. So she took the car back to the lot was told, "that's not our car at all, it don't belong to us. You're in a stolen automobile".
She said, "the boy I was out with last night, and who I put on a plane at 11 o'clock, told me to bring it back here." They said, "tell you what we'll do for you, go on home, we'll call the police and tell them the car's here."
She said, "I will not. I'm going to call my daddy and do what he says."
So she called me in the office and said, "dad, I'm in a stolen automobile. My boy-friend stole it and he told me he had it from such and such a lot, and I don't know what to do. What should I do? The used car lot said they'd send me home, or you could come get me and they'd call the police department and tell them it was there."
I said, "don't you dare, you call the police department yourself, give them all the information you can give them, tell them what happened and they'll bring you home or I'll come get you."
In about two hours she was home. She'd given them all the information and the car was sent back and restored.

I taught my children to face the facts, not to run, not to dodge, not to scream to get out of something. So teach the young people to face the facts, and you must face them yourself before you can teach others to face them. You know a coward dies many deaths but a brave man only dies once. So, I've taught my children to face up to the situation. Today they're proud of their dad and I'm proud of them.

But as leaders and doctors take time to teach the young housewife, the young father how to establish confidence in the child. Again and again and again mothers and fathers say to me, "why did I lose my child? Why is there a generation gap?" And it's because they lost them between $1\frac{1}{2}$ and 6 or 7 and this is a very important thing.

Raising Children - Part II.
I've been in homes wherein the people were very, very quiet all the time, practically no communication between the children or the parents or anyone and everyone seemed to be happy doing his own thing and I've been in other homes where everything they said sounded like two dogs fighting almost, I mean everything they said they went at each other tooth, nail and claw but everybody also seemed happy doing their own thing there too and nobody was excited about it. In other words it's what you're used to.

Now if you'd have taken a person out of the home that lived like bulldogs fighting all the time and put them in a quiet home they'd have gone crazy, they couldn't have stood it, and if you'd have taken a person out of the quiet home and put him into the home where they're chewing at each other all the time he'd have been scared to death. He would have died of fear almost.

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So how people are depends a lot on the environment of the home. Now one thing is a no-no in raising children, and parents need to be taught, never to bring up the faults or the problems of the children at the dining table. Make the dining table the most glorious part of the day for children. If you must deal with children's problems, children up to 4 years old you deal with them at the moment and in 15 minutes they're forgotten, but for children older than 4 years old generally the best time to deal with the daily problems is just before bedtime, and then not too severely, but this has to be worked out among everyone concerned. When a child is 4 years old you can do a lot more by talking, talking, talking and reasoning than you can by force and you shouldn't use force when it's not necessary. Young parents often use too much force and not enough talking, talking, talking to 4 year olds and older, and the more talking you can do you'll find that the child will want to respond.

When a child is about 4 years old many of them like to play Santa Claus, or they're a soldier, or they live in imaginary realms for a few days at a time and then they change it around and so forth. When Doc's little boy was about 4, he was trying to get him to go to bed at night, and he hated to go to bed worse than anything in the world and would do just about anything to stay up, but he finally got him into bed and he was begging to get up and Doc went to reason with him, "don't you want to be a policeman?"
"No I don't want to be a policeman" "Wouldn't you like to be a soldier some day?" "No I don't want to be a soldier"
"Well what do you want to be?" "A garbage man"
I said, "why do you want to be a garbage man?"
"He drives a great big truck and all the dogs bark at him."

You talking about a child making a parent feel like he's a failure, that did. That did it, so don't get excited at their imaginations because they often imagine things and they're living in an imaginary realm.

Now some people don't believe in teaching children Mother Goose Rhymes, and so forth. Well I think they're great because they teach the child to memorize, and teaching your children early to memorize, memorize, memorize, memorize because the more and earlier they learn to memorize the better things of life, like fine music from the earliest infancy, then when they get older they will not want rubbish music very much, except during a teenager's short time in which they want to show, and prove to the world, that daddy and mommy's an old fogey, that now they know everything and they can do as they please, and if they don't get to that stage there'd be something wrong with them.

So the pendulum swings over too far but it'll very quickly swing back too, so don't get too discouraged with things that you have taught them all their life which they have to go and find out for themselves.

School.
One of the greatest tragedies in the country today is the poor food fed to our children in preschool and during the school lunch program. What the canteens seem to do is buy the very cheapest junk and sell rubbish such that they only give the children a diet to keep them in the doctor's office. It's a shame and a disgrace. The child needs a family doctor, and should see a doctor, but it's a disgrace for the children being made ill because of a poor quality diet.

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For instance, the overloading on carbohydrates sends the sugars up and the children have attention span troubles then they get irritable. Tang orange juice has some dry pulp added to it to make it look like pure orange juice, there's no nutrient in it and it's wrong. The children are overfed and undernourished at school.

Children do not need to take vitamins and minerals to school because it's too much trouble for the kid to carry, and besides his body responds a lot quicker, remember the 1X, 2X, 3X, 4X of energy rating.

Testing.
It is fairly easy to test a young child, or even a baby, but you may need to allow time and prepare your instruments to do it, for instance, you can get spit from a child by either:

- placing an eye dropper under the tongue, or
- using a cotton bud under the tongue like a thermometer.

and for the urine sample you can:

- Sit them on the pot.
- Wring out the diaper if you can, though sometimes you'll pick up the residue of the diaper.
- Use the reagent directly on a disposable nappy.
- A medical supply house has the little plastic containers that you put on the child. If you give one to the parents ahead of time, (send, mail or hand it to them) they can then collect the specimen either on the way to the office or while they're there and this way you don't have to mess with the diaper.

Transitional Children.
The program will not help in cases of genetic retardation, but there's a lot that can be done for mongoloid children and children that are called transitional children but are not transitional. So get your facts and go by the numbers.

Vitamin E.
Usually you do not recommend vitamin E for children aged 12 or below, however if that 11 or 12 year old child happens to be 100 lb or more, and their ureas are high, you may put them on a minimum amount of Vitamin E until the urea comes down a little bit then take them off of it.

Chinese Health System.
I see the day in the future coming when you will be paying doctors to keep you well rather than doing what you're doing now, paying them to keep you sick. This is what the Chinese do and it's not too bad an idea.

Chiropractic.
You should be aware that as a tester you may need to tell someone to get a chiropractic adjustment, they'll get the adjustment, and in a couple of hours or a couple of days it's gone. Remember, an acid body does not have the ability to hold a chiropractic adjustment because the muscles, the tendons, the ligaments do not have the tone, do not have the vitamin C to hold them in the proper place. Let your people know this because there are people who will have an adjustment then half way home they're saying, "boy he's losing his touch, he just didn't do for me what he used to do." Now they're assuming their body chemistry is the same that it always was, but it has changed, and the

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chiropractor may not be able to do for them what he's always done before, especially if their body chemistry has changed greatly.

When the chiropractor gives adjustments and they won't hold, and diet is used to help as well, then the chiropractor is going to do a far better job. So this is where you have a double edge over others because you can know the body chemistry of your patient while you're working on them.

When you see veins standing very high on the back of the hand it means the 7th to 8th vertebra needs adjustment, there's pressure on that nerve and it causes the blood vessels in the back of the hand to stand up and be prominent.

Cholesterol

($C_{27}H_{46}O$) is a hard, waxy, lipid substance that melts at 149^0 C and there is much confusion and unwarranted bad publicity surrounding cholesterol. The body needs cholesterol and it is a necessary factor in many different, vital functions in the body:

- Cholesterol is in the membrane of every living cell of the body, and it helps the membrane to control fluidity and stiffness.
- the steroid hormones estrogen, progesterone and testrogen are made from cholesterol,
- adrenal corticosteroid hormone aldosterone (which regulates water balance through the kidneys) and cortisone (for the synthesis of glucose for the fight/flight response and the suppression of inflammation) are also made from cholesterol,
- vitamin D, the sunshine vitamin, is also made in the body from cholesterol,
- bile acids are derived from cholesterol, and cholesterol performs vital functions in the digestion and absorption of fats, oils and fat soluble vitamins from our foods.
- cholesterol is secreted by the glands in the skin, protecting it from dehydration and cracking by the elements (sun, wind, water), and
- cholesterol MAY assist as an antioxidant when other antioxidants are low.

The bad side of cholesterol is when it clogs the arteries and veins and excessive salt is the cause of cholesterol forming on the inner walls of the arteries and veins because they're losing their elasticity, their ability to expand and contract and therefore they aren't elastic enough to move everything through.

The higher the total salt reading, the more cholesterol there is on the arteries and veins, not necessarily how much is in the blood. In other words, the blood may show perfect yet they have a very high amount of cholesterol on the inner walls of the arteries and veins, in fact cases of phlebitis will often show normal cholesterol in the blood and many autopsies have also confirmed normal blood cholesterol yet the arteries and veins were clogged with it.

These salts effects are also age related, meaning the effects are that much more serious the longer they've existed, for instance, a child at 18 months old and salt 50 will not have the same cholesterol effects as someone aged 50 and salt 50.

At salts about 12 the arteries and veins are starting to lose elasticity and cholesterol is starting to form on the walls of the blood vessels. The higher the salt the more cholesterol is forming, and at 18 it's really noticeable. Also the blood vessels are hardening and becoming like tubes. At 30 there is chest discomfort and angina pains start about

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40. The danger zone where cholesterol may break loose and stop the heart is from 45 and by the time they hit salt 50 they're in the fatal zone and almost dead. Their chest discomfort is agonizing and any mishap with their blood vessel cholesterol will most likely kill them. The salts have been seen to go to 72, and the person recovered their health and the cholesterol was removed from their blood vessels by their diet.

Cholesterol is deposited onto the blood vessel walls to protect the walls and smooth muscle from the high ionization effects of the salts. In other words, the cholesterol is actually there to do a job.

Now, when the salt level is high enough long enough the veins get twisted out of shape and become partially blocked by cholesterol and are called varicose veins. Here the blood does not move through as rapidly as it should and the action of the muscles can start to move that thicker blood along. Now when pockets of stagnant blood form within these varicosities then you have phlebitis. Now the blood is moving through the varicosities but it's not moving as well as it should.

Although it is the ionizing effects of salt that causes cholesterol to plate onto the vessel walls, the salt need not come from salt added to foods, although that is the most likely source. Salts build in the system indirectly from the vegetable salts in foods, and directly from the salts arising from the breakdown of cellular waste. Not only do these raise the level of salts, but salts are also stored within the system because there is not enough water consumed on a regular basis to wash them out. Now the higher the saline reading the more cautious you should be in lowering it. If the reading is above 47 to be exact, you must put them in a retreat. Please don't try to handle that kind of a case or you may have a corpse on your hand. Get them to a retreat where it can be handled quickly and wisely.

When you have a person with a dangerously high salt, or a dangerously high urea, before they do anything else they should take distilled water until:

- the urea level is below 20, and
- the salt level is reasonably lower. Sometimes the salt lowers quickly and sometimes it's as stubborn as a balking mule - it'll hardly budge for about a week and then it starts to move down. That may be because nature may be preventing a rapid contraction of the veins so that it gives the cholesterol time to get out.

Keep in mind that we need to get the salts out of our system, we cannot afford to let them build up or the effects will go up into the arteries and veins in the brain because the irritation and ionization caused by the salt will cause the liver to manufacture cholesterol there. Salt is an irritant, it stings, it burns, and the liver manufactures this smooth, glistening, coating of cholesterol to relieve the irritation and there's no relationship at all to cholesterol coming in through your mouth and what comes out in your arteries and veins.

Here are some things that people actually do of their own accord:

- People read a book where it would say that you would use lecithin for a high cholesterol, so they dash down to the health food store to buy a bottle of lecithin, and they've got a high cholesterol, the doctor's already told them that, and they start taking lecithin like it was going out of style. A great big piece of cholesterol turns loose and plugs up the heart and they're pronounced seriously dead upon arrival at the hospital. Now this has actually happened. Do not take the risk and do not recommend lecithin in cases of high cholesterol. Let the body get it out slowly.

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- Some people put themselves on a diet at home when they ought to have been in a retreat because their arteries and veins had lost the ability to expand and contract and they also had a high cholesterol. When their arteries and veins started to rebuild themselves, and nature doesn't heal them equally all over, it heals in some spots more than in others, and cholesterol formed in there and consequently they ended up with a case of phlebitis that could be fatal.

So be very, very careful with people that have had a high cholesterol for a long period of time. This can be prevented in a retreat but it is very difficult to do at home because most of the time the phlebitis strikes in the part of the body below the waist, generally down in the legs though not always, but in the retreat we can keep them off of their feet and keep them doing nothing for three or four weeks until the blood vessels can slowly dissolve the cholesterol which is one of the major factors of the arteries and veins not healing equally because they're so clogged up the blood can't go through evenly, and therefore it's an enlargement, a cavity or a pocket that's formed in the blood vessels, so these are things that you need to be very, very careful about.

Also people that are a little bit overweight are more subject to phlebitis than others, but not always, because there have been some very thin people with very severe cases of phlebitis and varicose veins on the legs, which is a form of phlebitis. It's very, very similar however you can drain those, or scrape them by surgery, or have it done but the vessels that are up in the abdomen, or up into the muscle of the legs, you can't do anything about those very easily. These are some of the things that you have to be very, very careful about when you're dissolving cholesterol, be very careful, do not dissolve it too rapidly, do it slowly. Do it slowly because sometimes nature gets in a bigger hurry than you think, so take your time and don't rush it at all.

In regard to cataracts there doesn't seem to be a single mineral that contributes to cataracts, but rather a group of them, and cataracts are not caused by microwave ovens either. Now a deficiency of manganese contributes to cataracts but only in a foetus or unborn child. If you take out a cataract and analyze it in a test tube you would find that a cataract is a cholesterol, the body's retaining too much salt and the fatty tissue gets in there. Now if you have studied cataracts very much you notice some of them are almost white, some of them are green, some of them are almost beige color, some of them have a reddish color and so there's a variation of it, but the white one is the one that grows the most rapid. The other one grows very slowly.

What they do is, with a small beam, they take this fat out, or burn it out, just a little bit at a time without damaging the main eye and I have seen it come out in little strips, little teeny pieces by little tweezers, and you medical doctors have seen the same thing. It's actually a form of cholesterol that covers over the eye there. Now it could also be a triglyceride because some of the cholesterols are triglycerides and I have never seen a cataract on a person with a low cholesterol.

Now I have seen people take algavim, plus getting their body chemistry in top shape, and in about 5 to 6 months of taking it regularly the cataract disappears. I have seen people totally blind by it that had to be lead everywhere, I have seen them completely disappear in a year.

The cause of glaucoma is a mineral deficiency and the body retaining too much salt and it's also a cholesterol that forms in the eye.

Christian.

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If you should ever be arrested for being a Christian be sure there's enough evidence to convict you. What I'm trying to say is it's no disgrace to get arrested for being a Christian. It's the highest honor on Earth and if you're ever arrested for being a Christian it's really good, and you can throw them into a dither by doing things like this:

- Are you going to take my picture?
- Are you going to put my name on the front sheet of the paper? Don't you dare put it on the back sheet, I want it on the front sheet, I want them to know what they're doing to Christians, I want the World to know.
- I want it on the front sheet, now don't you dare put it anywhere else, and be sure that number's on me, I want that number across because when I stand before the judge I want to be sure that the accusations is on the right man. I want to be sure that that number is on there.
- Don't get me mixed up with some of these other crooks because I'm not a crook.

And you know sometimes they get so nervous they can't hardly stand up they're shaking so hard. Honestly the Holy Spirit comes up on them and they don't know what in the world to do with you. So what I'm just telling you is just don't let the devil get you down and you can have the high sheriff praying with you, "get down here sheriff, you need prayer, get on your knees and I'll pray for you."

Get the idea, don't show them that you are angry with them, or peeved with them. Doc was arrested one time, in fact he's been arrested more times than the apostle Paul but he wasn't in jail as long, anyway the desk officer got so nervous he forgot how to do fingerprints, Doc had to show him how to do it. It's really lot's of fun to follow in the footsteps of Jesus except he went all the way to the cross for us, so you shouldn't mind going to jail for him.

So keep your chin up and don't be afraid of the devil's jail. If the devil says, "I got a jail over there and I'm going to put you in it if you serve the Lord" and if you're so afraid of that jail then he's already won a victory without firing a shot. He's made you absolutely good for nothing as far as the Kingdom of God is concerned.

Now how many of you have ever gotten hoarse praising the Lord? People get hoarse at football games, and hockey games, and everything else but they should also get hoarse from Praising the Lord.

At one time Lenin had a phrase, he said that before you could become a communist you had to become committed, and you had to become committed to the point where you were ready to die for your cause and the phrase that he used was, "communists are dead men on furlough". That was his phrase.

Now apply that to Christians. If we become committed enough for the Lord we should be willing to die for the Lord and be promoted to glory. "Christians are dead men on furlough" and if you then apply that to the testers we can say "Testers are jailed convicts on furlough" and if you let fear grip you the Devil's got you in his grasp. The point is if you have a fear of dying the Devil's got you in his grasp. If you've got a fear of being jailed the devil has you in his grasp, and that's why Doc says, "worry is the Devil's prayer", because if you have faith you can't have worry and you can't have fear.

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You need to be aware that other people are ALWAYS watching, and you need to apply Christian principles and don't let your own misunderstandings and prejudices get in the way. Women are made to have children and many times when they are supposed to have them, and don't, then the excessive estrogen that is produced will cause them to either become a recluse or wall-flower or it will stop almost completely. In other words, they can become almost insane, or raving maniacs if you do not supply that need for a woman to have a child, and the drive is so strong in these girls that they cannot care less what the neighbours think or anything else, it's either have a child or lose their mind, and marriage has nothing to do with it.

Now this drive of nature is misunderstood by the public at large, and they care even less. In other words the "holier than thou" make it almost impossible for a girl that's caught in this situation, but remember Jesus said, "he who is guiltless let him cast the first stone." So it's not up to you to judge them, and if there was ever a time that a girl needed kindness, mercy and help it is during this time.

Doc had a parent whose 16 year old daughter was pregnant and she said, "I want you to make a diet that will cause my girl to abort."
Doc said, "I won't make a diet of any kind for her until I test her and if there's no reason why that child shouldn't be born then I won't make a diet then for her. I will not make a diet unless there's a need for it."
So they brought her over, the girl was tested and there was no physical need for the child to abort, so I refused. The lady said, "what should I do?"
Doc said, "since both the boy and girl are 16 perhaps you can get them married, then you've got two kids to raise instead of one, and send them through school, help them, because if there's ever a time that those kids need help it's now."
A month later Doc performed the marriage ceremony. They're doing real well and the young man is working in the father's business in the summer in the afternoon after school and he's sending them both through school and this is Christianity at work, doing what should be done, and everybody is happy about it.

Others parents give the girl a fist in the belly, call up the boy and become enemies and just make a living hell on Earth for all concerned, and they call themselves Christians. It's no wonder that some sinners don't want to be Christians.

So these are facts that you're going to be faced with, and handle them with intelligence and with the love of God in your heart. Do not judge and do not give anyone a bad time. God has not authorised you to punish anybody, He's reserved that right for Himself and if you can't lift anybody up then don't push them down because anyone you push down you've got to go down with them. If you push them up you'll go up with them, there's no other way.

Chromosomes.
It takes two chromosomes to actually equal 1 MHU of energy.

Church.
You know the church is not a clubhouse for saints, it is a hospital for sinners, remember that. The church is a hospital for sinners.

Cigarettes, Nicotine, Smoking & Tobacco.

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In looking at addictions you'll come across people that say, "I'm addicted to nicotine", or, "I'm addicted to cigarettes".

Now nicotine tar does effect the throat, and under certain conditions it effects the lungs but the news is that tobacco itself is not habit forming and the nicotine is not habit forming either. It's the opium in the paper that's habit forming and they even put the opium in other tobacco products like:

- cigars, and
- the pipe tobacco that comes in the cans,

and that's the reason that cigars and pipes stink now. They used to smell good a long time ago, especially on a cold morning you could enjoy the odor of somebody else smoking a cigar, but today it's the abomination of abominations. Now in order to make the cigarette possibly palatable at all they even soak the tobacco in sugar to give it a marshmallow odor so that people can stand it.

Now if anybody wants to quit cigarettes instantaneously it won't hurt them, and whenever a smoker gets enough calciums in their system, along with iron and iodine, the first thing that it does is rebuild the 284 tastebuds on the tongue, then the tobacco and nicotine tar will taste so bad till they can't stand it any more and most people will quit smoking when they go on this program, even those that have failed to quit on all other systems, unless they're so stubborn they're going to tell their tongue "you got to take the cigarette whether you want it or not" and when some of them get to the place that they're scared they're gonna quit smoking they quit the program, and consequently hang onto their habit, their cigarette or their tobacco.

I mean anywhere you get it you're drugged, and if you've got to have your drug then you're a drug addict, period. All people that are hooked on cigarettes are drug addicts, period, and the quicker they admit it the better off they are, but if they'll follow this program the taste buds will come alive on the tongue and you cannot stand the taste of the tobacco anymore.

If you recall the effects of Baer's Law and Boyle's Law, "like attracts like", it's that which makes it so difficult to quit, particularly when the previous effects are stored in the body. For instance, a lady in her mid-fifties came to the retreat with cancer, and at the retreat there was a rule, "No Smoking", and everyone there did everything in their power to catch her smoking, even to the extent of going through her suitcase and purse to find out where she kept her cigarettes because you'd just open the door of her room and the odor of nicotine would knock your hat off.
After about three weeks her body chemistry levelled off enough for her to go home but nobody caught her smoking, or could even find a cigarette, match, ash, butts or anything to indicate she was smoking, so when she said, "what can I do to hasten my recovery?"
"Stop smoking".
She said, "I have not smoked a cigarette in 35 years." "Well when did you start?"
She said, "before I could walk my parents both smoked and they put cigarettes in my mouth and by the time I was six I was hooked on them. I couldn't let them alone and at seventeen I gave my heart to the Lord, and the truth is I've never touched one since."
Now for 35 years this nicotine had been stored in her system and was just then coming out. Think of it, 35 years.

There is a time for most things, but there is no time for cigarettes or tobacco in any shape, form or way and I have never known or seen a person that it benefited.

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Circulation.
The heart and circulation. What we're really going to start with is the heart, and we're going to just trace the circulation throughout the system.

Starting with the heart the first place is the left ventricle. 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're on the bottom of the heart. So we're going to start at the left ventricle and trace it all the way through the circulation until we get back to it. The left ventricle is the most powerful side of the heart, that's where the heart's muscle is the thickest because it does the most work, and it's the micronage that enables the body to build that muscle to be that size and strength.

From the left ventricle it goes up through the aortic arch (and I'm going to come back to the vessel leading to the brain) and then it goes down the right side and underneath the the vessel that's going to the lung.

Let me say here that there's basically two different kinds of vessels when we're talking about the circulation, there's arteries and veins. The standard medical definition of each is:

- Artery. Standard medical definition of an artery is that it leads away from the heart, it's a vessel that goes from the heart out to the tissues, and
- Vein. Standard medical definition of a vein is that it comes from the tissues towards the heart.

If there's any vessel that's leading towards the heart it's called vein and if it's leading away from the heart it's called artery. Now there's a difference in the anatomical structure of an artery and a vein and this is really where Doc is at, he's not in that standard, medical, orthodox definition, he is in the anatomical or functional side. The anatomical definition is:

- An artery has two different layers of muscle fibers around it. All arteries, anatomically speaking, are different to veins because they have two different layers of muscle fibers.
- Veins have no muscle fibers, but they have valves.

That's important, arteries have muscle fibers, veins have no muscle fibers but valves.

Now we started at the left ventricle, went into the aorta and came down. If you've ever laid on your back and seen your stomach trying to pulsate up and down that's actually your abdominal aorta that's running right down along by your vertebral column. After it gets down so far it goes out to the kidneys. The blood going to the kidneys is the dirtiest blood in the body.

It went up the aorta, now it's going down the abdominal aorta, or the thoracic aorta, but all along through here it's feeding other things, it's feeding body tissue but then it goes to the kidneys and that's the "dirtiest" blood in the body. After it comes out of the kidney it's been cleaned up because the dirtiness went into the urine and you got rid of it, if your kidneys were working. Then it goes down into the lower extremities and so forth and you have to remember that there's a loop there, it just doesn't go out into the legs and sit there, it's got to come back by veins. On the way back to the heart it goes through the liver. So, after it's come up through the legs and it's on it's way back to the heart it goes through the liver and the liver makes it muddy again.
Just bear with me, this is a very simplistic schematic and there's a lot more complications we could bring into it. The principle is that before the blood gets to the kidneys it's the dirtiest and after it leaves the liver it's muddy again and then that blood comes back into the right atrium.

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The blood is muddy after it leaves the liver because the liver's function is to make 5 billion different enzymes per day for the body which it puts into the blood stream. Your liver's your nuclear reactor in your body making the amino acids, or enzymes or vitamins.

We're in the right atrium, it drops from the right atrium into the right ventricle then out to the lungs. So it goes to both the right and the left lung and returns then to the left atrium and then it drops into the left ventricle, and we're back where we started.

Now the reason that Doc knows that the circulation runs in this fashion is he checked it. He took animals and he put a little bit of radium in them and he checked them with the Geiger counter. He found out it didn't hurt them any so he put it into humans and then he checked them with the Geiger counter, and that's how he knows that this is the way it works.

Now, when the blood is the heaviest it will go downward first because it follows the line of least resistance. Now the dirtiest blood goes to the kidney and then through the liver it becomes muddy again, then it's back to the heart. Doc has NEVER said that the liver is a detoxifying organ, he says, "it's the nuclear reactor for the system".

Now the blood that is refined the most and purest of all goes to the brain, and that little vessel off the top of the aorta there goes to the brain. Now in Doc's terminology "refining" is combining with oxygen. Oxygen is the thing that refines things and you get the oxygen from the lungs.

Doc did an autopsy and studied the vessel that went to the brain and he found something very different and unique, he found that the vessel which leads from the top of the aorta to the brain is a vein. In Reams terminology the "Carotid Artery" is a vein because it doesn't have those thick muscle walls and it's got valves. The blood that's going to the brain from the heart is the most pure, the most refined blood in the body.

Let's go back to the left ventricle now. He did say that the heaviest blood goes to the bottom therefore the lightest blood goes to the top and it happens that way because of the cations and anions, "like attracts like". So if the anions are on top that equates with the being the lightest blood and the heaviest blood being on the bottom is the most cationic. Anions go to the top because of the Van Allen Belt. Now in your body the blood vessel coming off the aortic arch goes to the brain and the brain is the most anionic part of the body containing the most percentage of potassium.

The anionic elements are calcium, potassium and chlorine. Along the same line, trees stand up because anions in the branches and foliage are attracted to the Van Allen Belt and the Cations in the roots go deep into the Earth.

When we stand on our head we fall over because of gravity, the cationic pull to earth through the feet and the anionic pull up through the head. The feet have more cations than the head and vice versa. Your brain is in your head because it's anionic. The liver is cationic but it manufactures an anionic bile and so forth.

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Now the brain itself is cationic but the brain contains the most potassium. A miracle of creation is the liver, the nuclear reactor, which can manufacture both an anionic hydrochloric acid and cationic amino acids. He doesn't know why, he says it's a miracle of God.

The other term that we want to use as far as why the brain gets the smallest cells is micronage. The blood vessels in the brain are so tiny, so delicate and are so fragile. They're about as fragile as the vessels that are in your eye. Remember, the eye has many, many, many, many miles of blood vessels and they're just so tiny, also in the brain too, they're fragile. If you think about it they have to be because of the size of the actual brain cells, it's the creation of God when he did our bodies, He made the smallest tiny little blood vessels up there.

Now keep this in mind, there's one substance or group of substances which we must get out of our system or it will go into the brain, and that is the 48 different kinds of salts. We cannot afford to let the salt level build up, we must flush those salts out, eliminate them. Now he said they'll go into the brain and by that I believe he means they'll go into your arteries and vessels in the brain and the irritation and ionization caused by that will cause the liver to manufacture cholesterol there. The cause of cholesterol is the body retaining too much salts. I use the illustration with my patients that if you've ever put salt on an open wound it stings, it burns, it's an irritation, so your liver manufactures this nice, smooth, glistening, coating of cholesterol to protect the inner walls of the blood vessels from the irritation. There's no relationship at all to cholesterol coming in through your mouth and what comes out in your arteries and veins, and if you watch enough of the gobbledegook that's on TV or listen to it on the radio or wherever you'll find it's gobbledegook, it's a bunch of nonsense what they say.

There are some people who eat no salt, no NaCl, absolutely none, yet have a high salt reading, and their partner is pouring it on all over the place on their food, even before they taste it, and their number is relatively low. This occurs because one person is dumping it out of their system and the other person isn't. For instance, if the wife adds no salt to her meals and has a salt reading of 48C and her husband is a salt maniac almost and his test is 10C or maybe even a 26C the wife's body is releasing it and the husband's body is storing it. Now the interpretation depends on the other numbers but if you liver is working properly the salt will come out and if the liver is not working properly it will store the salt. If the salt is stored in the body then it'll go into your brain and cause hardening of the arteries there.

Now, if the salt is really low you have to look at the other numbers, you can't look at one number by itself. The cause may be that the body is storing it rather than dumping it because all you're testing is what the body is dumping. You've got to look at all the numbers, see the picture, you could have a low salt and be storing it and you can have a high salt and be storing it also. But you could have a low salt and be dumping it too because you're flushing it out. So you have to look at all the numbers and what they're saying.

Now, the thing that Doc recommends for people that have thicker blood in the legs, or hypertension, or high blood pressure, is walking, walking, walking because it's the pumping and kneading action of the muscles on the vessels in the legs that starts moving this thicker blood to begin getting it going back up to where it needs to go. In other words, the blood moves in the veins by muscle action and walking is about the best exercise there is. The blood moves through the arteries by muscular pumping action of the blood vessel itself, pulsation it's called, where the artery is pulsating. That's why when you put your fingers on your wrist and you feel that little thunk, thunk,

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thunk, thunk that's the artery that's pulsating. The blood moves through the veins because of muscle action and the valves are in the veins to keep the blood from moving backwards.

Now, when the salt level is high enough long enough the veins get twisted out of shape and become partially blocked by cholesterol and are then called varicose veins. Here the blood does not move through as rapidly as it should and the action of the muscles can start to move that thicker blood along. Now when pockets of stagnant blood form within these varicosities then you have phlebitis. Now the blood is moving through the varicosities but it's not moving as well as it should.

Now the purpose of vitamin E is to thin the blood. The muscles do not thin the blood, the vitamin E does, but the muscles get it moving. See in addition to the vitamin E you need to tell him to walk, walk, walk and start drinking water and that should take care of his condition.

Now, when the blood salt level starts to increase, not only the brain is effected but everywhere else too:

- There is increased irritation of the inner blood vessel walls,
- There is an increase in ionization on the blood vessel walls which causes cholesterol to be plated.
- There is a loss of elasticity,
- There is a loss of muscle tone.
- There is the beginning of hardening of the arteries.

Now with all this happening remember that the blood vessel going to the brain, the carotid artery which is really a vein, contains valves in it.

Remember arteries move blood primarily by the pulsation of their muscle walls. Since the carotid artery is a vein and has no muscle walls where does the pulsation in it come from?
It comes from its proximity to the heart, it's the closeness to the heart. It's the reverberation or the vibration from the beating of the heart.

Cirrhosis.
Cirrhosis had the old fashioned name of "Stone Liver" because calcium hardened it, turned it to stone. Now the stone particles are not just around the edge of it but are in every cell of it. It's a type of collection in there, like taking sand and filling up a bucket, it's collected in there and after it reaches a certain ratio of hardness and compaction the blood doesn't circulate in there anymore. In other words it's a bit like a cobalt radiation treatment wherein the blood can't circulate through it anymore, and after it reaches a certain stage of hardness then calcium is through every cell in the liver and if you take a part off it only throws more in the same place. So unless nature does it by itself I wouldn't recommend surgery on it.

People that drink a lot of alcohol often get cirrhosis of the liver and a pH about 8.0 shows a terrific stress on the liver and cirrhosis and that type of liver damage has set in. It's the alcohol which destroyed the calcium in the liver and alcohol is the greatest enemy calcium ever had, and some people's own system can even manufacture too much alcohol.

Excessive alcohol in the system oxidises the calcium in the liver thereby reducing the calcium available for the liver which then causes the gastric juice manufactured by the liver to be too dilute.

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People who drink a lot often end up with cirrhosis of the liver providing they have enough calciums in their diet. Cirrhosis of the liver occurs when the liver turns to stone, because the alcohol has destroyed and oxidised the calciums in it and it can no longer function. Cirrhosis will bring about a premature death.

The liver is about the only organ in the body that $^{9}/_{8}$ of it could be taken away and you would still have a whole liver because it rebuilds itself rather rapidly, but once it's oxidised because of oxidised calcium from the alcohol then many times it will not rebuild because the liver is almost like pumice stone, it's just too hard and will not rebuild, however people have lived for many, many years with a part of the liver already hardened without it killing them. An alcoholic's liver MAY be restored, but it all depends on where the cirrhosis is and how far advanced it is.

Now there's another case of cirrhosis of the liver and the person does not drink alcoholic beverages, and has never drunk alcoholic beverages. The cause would be their own pancreas manufacturing too much alcohol which has then ruined their liver, and the name of their disease is arthritis and the calcium collects in the joints and everywhere else. Now it's generally all over and in this case people that die with arthritic conditions have cirrhosis of the liver and one of the symptoms of arthritis is muscle soreness and there's many other words for it, some people call it lumbago, or half a dozen names for muscular pains, but it's not the only cause because a vitamin C deficiency can cause muscle soreness and in severe cases can cause stretch marks in the skin.

Citrus Blossoms.
The male citrus blossom has 4 petals and the female has either 3 or 5. In the lowly breeds it has 3 but in the higher bred citrus it has 5 petals, but the male blossom always has 4 petals. This does not hold true throughout all of the biological realm, but it is true in citrus.

Client Technique.
Why are the people coming to see you? Many of them are there for health reasons, but there are many who are there because the scale is not telling them what they want it to be, and there's generally a difference between genetic weight and the desired weight, and the desired weight usually runs anywhere from 10 - 15 lb below the genetic weight for women, but for men it's a varible.

So sometimes the people are in front of you because you are a substitute for weight watchers or whatever. Be aware of why they're there and remember that in an acid system the body will store the fat.

Now once you're aware of why they're there, and what's happening in their body chemistry, you can begin working with them but I suggest you don't work with them as a weight reduction program. This is not what you're doing, it's a by product, but that's not your main thrust.

Now when you tell your clients things about what is happening with their body you may have to watch what you say. Now some testers will sit and tell their client, "by law I can't tell you this ... " and they go on and tell them something. Alright, so it's like the tester who says, "I can't tell you legally that .. " and then he goes ahead and tells you.

Now you'll have clients who'll sit there and say, "I didn't understand what you said, tell me again. You say I can't legally tell you that ...

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Coal Tar Products.
If you take something into your body and it's not on the right frequency it'll pass right on through, but as far as coal tar products are concerned you'll need to go by the numbers and work it out individually.

Coffee.
Caffeine and nicotine are different forms of opium and you can be hooked on opium from coffee the same as any other and when this happens over a period of time you can have Parkinson's disease, trembling and caffeine aggravates the Parkinson's Disease condition very much.

Good health is not a lot of do-do's and no-no's, good health is using the right thing at the right time, for instance, the caffeine in coffee is the greatest enemy that alcohol ever had, and if your pancreas is manufacturing too much alcohol and you're hot all the time, or have hot flushes during menopause, then a little bit of Brazilian Tea (coffee where you can see the bottom of the cup and not one that'd stand up and dare you to attack it, like molasses), will help dilute that alcohol until you'd be more comfortable. So there is a time for coffee, but if you've got to have a cup of coffee every morning for a crutch then you need more mineral of some kind and you'd better find whatever it is that you need. Now people that drink wine and coffee at the same meal are only throwing nature into confusion.

One more thing you need to know, if a person is a heavy coffee drinker, and I mean over four cups a day, do not take them off of coffee quickly because under the right conditions it could bring about a heart attack, so let them have a little bit of coffee once or twice a day if they're drinking over four cups. You'll be amazed at how many people drink 20 cups a day of coffee, and no wonder they're sick, no wonder they're ill. They've made their stomach a garbage can and they're living on the pepped up caffeine, so don't take them off of coffee quickly.

Now if a person's legs, arms, feet and face begin to swell you've got kidney failure on your hands and if that happens then cut the water for a day or two and give them watermelon seed tea in the winter and watermelon juice in the summer. Also sassafras tea and a little bit of coffee, Brazilian Tea, not very strong where you can see the bottom of the cup, is a diuretic and will help.

Cola Drinks.
If people have sugar problems and want to use sugar substitutes it's perfectly alright and the chemicals in it won't effect you one way or the other and this holds true for diet colas and things of that type if somebody is more or less addicted to them, but only as far as the sugar is concerned. The caffeine or coal tar substitutes may not be harmless, but this is something you'll have to work out on each individual case.

Cold.
The finest way in the world to have a cold all the winter long is to use soap everyday on your body, keep all the oil washed off and the vitamin C leaks out. It's the oil on the skin and in the skin that keeps the vitamin C in from leaking out in terrifically high amounts.

Cold Hands and Feet.

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Usually you can tell if a person has cold hands by when you first meet them if you shake their hand and if they have cold hands and feet all the time it's NOT poor circulation, it is because the pancreas is not manufacturing sufficient alcohol to warm their whole body.

You can also tell the difference between whether the patient is having a heart attack or whether they are having acute indigestion because the symptoms that let you know it's acute indigestion is cold hands and cold feet.

Colitis.
Colitis is an inflammation of the colon and basically it's a bacteria.

The low pH parasite is a type of colitis and whenever you get into the colitis funguses and bacteria you're really into something and many times you cannot tell even under a microscope which type you're dealing with, whether it's an animal or plant, and the only way to do is to pull them out and put them into oxygen or CO_2 chambers in order to determine which one you're really dealing with. Even today some of our finest, best and up-to-date books on parasites, bacteriology and funguses still don't make it clear, and there's some of the writers that are being honest enough about it to say, "we don't know which it is", whether it's an animal or plant.

Bacteria, and fungus, produce a substance that's technically called "bacteria liquor", which is mucous. Foods DO NOT make mucous, even milk or dairy foods, and for people with colitis or diarrhoea you take them off of all milk and wheat products and feed them heavy on cheddar cheese. Seed berries and nuts are not for young children or people with bowel problems.
So if you have someone whose bowel is tremendously involved, or effected or impacted (including diverticulitis and colitis and so forth) you don't want them to have nuts and seeds going down in there because it's like a ground glass going through the bowel even though you chew it, and chew it, and chew it. Healthy adults have the digestive juices to take care of it but young children and sick people don't. So no nuts and seed berries like strawberries, unless peeled because the seed is on the outside of the berry, and because it aggravates bowel conditions (haemorrhoids, colitis, ulcers and other intestinal problems).

Collagen Disease.
See Also "Foods & Supplements - Vitamin C". Collagen disease is old fashioned scurvy and is nothing more than a lack of vitamin C, because vitamin C is the glue that knits the tissues together. In other words vitamin C plays a part in the mechanism of the plating of the cell because it's the coating on the stole that becomes the binder for the protein, it's actually the glue that makes the molecules stay put, it holds them together, it binds them together. A cell cannot be formed without vitamin C and collagen disease, or scurvy, is a lack of vitamin C.

Dying is a loss of energy and in the cell when there is a loss of energy and it dies the vitamin C that binds it to the other cells also begins to come apart and disintegrate and you have a colossal case of local collagen disease. It effects pregnant women and some men by not allowing the skin to stretch and it then shows as stretch marks in the skin.

You can measure the energy level in the body by measuring the proportion of the loss of the vitamin C. 100% Reserve Energy is 4500 mcg of vitamin C per gram of blood and the kind of vitamin C loss we're talking about shows a loss of energy on the frequency of the body. In other words, your body becomes too acid and the acids in the system destroys vitamin C, they're a

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solvent for it because they're more caustic than the vitamin C. Vitamin C has a pH of less than 6.0 but if you've got enough calcium then when the liver gets through with it, if your chemistry is perfect on 6.4, then that vitamin C is on 6.40.

Colon & Colonics.

The colon is the large intestine, or the large bowel, and the thing about it is it must be kept clean and functioning properly because when it's not clean and not functioning properly it causes problems like colitis, which is an inflammation of the colon that's caused by a bacteria. Now in addition to finding colons in very poor shape, you're also going to find people that are very seriously ill and yet their elimination and their colon is perfect, their test stays on 6.40, but by their looks, their weight and their color you know that there's something wrong, and yet their colon is doing a perfect job of elimination. Now a colon falls because the cells are so over oxidised that the muscle tone has been lost and the way to get it back in place is to bombard the cells with oxygen, then with the minerals in a good diet the muscle tone comes back then the muscles automatically pull themselves back up and the colon returns to it's proper place.

Now the colon and the abdominal muscles need the exercise of walking to function properly and this doesn't mean training sessions, it means just getting out and walking and pregnant women should walk a mile a day, minimum. Now other things like hot sitz baths and leg lifting exercises will help to tone up these muscles and help the colon to get back its elasticity but remember, if these activities have not been part of a previous routine then work into it slowly because you do not want anybody to strain themselves. So start with steady walking and gradually increase it till they're walking more than a mile a day. For leg lifting exercise you can start them out with two a day and as you test them and they get better you up it to 4 a day and have them lift one leg at a time to start, don't try and have them do both legs. Now the better shape they're in the more you can have them do. The other area that hurts so much is that the further out the numbers are the lower the level of vitamin C and this then causes the colon itself to lose it's muscle tone which then tends to have a dropping or a prolapse response, and this often shows in the protruding abdomens that you see walking around the country. So you need to work on the whole person at the same time.

Constipation actually means a sick colon, you can have diarrhoea and constipation, or you can have a congested bowel and be constipated but generally people think of the congested stools as being constipation, so we'll refer to it as a congested, dry stool. Now some of the things that cause constipation are:

- Not drinking enough distilled water.
- Too much peanut butter (when everything else fails to constipate you just eat peanut butter by the wad, on bread).
- Too much starch. If that fails, then eat spaghetti and macaroni, or spaghetti and cheese, or macaroni and cheese and that'll help a whole lot to get you constipated.
- Dairy products with the cream in are very constipating but with the cream out it's very nice so do not use too much of the animal butterfat.
- Not enough Fiber in the diet. People need to eat more fiber and our diet should be 35% fiber. One reason it's suggested that you eat a big salad of fresh green leafy vegetables before you eat your main meal is because there is a gelatine and a fiber in it that works like a brush that keeps the colon brushed out clean providing that you start in time before it gets a coating of an asphalt like substance all over it, or vulcanised rubber.

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- Not enough oil in the diet. There was an old proverb, "throw away the frying pan" and when that was made it was a good proverb because they only had pork fat to cook in, but we have some of the finest cooking oils that need little solvent (like Massola Oil) and they're easily digested. We need to bring the frying pan back and use more cooking oils. Also in our cooking of vegetables, steaming and so forth, we can add cooking oil and it makes them digest a lot better.
- Overadministration, or over consumption, of the calcium oxide group is constipating.

and the pH shows this. So these are some of the most common causes of constipation, and remember this, if you tried as hard as you know how to get sick and you can't get sick then just listen to the morning news.

Now if the elimination through the bowel is poor and the food lies too long in the colon then it gives off CO_2 gas which then creates cramps and pockets and difficulties in the colon. So for people that have too much intestinal gas the main reason is the colon isn't clean, but another reason may be there's too much variation between the liver bile and the food they eat but while the presence of excessive, foul gas is an indicator that the colon needs cleaning, it is the numbers that really show the condition. Now the pH of the saliva shows the pH of the HCl of the liver and people have recovered their health when it's been between 4.60 and 8.20 but whenever it goes down and stays low enough long enough they have diarrhoea, and if it gets higher above normal then they may have slow digestion.

When the body itself becomes more acid, the lower the urine pH, the more rapid is the digestion (rapid tearing apart) and you can also look for digestive problems like:

- Putrefaction. The lower the pH the greater the putrefaction in the bowel and the body is reabsorbing all types of toxins and that in turn effects the liver, and
- Ionization. The lower the pH the more irregular is the ionization taking place, especially in the bowel area, and such things as ulcers, colitis, spastic colon will show up.
- The more rapid the digestion of protein, and in the rapid digestion of protein you have the rapid release of heat, and with the rapid release of heat and the breaking down of the foods the body will try and move this material out in a hurry and the result will be diarrhoea. There will be a loss of energy also, but the symptom will be diarrhoea, or loose bowel.

Now the higher the pH's the slower the digestion, or the slower the tearing apart and the proteins are digesting slowly and the reason is that the food is too rich and too heavy for the gastric juice manufactured by the liver, and so it also relates to the liver and the liver functioning. Now the slower the digestion the greater the bowel congestion, and the greater the bowel congestion the more gas and misery, and this is constipation and this is the major cause for hypertension in children, is constipation. They're miserable because their food is not digesting. For instance, vitamin A is absorbed at the base of the villi in the colon and if their colon is congested, or they've got mucous, or they've got plating in there then that has to come out because otherwise you can give somebody a million units of vitamin A a day but if they can't get any it's not going to help them that much, they've got to have colonics.

When the food digests too slowly and constipation sets in then they need a change in diet, a change in calcium and colonics to clean out the colon. You take colonics according to your pH number, so if a person has diarrhoea you may want to recommend several colonics because they have

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unfavorable bacteria in the colon and you'd want to clear that out, and then if they have a high pH naturally you'd want them to have some colonics depending on the highest pH.

It's a good idea to have a colonic when the urine pH is at:

- 6.60 - Perhaps if desired,
- 6.80 - Sometimes, maybe 1 or 2,
- 7.20 - 1 every week for 3 or 4 weeks, and
- 7.80 - 2 the first week, 2 the second week, and 1 each week for 8 weeks.
- 8.20 - 3 the first and second weeks, 2 the third and fourth week, and 1 per week for 8 weeks.

In regard to colonics it's highly recommended that the operator ask the person that's getting the colonic to insert the nozzle themselves, let the person that's getting the colonic put the nozzle in themselves, unless it's a child or they can't manage and children under 12 are not usually recommended for colonics. Anytime a child's pH is 7.00 or above, and they need a colonic, you'd usually tell the parents to give them enemas. Children usually start getting a colonic about 12.

There is a very, very great need for colonic places and most people cannot get them. The people are full of crap and there's nobody out there to decrap them.

When the nozzle is inserted and the water starts then it first comes into the rectum through the catheter and as it comes in it swirls and forms eddy currents and when a colonic is given properly then the water is coming in and going out at the same time, unless you want to increase the pressure then you temporarily stop the outflow till your pressure picks up 1 ounce, 2 ounces, 3 ounces but don't ever pick it up over 4 ounces. It isn't how the water comes in, it's the circulation of the water that counts, and any obstruction starts the water making eddy currents like a river current turning.

While the colonic is being given, the colonic therapist will put their hand on the person's abdomen, over the colon, and they'll feel the water come up, and every person that gives a colonic correctly will massage the colon. They should start off with a light pressure and gradually increase it but any person that knows how to give a colonic will follow the water with their fingers, like a finger massage, on the abdomen and they can tell exactly where the water is and whether or not the colon is sagged, whether it's enlarged, whether it's small, whether there's a diverticulous small place in it or whether there's a diverticulous pocket.

Any person that gives a colonic that really knows what they're doing and how they're doing it must be a person that can talk the horns off a brass billy goat every fifteen minutes. They'll talk, talk, talk, talk, talk, talk, talk their head off because what they're doing they are interesting you so you can be relaxed enough to get a good colonic and I don't know anything finer when you get a body in that kind of a position to talk religion to them. If you can't get it in one end get it in the other.

Now when you introduce oxygen during the colonic what the oxygen does in mixing with the water it forms a gas, for instance you have $H_2O + O_2$ and what happens is you get a heat energy between the two, and the heat energy passes straight into the lining of the colon and the blood picks up this oxygen and it takes it to the brain and it also softens the salts in the colon. Now there's a number of different salts so this oxygen particle begins to bombard this cell and when it first hits it bounces out of the body and they keep doing this and they keep on bouncing clear out of the body and first thing you know it has softened this cell until the blood can get back into it, rejuvenate it

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and rebuild it. When it was hard it was a delta cell and now then the cell rebuilds not only in the body of the capillaries but even in the brain and the more delicate the cell the quicker it is restored by the bombardment of oxygen.

After a colonic most people feel so relaxed that they want to sleep because it's rested them, it's rejuvenated their strength because of the radiation of the water, and personally I like ionized water that normally comes through faucets and metal because it just seems to rejuvenate you. You're supposed to feel better after a colonic not worse and even if the water is fluoridated it won't hurt you. But an enema tears most people down, it empties them, it drains them because it causes a lot of spasm in the colon for one thing, but it leaves most people wrung out, or worn out.

As far as the impurities in the city water being absorbed through the colon walls into the bloodstream is concerned, very little is absorbed, unless the water is very heavily polluted (like Makin, Georgia) but to be sure though take a gallon and cook it down to 2 oz, look at it then use a judgement, look at the sedimentation and so forth.

With a colonic for an ordinary person, the first thing, you should start them laying on their left side because that's the way the colon operates, the way it lies in there. You can see that the water will follow the gravity side, it'll go in at the middle and drop over to the left side and it'll flow down there on a gravity flow to where it comes to the transverse colon. When they lay on their left side you can work with one hand and tell when the water's ready to go into the transverse colon.

When it gets up into the transverse colon you should be able to see the waste coming through the your ejector glass, then you turn them on their back and massage gently to know where it's going and whether there's an obstruction and then after it gets over there have them to lay just lightly to their right side, just lightly, and you can follow it clear to the caecal valve, and then slowly let it flow, you know when it turns around and starts to come back. Many people haven't the slightest idea what happens when the colonic works, or how it works in there. For instance, a colonic properly given is anywhere from 15 gallons of water to 200 gallons maximum, from an hour and a half to two hours sometime if they're really stopped up and all the time that water's going in and coming out, it goes in and comes out at the same time, it's going in and coming out right through the same tube. It's going in all the time and it's coming out all the time and that's the proper way to give a colonic. Now when you reach an obstruction sometimes you increase your pressure up to 4 oz but you don't want to go above 4 oz.

If there's a lot of material in the colon and if you don't do it that way it'll stop up your machine. If you know what you're doing with your colonic machine there is no need to give them an enema first or stop the colonic machine to let them evacuate, it's a lot of wasted time. There's a real art in giving a good colonic.

Every person who starts on the program should only have a colonic if the numbers call for it because everytime you have a colonic a tremendous amount of the bowel flora is removed and it has to be reestablished, and if they're going to be into a lot of colonics you might want to recommend cultured products to help reestablish the bowel flora sooner, but go by the numbers. To reestablish the bowel flora in all cases you can use natural yoghurt, but with a high pH you can also use:

- buttermilk,
- whey,
- kefir, and

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- acidophilus.

Most people should eat some yoghurt every day, either yoghurt or acidophilus and the difference between your acidophilus and yoghurt is they are a different kind of bacteria, the acidophilus is in the calcium lactate group (used with high pH) and the yoghurt is a calcium gluconate, a neutral.

In all of Doc's experience of giving colonics he found two cases in which the nerves that control the colon were seriously damaged and it took about two years for that colon to rebuild it's nerves so that you could get a pH down. The pH's stayed up, and stayed up, and stayed up, and stayed up, and stayed up. Now when you have that kind of a case they're going to have to take a colonic at least once a week until such time as those nerves rebuild in that colon so it can expand and contract in order to bring the colon back to life again.

When you have a pH that just stays up, and stays up, and stays up and you can't get it down ask them the name of the person that gives the colonics and if necessary check it out. Now if you give colonics on a high pH and it drops it right down it means their energy is very low.

So don't think that 6 or 8 or a dozen colonics is always going to work, it isn't. It's going to take whatever number it takes to do it and when that body chemistry gets perfect those numbers or that pH will be perfect, the colon is perfect.

For a person who had a sort of hardened haemorrhoidal tissue in the anal opening so that it's almost impossible to insert the catheter you use a smaller tube and let them insert it.

Now there are many different types of colonics and many good machines, but it's really up to the operator as to how well a machine performs. It's kind of like the old fiddler that was on the street playing "Ol' Zip Coon" and along came a concert violinist, and he picked that violin and he made it really play and gathered a crowd and they just poured the money in the plate of the old beggar, so it depends on who has the violin. So who gives the colonic often makes a lot more difference than the machine, providing it's a good machine.

With the colonic machine, it's important that the operator know the exact temperature they're using, to one tenth of one degree, because:

- you wouldn't want a colon to collapse, or
- you wouldn't want to risk damage a colon that had delta cells, and
- there's times you may want to increase or decrease the temperature, to be a little bit warmer for some patients than others because some people will cramp at 98, 99, 100, 102 so it's a variable, and some people will cramp at 101 degrees that won't cramp at 98 degrees, some will cramp at 98 degrees or 99 degrees but won't cramp at 97 degrees, so whenever you're getting cramps your temperature is wrong.

Digressing slightly, while the pulse test is not a valid test for allergies it is a valid test to know that the body chemistry is changing and that it sometimes needs to change. You may have a very rapid pulse rate, or a very slow rate all your life, which is normal for you, but overall the average pulse rates are:

- Slow - 50, 55 or 60
- Normal - about 72 for people from 12 to 70.
- Fast - 80 to 90 or above

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A pulse rate of 120 beats often indicates a parasite, pneumonia, cold or some other parasitical disease causing a fever. If there's a pulse of 120 and a fever up to 104, or 104.5 or 105 it's a very annoying thing but nothing to be deeply concerned about but it's more serious on a child than an adult because when a fever gets up to about 103 on a child they give up and they won't fight for life but most adults don't give up, they still fight for life even at 105, or 106 or 107. Now the thing to do if possible is to get a colonic and start off with the water about 98 degrees and lower it down about 2 to 3 degrees every 3 or 4 minutes and get it down to around 92 slowly so it won't cramp them and it'll generally bring the temperature down within 30 minutes. So this is a way to get relief to your patient in a hurry, and this is harmless but in the meantime try to get the patient on a diet to bring their body chemistry back to normal.

So you need to control the temperature and on a good colonic machine they are able to control the temperature to within one tenth of one degree, and 50% or 60% of the success of a colonic is the temperature control.

Remember, they need a colonic whenever the urine pH gets up above 6.80 and a rule of thumb might be the higher the number and the longer the period of time they will need colonics to help the bowel clean itself and get the tone restructured to the bowel tissue.

For those who have had the necessary training, it may be better for the tester to recommend colonics, and the colon therapist to decide how many and over what period of time. Remember this, as long as a person needs colonics the numbers will show it, so go by the numbers.

Now it is advisable for the patient to have a barium enema and colon x-ray taken before colonic therapy because some people are just hunting an excuse to sue the doctor, and if they have an x-ray beforehand then the therapist can know whether or not it is safe to give a colonic or not.

When a colon x-ray is taken the colon therapist knows not only what the hands tell but they can also visually see what's happening. In addition to that, the client can see the beginning condition and then so many weeks or months down the line they have it done again and see the finished condition. In this way when the colon therapist says you are basically finished with your therapy you will know whether there is progress or not. Doctors will tell you that diverticulous areas in the colon cannot repair themselves, but x-rays before and x-rays after colonic therapy shows the colon will go back to normal size and look like a brand new one in a year. It will go back if it's given the right foods.

There was a lady colon-therapist in Greensborough, North Carolina, that had been doing colonics for about 30 years and she never used x-rays because she said her colonics would not damage anybody, no matter what was wrong with their colon. She said she could tell by the pressure on the gadget whether there's a blockage there that can't be released, and she tries maybe one or two thrusts of water, and if the blockage doesn't release she stops, and she tells by the amount of stuff coming out which she can see through the glass tube when to stop. She keeps going with the water no matter if it takes two hours, and sometimes it does to get rid of all this stuff. Now if there's a lot of stuff in there, plus gas, and sometimes it takes 30 minutes just to get rid of the gas, and she says that when this stuff stops coming out and if it takes a real long time that that person should keep coming back until the bowel clears in about 15 or 20 minutes. That's her solution.

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Now if a pregnant woman has high pH's and high ureas she can have enemas and colonics and can take the lemon juice and chaparral to clean up her system, just remember to use the minerals according to her body chemistry and go by the numbers.
Now remember, colonics are not given to children under 12 years old. Where those children need colonics they get enemas instead. We advise people that the proper way to take their enemas is in a kneeling position with the head down, and to take three enemas, one after another about half an hour apart, according to their weight. Now some have coffee in it and some put other things in it but don't advise they put hydrogen peroxide in it, but in general we let them regulate that themselves according to what they know, but I've never seen any kind of enema that didn't leave most people wrung out, pooped out or worn out, but a good colonic, properly given, will rejuvenate your strength because of the radiation of the water, and I personally prefer ionized water that normally comes through faucets and metal because it just seems to rejuvenate you.

You're supposed to feel better after a colonic not worse. I don't know whether there is any benefit in a coffee enema over an ordinary enema or not. Some people ask for them and I have no objection but there's no way for me to evaluate the coffee enema. It seems to help a lot of people but it makes a lot of people so extremely nervous that it keeps them from sleeping, but this is something you better go by trial and error.

The main cause of digestion problems is that we do not have enough gelatine, oil and fiber in our diet and the following things are used both when people do not have access to a colonic machine and also to help maintain the cleanliness of the colon:

- Metamucil (from the pharmacy),
- okra,
- gello
- millet,
- agar agar,
- olive oil,
- pears,
- prune juice,
- vegetable gelatine, or
- flax seed gelatine.

When gelatine mixes with the undigested food it forms like an oil that doesn't let it stick to the colon. You can have a person with a perfectly clean colon one day and all clogged up the next because of the lack of gelatine in their diet. Many times after people start eating again after a fast, unless you have a lot of gelatine in their diet you're going to find it very difficult to keep the whole colon clean, transverse and all of it, because without gelatine the undigested foods becomes very gummy and sticky like flour dough when it sticks to your fingers, but if you use a lot of gelatine, like flax seed, which is easy and natural, and prune juice (high in magnesium) then it'll help to get the pH down to normal. Also there's "Gello" type gelatine as sweets which are also very good, some of it's animal gelatine and some of it's vegetable gelatine, and we recommend the vegetable gelatine. In other words we use all kinds of things in all kinds of ways to make up for deficiencies in diet or equipment and these are facts you must remember in order to handle your problem.

There's any number of good natural laxatives and this is a proverb that may be true or not, but it works with a lot of people, "a fresh pear a day will keep the colonics away" because of the magnesium sulphate in it. Some of the other laxative substances that help are:

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- Ginseng, which is a natural Chinese laxative that contains cascara,
- Chaparral is a laxative, but some people are allergic to it, and
- Anise seed is also very good and
- Cascara tea is very good.

"Laxative Tea" is also a very good thing to use if you need it.

Anyone having pH say over 6.60, and they tend to be constipated then you'd want to recommend:

- a pear for breakfast, plus
- prune juice mixed with an equal amount of hot water first thing in the morning, according to how big or how constipated they are.
    - Small frame or Minor Condition. 4 oz prune juice.
    - Medium Frame or Moderate Condition. 6 oz prune juice.
    - Large Frame or Serious Condition. 8 oz prune juice.

It must be "first thing" when they get up even before they have their morning coffee. Make a hot drink out of it because the hotter it is the faster it gets the job done. If they complain about getting a loose bowel from it just cut it back, cut it back to either 3 ounces and 3, or 2 and 2, and if it still works as too much of a laxative cut the prune juice out altogether and just have them drink the hot water.

When making colonic and nutritional program recommendations to your patients you need to make it very clear to them all, "it's better NEVER to start this than to half do it because many people do just enough to mess up everything and then their condition takes advantage of the body chemistry change taking place and they end up worse than before they started". Tell them over and over and over, "if you don't mean to go through with it don't bother with it, don't touch it, let it alone, shun it like a rattlesnake, either do it or don't do it."

For instance, there was an overweight woman with rheumatoid arthritis who went on the program and she lost a lot of weight and her situation had straightened out, even her limbs and fingers became nimble, and she was even able to go walking with her husband. Now she also started colonic therapy but didn't do it the way it was recommended (about three a week when she started) instead she got one this week then she waited three weeks before another and so on and then her problems started, she stirred up the colon waste and it wasn't washed out and got recycled in her body and effected her liver and then her whole system. So tell them, "do it or don't do it but don't half do it because it'll upset your chemistry and your routine and your life."

On the other hand, one lady who came in for help had a test and her numbers were:

60, 5' 7", 150 lb, Female
Test 1

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

Test 1 - pH's indicated she needed colonics .

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She was given a diet that she could do at home, given the minerals and told what to do, but she was also told to have colonics, twice the first week and twice the second week and once each week thereafter, and come back in four weeks.
She came back four weeks later and she said, "Doctor, I'm not a bit better." She also had a test and her numbers showed:

Test 2

$$1.8 \qquad \frac{8.00}{7.70} \qquad 8 \qquad 4 \qquad \frac{12}{6}$$

Test 2 - pH's showed she didn't have the colonics, she's still full of crap and this is exactly what it means. She did not take the colonics.

I said, "You have improved a little, but I see you're not really any better. Did you do everything I told you?" She said, "Doctor I did everything you told me."
Most of the time when I asked the question I know the answer even before I ask it, and you will too, but I want to show interest in them and also to know what they're going to tell me, and don't tell them if they tell you wrong, that is, don't tell them they're lying or anything else.
Anyway she was absolutely certain, she said, "Yes doctor I did everything."
and after a few more seconds I said, "are you absolutely sure that you did everything?" "Yes doctor I am sure I did everything."
So I let that sink in a little while and then I said, "would you tell me the name of the person that gave you the colonics?"
You should have seen her countenance fall as if .., "doctor, how did you know" only she didn't say it, she said, "doctor I just couldn't bring myself to do that."
I said, "well if you'd rather be sick and miserable than to take a colonic then you go ahead and be sick. Now you've got to do this or die. If you want to be well then get the colonic or however many it takes, now which do you want to do?"
"Well doctor if I got to do it, I'll do it."
I said, "you've got to do it. You got to do it."
She said, "you know I don't feel much better than I did when I was here before, but I'm not any worse, and I'll admit doctor I was going down hill in a hurry. My get up and go was leaving but I'm not any worse but I don't feel any better."
I said, "you get those colonics and then you come back in thirty days".
She did, and you should have seen the difference, she was full of crap and it had to come out.

Now she knows the difference, and not only that, she's gonna tell everybody about the doctor that helped her without drugs, without undressing her, without making any physical examination and that doctor even knows when you don't do what he tells you. Now you go to a medical doctor and he gives you a prescription for drugs and when you go back to him again I've have never known a doctor to ask, "did you take the drugs." In fact most of them hope you didn't. All they got to do is show so many dollars worth of sales.

Color.
Color is the number and shape of the electron in orbit that light strikes that gives a prism of altered frequency they call color. Did you ever look at a certain kinds of colors and from one angle they're purple and another angle they're blue and another angle they're green and another

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they look kind of a brownish green color. The colors change depending upon the angle you looked at it? There's plants like that and it's the hairs sticking up on the plant that form different angles that you look at it, the sun also strikes at different angles and you get different, very distinct colors.

The colors of a rainbow are made by light striking a particular moisture in the air. There's three moistures in the air that causes the color:

- the blue color of the rainbow is Nitrogen or protein.
- the yellow is Potassium.
- the red is Phosphate.

Now, sometimes if you see a rainbow just right you can see a green in it, and the green is brought about because of the prism of the other three colors. In other words there you have a prism of green. Once in a while you'll see a rainbow with black in it, a little fine black line around the outside of it. You don't see it very often, and you generally see it in the morning, a bright morning in a heavy misty rain you can see the black and what causes that is the sky behind it is blue and then when you shadow off some of that blue on the side then it gives you the idea of a black rim on it. In other words you're not seeing clearly through and the blue in this prism on the outside makes it appear to be black. Isn't that easy, and you know "rainbow in the morning, sailors take warning".

We can often use colors to help people get well faster because of the effect of the color on the milli micronage. By using different colored lights:

- Yellow Light. Skin disease, sunburns, blisters, steam burns and things of that nature you use the yellow light because the yellow light is rich in vitamin A and the skin uses the most vitamin A. The liver puts the vitamin A together on a frequency so therefore it's found rich in the liver, not because the liver uses it but because it manufactures it. Any food with carotene has vitamin A and a yellow color, so when you begin to deal with vitamin A look for the yellow color.
- Green Light. Cancer, either skin cancer or internal cancer, use a green light, and it helps recovery much quicker providing there's no damage to the central nerve, or the vagus nerve, or the brain, and the messages are going through.

If the tongue is blue or black, or if the gums are streaked with blue it's a symptom of leukemia. If the lips are showing blueness then it's an oxygen deficiency.
Color means more than just how something appears, it has a lot to do energy, for instance:

- If you take out a cataract and analyze it in a test tube you would find that it is a cholesterol, the body's retaining too much salt and the fatty tissue gets in there. Now some of them are almost white, some are green, some are almost a beige color and some have a reddish color, but it's the white one that grows the most rapidly.

- You can tell a cancerous kidney cell from the other, regular cancer cells by the color. The regular body cancer cell is the most red whereas the kidney cancer cell is the light one. The regular cancer cell is the darker red, or the deeper red or the deeper color and sometimes there can be both types of cancer cells and that will give it a blend between a red and a greenish battleship grey.

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- The greater the density the faster the electron and the darker the color and in anatomy the various organs are different colors. The liver is denser than the heart and is darker, the heart is denser than the brain and is darker. In other words, the greater the density of mineral the darker the organ. If you have a liver that's very light then that means you'd have less mineral in it, and a lack of mineral is disease, which is the cause of cause and effect.

- The energy that you get from your food has much to do with the color of your skin and many times when you're lacking in energy your skin will naturally become darker, even a deep tan or a brownish color, because nature is trying to help you to get more energy out of the air and out of the sun by making you a darker color. If you are of extremely light complexion it means that the body could very easily not be assimilating enough Vitamin D, the body would be too acid, and consequently you would be a candidate for any bug or malady that come along.

- People with a dark skin absorb more Vitamin D energy from the sun than people with a lighter skin, and the more Vitamin D that you absorb the more alcohol your body is apt to make and this alcohol is what controls our body temperature and this is one reason why dark people can be more relaxed than the white man, because their system manufactures more alcohol and they can be so relaxed they're sleepy and many times it is the manufacture of the alcohol that causes a lack of initiative. Also the darker skinned people need a heavier diet of proteins and a coarser diet, about 35% fiber, and they have a greater problem with digestion of the more refined foods than the white people do.

- The first visible symptoms of physical recovery is around the mouth where you'll see color coming back, and then it begins to spread over the face. After it covers the entire mouth and lips area, up to the nose and down to the central part of the chin, then you can look on the tongue and round the side of the tongue it begins to look brand new, pink, and new color coming in, and then the whole tongue will begin to look like a brand new tongue and it won't be coated anymore and will not have the appearance of an alligator's back, and you'll begin to know that life is coming back.

- The diseases that's in the animal also effect the color of the fat according to the kind. For instance chicken fat should be a golden yellow and if it's a beige color the chicken is slightly ill. Beef fat should be almost snow white and unless it's almost snow white then the animal was diseased. Fish fat is black. So you just have to know your animal and be careful about the fat.

In some people foods and drinks like yeast and green drink will color urine pretty heavily whereas in others it won't, because urine color is also related to energy levels, "the lower your energy the more effect your food has upon the color of your urine and stool."

If you have too much iron in the system it turns the stool black, and if you ever recommend to a mother to give her child "ferro tonic" then be sure to tell her it will turn the stool black because if you don't she's going to call you up and think her child is already dying or dead. So be sure to tell them that iron turns the stool black.

Coma.

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Coma means unconsciousness, and comatose is the state of being unconscious, but is not classified as being one of the seven stages of sleep, it is a separate condition entirely and is caused either by:

- Potassium deficiency, or
- Oxygen deficiency.

and remember this, there is an oxygen deficiency with either a high or low sugar.

The carbohydrate range 0 to 5.49 brix is "Low Blood Sugar" and this also includes perfect, 1.5, when any number is not perfect. Now one of the weaknesses of the test that doctors use is that for maybe 23 hours and 55 minutes of the day your sugar may be running normal, but for that other 5 minutes you're either in a coma, or you feel like you're gonna die, or you have pins and needles, or you're sick at your stomach, nauseated, and so you dash to the doctor and by the time you get there the crisis has passed and he can't find a thing wrong with you, so he says, "it's all in your head". Actually, he's right, it was all in your head, but he couldn't find it because it was either a low blood sugar, or a low potassium level. Either one can cause those sensations and then because the adrenaline glands start to work, the fats in the body turn to a sugar, build the level back up and the crisis passes.

The sugar range from 0 - 1.0 is a severe, or dangerous, low blood sugar (hypoglycaemia) and the danger line is 1.0 brix because under that you've got to know the tolerance, and a reading under 1.0 is more dangerous for an underweight to normal weight person than it is for someone who is overweight because where there's a lot of fat the fat will release sugar for a number of days, but if they're anywhere near normal or below weight they can't, so in those cases give them something to eat right then. Now you need to know the tolerance regardless of their weight but the more fat they have the less the tolerance means. Under ordinary circumstances with a 0.0 reading and a total tolerance about 0.6 brix, most people go into a coma condition or have spasms and for this reason do not put anyone on a lemon water and water fast unless you are able to check their numbers daily, particularly the sugar levels, because they could go into a coma. It is dangerous to fast people without knowing exactly what their sugar level is, so do not do it and do not recommend it. Close supervision and testing during a fast is essential.

Very low blood sugar is one cause of children having convulsions, or spasms, or seizures which are all the same thing and about 80% of all of the medically diagnosed epileptics in the United States are not epileptics at all, they are having diabetic seizures, and most of the time the doctor gives them Dilantin which effects the adrenaline glands and increases the ionization between the brain and the vital organs through the vagus nerve and that helps to bring them out of a seizure, or keeps them from going into one. So you have to know whether it's a diabetic seizure or not and you have to have the facts from an accurate test.

It may also happen that when you give people a diet to do at home the family will call you and say:

- the person is having a seizure, or
- they're in a comatose condition, or
- they're asleep and they can't wake up, or
- they're stiffened up, they're just perfectly stiff and they've thrown their head back, or
- they're thrashing around with their arms or kicking with their legs, or
- their legs are twisted together or something, or
- all kind of things they may be doing,

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there's no two seizures alike. Just keep your cool and tell them to put a little honey on their tongue and in one minute they'll be back, one minute they'll be back. Now a hypoglycaemic may be able to take fructose between meals to keep the blood sugar up but you'd have to try it and see but raisins are generally a better way.

If the sugars are too low, below 1.0, then have them drink less water, and also have them eat just one fruit a day or one food a day and so forth in order to try and find out which food, or sweetener, or starch, or oil it is that's causing the pancreas to flush, and then just discard that one. I mean do not have food or drink combinations, have single items, and you'll very quickly identify the problem, but this should be a retreat case.

If you have a person walk in for a test at 2.00 p.m. and their reading is 0.0 then don't become terribly excited, but don't let it stay that way very long because for a while nature can patch up and make up. Now theoretically this person should be in a coma but there they are, they walked into your office looking good and healthy and the thing that you need to do as quickly as possible is to get the sugar reading above 1.0. If you have a reading like that right while they're in your office then go get them some sweetener immediately, and if you have nothing handy except:

- Sprite, or
- the juice of some raisins that's soaked in water, or
- sweet juice (prune juice, grape juice, apricot nectar, etc), or
- syrup (honey, maple syrup, treacle, golden syrup, etc), or
- white sugar, if you've got nothing else but white sugar give them some of that because a little bit of that is not going to do any harm, or
- anything, it doesn't matter what it is, so long as it's sweet,

but get it to them right then and there because with a sugar reading under 1.0 you don't know how close to the danger zone they are, so don't take a risk do it right then because they could pass out at any time unless they're extremely overweight with a lot of fat.
Now that low reading also means that not only do they need a sweetener in their lemon water every day, but also a different sweetener everyday. When some people are on the lemon juice and water and their sugar keeps going down and down they sensitive to certain kinds of carbohydrates, find out which one they're sensitive to and discontinue that one.

Also, do not let them drive a car if their sugar total is below 1.0 because they could blackout at any moment and have a serious accident and even if they have to get somebody else to drive their car home for them, do not permit them to drive when their sugar is below 1.0. When the sugar comes up then it's safe for them to go home.

Anyone with a sugar reading constantly below 1.2 should be in a retreat and you should not give them a diet because you'd be taking an unnecessary risk that you shouldn't take because there's one or two critical things you do not know:

- You do not know the whether it's the person's diet, or not the diet, that is causing the pancreas to flush too much, or
- At what hour the flushing takes place, whether it's a day thing, or whether it happens through the night.

Now if you give a diet to a person that has a tendency to an extremely low blood sugar it is possible that after they go to bed at night as usual, during the night their pancreas may flush causing them to

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go into a low oxygen coma and nobody would be there to help them. Now if they go into a coma with lowered oxygen to the brain then in the space of a few hours, if they even survived it, they would be a vegetable.

Now if you have this type of extremely low blood sugar case and the person must stay at home with no chance for them to come to a retreat, then they should have someone sleep with them, someone who they can call or who can check on them at least every half hour. It doesn't do much harm for a person to be in a low blood sugar (hypoglycaemic) coma for up to two hours but after that great damage could be done to the brain.

Now generally when a persons' sugar level starts to lower real quickly they can generally let somebody know that they need help, especially if they're laying down and taking it quite easy because they begin to feel very badly, or they wake up knowing that something's not right and they can call out and alert someone, and this is why we need to have them in the retreat where there is "on call" care if it happens.

At the other end of the sugar scale, if you start getting up into the area of anywhere near 10 or above you could enter into a coma there as well, and many people who are diabetics are acquainted with that. What is happening is they have an imbalance of oxygen and sugar and the body responds the only way it can, it closes down. Remember the high sugar responses, and they're also age related:

- 8 or 9 - getting quite dangerous,
- 10 - coma from a lack of oxygen to the brain.
- 11 - and a potassium deficiency then most die from a lack of oxygen to the brain.
- 13 - all die from a lack of oxygen to the brain.

One more thing that you need to know if you're ever called to a person that's in a coma, or has every appearance of being comatose. The first thing you do is to push your finger in on the calf of their leg, or their arm muscle above their elbow, when you push your finger down into that muscle and lift it off and if that print stays in there get them to a hospital quickly, give them a teaspoon full of zest tonic directly, pour it into their mouth very slowly, and get them to a hospital quickly because they are in serious, serious condition.

As to what happened, it could be a jillion things that happened, but one thing if you follow the rules of numbers it was nothing that you did in the numbers that really caused it, it was their body got in withdrawal, and it probably saved their life if they survive it but it probably would have happened anyway if you'd have done nothing about it.

Commitment.

At one time Lenin had a phrase, he said that before you could become a communist you had to become committed, and you had to become committed to the point where you were ready to die for your cause and the phrase that he used was, "communists are dead men on furlough". That was his phrase.

Now apply that to Christians. If we become committed enough for the Lord we should be willing to die for the Lord and be promoted to glory. "Christians are dead men on furlough" and if you apply that to Reams analysts we can say "Reams analysts are jailed convicts on furlough" and if you let fear grip you the Devil's got you in his grasp, and especially the fear of dying. The point is if you have a fear of dying then Devil's got you in his grasp. If you've got a fear of being jailed the devil

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has you in his grasp, and that's why when Reams says, "worry is the Devil's prayer", because if you have faith you can't have worry and you can't have fear.

Being a Reams Tester requires a total commitment, like in the story about the chicken and the pig. The chicken and the pig were planning on helping out in this church bazaar, well they wanted the chicken to donate some eggs and they wanted the pig to donate some ham, and so they were deciding which one would do it and the pig said, "well it's not very easy, you're just giving an offering, it's going to take a total commitment from me".

Complaints.
You know, what is not nice to us is nice for a plant, for instance you can put manures on a plant and it loves it, but we don't like it because we live in a different world and I'm amazed at how many people think we're plants. We're not plants, we're human beings that are diamonds that need polishing. Did you ever hear a diamond being polished? It's the grittiest sound you ever heard, it's worse than grinding your teeth. It almost makes the flesh crawl off of your back. So when I hear people complaining I know that the Lord is polishing them, trying to make a diamond out of them and it makes me happy, so therefore I like complaints and also I know that that person is still breathing and living. I know he's getting well or he wouldn't be complaining.

Now one of the things that I learned as an officer in the military services was that as long as the men were bitching about everything they were happy, but when they quit bitching you better look out, you got trouble on your hands because they're ready to fight their officers or anybody else, it's time for them to attack then. It's time to find something to get them busy and get their mind off of their problems and get them headed in the right direction, and get them back under a stern command again.

Now when you have someone who is too sick to complain you'd better give them a lot of care and attention, and this is no joke, this is really true, give them close attention because they are very, very ill when they cannot complain. Also, when people are very sick you need to have them get their eyes off of themselves because while their eyes and their thoughts remain on themselves they'll find it very hard to get well.

Here are three things that will help you doctor the whole man, the whole woman, the whole child, the whole person who is really ill:

- The Assignment. After doing what you can to start them on a program, ask them, "what would you do for God if He sees fit to raise you up?" In other words, "The first thing you are to do is to ask God for an assignment." So many people are so busy telling God what they're going to do for Him that they never get time to find out what God wants done, and consequently they might be called "God's paupers" because if you're doing what God wants you to do He's the finest and best payboss on Earth, and the more you give to Him the more He'll give back to you, more than you can possibly handle. Know this too that when you ask God for an assignment He's probably going to give you one that you don't want, wish you didn't have and one that will make you cry unto God for mercy like He did King David. David was on the mountain top, and down in the dumps, and he would say in this book of Psalms, "Lord, destroy those Philistines, cut their heads off." God did, but you know who He sent to do it, was David. So be careful what you pray for because He may send you to do the job that you prayed to be done. So the first thing a very ill person needs to do is ask God

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for an assignment, and they're not to shut up till He gives them one. When God gives them their assignment they're not to wait for strength but start doing it right then.

These things happened with a lady dying with cancer in the retreat. She had it all over her body and you couldn't touch her anywhere without her almost screaming with pain, and according to the physicians that sent her in she had less than 30 days to live, and for about 3 weeks she lay there like a vegetable, no fight, no get up, no go. She had given up, so she was asked, "what would you do for God if He raises you up". She said "I'll do anything He says do."
"OK, then ask God for an assignment."

So she prayed and asked God for an assignment. Then she said, "what do you think God wants me to do?"
"I don't know, I have no idea, but you keep asking Him for an assignment until He gives you one."
One morning after about a week she began to complain about everything under the sun:

- nothing was right,
- the food tasted terrible,
- the room was draughty,
- the maids didn't clean the room,
- the maids didn't put enough clean towels in her room,

and so forth. Well that day we had won the battle because she cared, and she cared enough that she began to complain, and whenever you're working with a patient and they're complaining you have a patient getting well, but when you have one that's too sick to complain you better give them a lot of attention because they are very, very ill when they cannot complain. Now when they begin to care they also begin to find fault and their complaints should be as music to your ears but, be careful, don't take their complaints as a personal thing, just say, "praise God, you care, you're gonna live, you've begun to complain."

- The next point after they begin to complain is, "ask God for the strength to do the assignment that He wants you to do".

This woman with cancer asked, "what does He want me to do?" "I don't know what He wants you to do, but ask God for strength."
In another week she started writing letters to her friends that were sick, and then she wrote to an Amish newspaper and she put the story of how God was healing her. She weighed 95 pounds when she came in, and when she left 4 months later she weighed 125 pounds, still living, still just doing beautifully, doing her wonderful work for God. But, during her 4 months stay she brought in 75 sick people just by writing a letter, telling them how God healed her. So her talent there in serving God was to tell others what God could do for them.

- Now the next thing is to ask God for the victory.
- And the fourth thing is to give God the glory.

Get them to fighting for something, get them to build on something, get them to turn their thoughts and their efforts outwards and they'll begin to get well when they:

- begin to pray for somebody else that's sicker than they are, or
- begin to care, or
- begin to use a kind word, or
- begin to help.

The day they've got their eyes off of themselves they begin to get well. For instance Job in the bible is a good example. He was "perfect" in his day which meant he obeyed the royal law, but

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he lacked one thing, he had not learned to pray for his enemies, and when he prayed for his enemies everything was restored to him tenfold. So these are things that you need to do for sick people in order to help them get well.

Remember this, you are a complaint fixer, that's all a doctor is, is a complaint fixer, and one thing that makes most doctors very happy is a patient that complains because he knows that patient is going to get well. But the one that gives him the deepest concern is the one that can't complain, they're too near dead. As long as they're complaining you know you've won the victory. They're going to get well. But if they get too sick to complain you better get them into a retreat in a hurry, if the retreat will have them.

So accept their complaints, and the finest thing you can say to a person who is complaining, "thank you very much for telling me," even though you already know what they're going to say, "you make me very happy because you complain, it means you care whether you live or die and as long as you care you're gonna live," and the greatest thing that you can say is, "I will help you." If you will say that it will do miracles for you, it'll do great things for you just to say, "I will help you", and what a glorious thing it is to be able to help people.

Also I will tell you this that I have found in answering complaints, I don't even try to defend it at all. I simply say, "I know what you're talking about, we need help, who will help? Who will help? Send us the help and we'll correct these things. Will you be one to help us fix these things?"
And you know they even forget what they came to complain about, and if they'll complain about one person they'll complain about another, but remember this, I've never lost a person that complained. Every one of them made it. Every one of them. So the complainers we have forever, but we need workers. Just challenge them to do something for God and they'll even forget what they come to complain for.

Compound.
A compound is two or more elements, and water is a compound.
Doc was in at the Head Office of Health, Education and Welfare (HEW) in Washington for a client because HEW had condemned the product his client was manufacturing and ordered it off the market. Doc was there with his client's attorney to see the head man of HEW because he'd said, "don't you know that this product is worthless, it's a rip off to the public?"
And Doc replied, "no, I don't know that, but let me ask you a question, anybody that'd drink hydrogen or oxygen it would kill them instantly, it'd blow them up, it would oxidize their system, but do you know when you put them together you don't have hydrogen and you don't have oxygen any more, you have H_2O, and that's water, and you can't live without it. Now you're talking about elements sir, and I'm talking about compounds."

So he passed it and let the product go on the market, and it's still on the market today. So it's so easy to get your eyes on one element instead of a compound that it is made into and so loses the identity of the element. The element loses it's identity when it becomes a compound.

Computer Programmer.
For about 15 or 16 years I tried to find a programmer to put this on the computer, and I had the computer programmer for Cape Canaveral that puts the rockets around the Earth working on it, and after working for 6 or 8 weeks he said, "I'm sorry doctor it can't be done." and he had worked all through a vacation, off and on and he tried to put this on to a computer and he failed. And time and

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time again I kept trying someone else. It was my fault they couldn't do it because I didn't know enough about computers, and the programmers didn't know enough about Biological Ionization. My problem was I started with perfect, and from there just ran into confusion and insurmountable problems such that it couldn't be done.

Last year a man named Arnold Brown came to me that said he could do it, and he wouldn't charge me a dime unless he did it, "let's give me a two weeks trial and explain to me what there is to be done." I spent two days with him explaining to him the theory of it, and in two weeks he came back and he said, "I think I've got it, give me another week on it", and I wasn't paying him anything because he said he wouldn't charge anything unless he did it, and that's what I did. I had no intention of paying him for it unless he did do it. He came back with an idea that worked, and is working, it's already been trialled in two localities and it's working.

Well, the reason that this thing failed with these other men was that I did not know enough about programming to talk intelligently and they didn't know enough about this to come up with an idea that was workable. What he did was he started with zero at the bottom and went all the way up through the scale with each item. In other words he started with a dead man, raised him to perfect health and then killed him again. That is on the numbers, and it worked, because somewhere between the two extremes there is perfect health and if you'll think of this equation as in the middle, perfect health, you will begin to see where it is on the path of life, or the span of our lives and somewhere in there is the cause and effect, and the cause and effect zeros in on the problem.

When you have 2,600 differentials (without age, height, and weight) you have a gigantic job to program every shade and every tint of every malady that there is into a computer. If I knew I was going to be as old as Methuselah (969 years) I think I'd start it tomorrow, but I'm doing it the way it can accomplish the most good in the shortest length of time because all the information that I have put in the computer up to now would only take to about four of the problems.

It takes five hours of math to work out one problem if you're not interrupted. Now that's how much is involved. So you can start to get an idea of what it is like, and I'm talking about using logarithms and the most advanced calculus in calculating your problem, your elements and your minerals in relative energy.

Conception.

The tissues that are the softest pick up the most energy, that's why your brain has the most energy, because it's the softest and it's also got the most potassium. Let's also look at the ovaries and testicles, those are soft. Doc says that "when" we were conceived had a lot to do with how healthy your mother and your father were because of the energy contained in that ovum and that sperm. Also the timing of conception depends on the emotional ties that existed between your mother and your father, and that's related to how at peace their minds were, and how relaxed they were.

If you've ever read a book by Ruth Carter-Stapleton called "The Gift of Inner Healing" she says that how we handle our problems, how we handle our relationships with a lot of people not only is the result of what happened to us as we were children and adolescents and young adults and so on but it goes all the way back to the time of conception, to what the attitude was between your mother and father at that time.

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Doc maintains that the point of conception is extremely important when we're talking about frequency, micronage and everything else.

Condiments.
Once you learn to eat food without salt you won't even miss it, and if the cook knows how to season foods and use the condiments properly you'll never miss the salt. The proper use of your condiments, your all-spice, a little bit of honey, a little bit of blackstrap molasses, gives food the flavor of salt when there's no salt in it.

Conductivity.
The meter we have coming reads direct the number of micromhos, and that's what we want and the "C" is the Roman letter for 100, so that 7C = 700 micromhos. 1 MicroMho is equal to 1 MicroSiemen.

There's a ratio between your chloride salts and your non chloride salts (urea salts). Both are salts. The conductivity meter reads your total salts whereas the urea salts are only your nitrogenic salts which do not contain chlorine, so you must keep in mind what each thing does.

Confusion of New Ideas.
When learning this system you're going to be given a lot of facts thick, fast and heavy and you're going to be presented with new ideas, and if there's anybody that isn't initially confused then they will not understand the situation, and still more confusion will follow, but when you start putting these patterns together you will then start to understand then the why and the wherefore of it.

When you start on these patterns without understanding the theory it's very difficult and a bit like the little kid that was memorizing the multiplication table, didn't know why but he's memorizing it anyway and later he finds that there might be some use to it after all, but remember this, "in the midst of confusion there is progress".

Unless you become confused you're in a rut, and it's very difficult sometimes to get out of a rut. But as you begin to pry into the Theory of Ionization, you're going to find a lot of new concepts about cancer and about health, good health, bad health, poor health, good diet, poor diet and fads.

Constipation.
See also "Colon & Colonics", "Children - Constipation" and "Hyperactivity". Constipation actually means a sick colon, you can have diarrhoea and constipation, or you can have a congested bowel and be constipated but generally people think of the congested stools as being constipation, so we'll refer to it as a congested, dry stool. Now some of the things that cause constipation are:

- Not drinking enough distilled water.
- Too much starch.
- Too much peanut butter (when everything else fails to constipate you just eat peanut butter by the wad, on bread).
- If that fails, then eat spaghetti and macaroni, or spaghetti and cheese, or macaroni and cheese and that'll help a whole lot to get you constipated.
- Dairy products with the cream in are very constipating but with the cream out it's very nice so do not use too much of the animal butterfat.
- Not enough Fiber in the diet. People need to eat more fiber and our diet should be 35% fiber. One reason it's suggested that you eat a big salad of fresh green leafy vegetables before you

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eat your main meal is because there is a gelatine and a fiber in it that works like a brush that keeps the colon brushed out clean providing that you start in time before it gets a coating of an asphalt like substance all over it, or vulcanised rubber.

- Not enough oil in the diet. There was an old proverb, "throw away the frying pan" and when that was made it was a good proverb because they only had pork fat to cook in, but we have some of the finest cooking oils that need little solvent (like Massola Oil) and they're easily digested. We need to bring the frying pan back and use more cooking oils. Also in our cooking of vegetables, steaming and so forth, we can add cooking oil and it makes them digest a lot better.
- Overadministration, or over consumption, of the calcium oxide group is constipating. and the pH shows this.

There's one cause and one reason that people do so much griping, is because they're constipated. If we take a pH of
8.00 with a child then the child's major psychological problem is he's hyperactive, which also means he's constipated. Now you normally only think of children as hypersensitive or hyperactive, but there's a lot of adults that's constipated too and while a child is hyperactive in body an adult is hyperactive in tongue. They got diarrhoea of the tongue. Now they feel bad, or they don't feel good, but it's also very good to be charming and loving when you're constipated, especially when your food's digesting too slowly and you don't have enough energy.

The cause of their complaining or their hyperactivity is that they're low on energy and they're actually fighting for their life, but most people don't understand that and then you'll have someone try to get back at them, and so you've got two people that are constipated who are fighting each other.

Cot Death, S.I.D.S.,
It's the undigested proteins, ureas, that's the prime cause of many crib deaths. Not all, but most of them, are caused because the urea salts are causing the baby's heart to beat too hard each time. The baby doesn't die from a heart attack, it dies from cardiac arrest, in other words the little heart is so tired that it just can't beat another beat and it just stops.

That is the how, and the cause is generally because the parents don't give the baby enough water to drink because there's nothing in the baby books about water, and most of the baby books today say, "give baby liquids", not water, and liquids don't necessarily wash out the ureas but water does wash it out.

Carey Reams researched this and explained,
"I tested many, many babies who were brought into the hospital, dead from crib death, and when the doctors could find nothing wrong I found every one of them had a urinary ureas reading of 30. Not every baby that died of cot death died this way because some of them were smothered or things of that nature, but most of them had high ureas and every one that died from cardiac arrest had a ureas reading of 30 and that is why I have established 30 as the number at which life will cease very quickly."

Cough Syrup.
In taking a cough syrup use it the same way as for a mouthwash because you want to get rid of the bacteria in your mouth, throat and esophagus. You should rinse out your mouth really well, get it all between your teeth, in your jaw, over next to the jaws, under the tongue and everywhere else the

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swallow a little bit of it and repeat the process. Don't just take cough syrup and swallow it. If you take a cough medicine tablet then as you have it in your mouth get it all in your jaws, between your teeth, under the bridge, everywhere and then swallow a little bit of it and it will help kill out or destroy the damaging bacteria.

Course - Biological Ionization.
The information on Biological Ionization is not included as one of the healing arts, and it's important that you know that, however it is the greatest crux that the healing arts has ever had. The information that's presented here is simply food, and food chemistry.

Everybody eats food but they don't know which food to eat and it does not make any kind of sense for a person to become ill because of their diet, go to someone in the healing arts to help them get well and continue eating the very same foods that made them sick in the first place. That doesn't make sense at all because they're working against their bank account, against their health and for the undertaker. They're in such a hurry to get to the cemetery they just can't wait and they're taking every shortcut that they know, and they're miserable all the way.

Now the information that you get from the test is going to show you:

- whether they have too many carbohydrates in their system, or not enough,
- whether they have a body that is too acid or too alkaline,
- whether their body is retaining too much salt or throwing too much out,
- whether their body is throwing out the cellular waste or whether it is retaining it, and
- whether their proteins are digesting properly or not, or whether they're getting too much protein or not enough.

Eventually the Theory of Ionization Courses will teach the math of being able to pinpoint where a malady lies within a system, however under no circumstance must this ever be considered as a diagnostic procedure, it is an analytical procedure worked entirely by mathematics, and the accuracy of this system is staggering because it's based entirely on math.

Initially you'll deal with geometrical patterns, but later you'll make the transition from the geometrical to the relative pattern, and that's when it'll almost drive you right up the wall because then all numbers will begin to look alike to you. Now geometrical runs in straight lines but the relative runs in circles like an ellipse. In the geometrical, parallel lines never meet, but in the relative they not only meet but they cross twice before they come back to its home. So this course is set to zero in on the fine points of differential between one malady and another, and how a person can have the same malady in most any range or ranges.

If this was as simple as five ranges and everybody's chemistry was in these five ranges we wouldn't even need any classes, we'd just write a book and explain it and give them a diet for each range and you'd have it made. It's not that simple, you've got to deal with whatever body chemistry you have but your principle is always the same, and that is working your energies against energies, your anions against cations, and anions against anions, and cations against cations.

All the information that you've been given is for you to give a person a diet for them to go home and do it, and the other part of it is to send people to a retreat. This whole thing is designed to keep people out of the retreats but when they need to go you tell them that because it's dangerous for you

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to give them a diet because their body chemistry is fragile because their energies are low, and if anything happens to them it's you who'll be under investigation.

One of the great things that's been very difficult in Course 3/4 is that we have covered so much material so quickly until if you're not confused I don't understand why. For instance I gave you an example, when the aeroplanes first come out they only had a compass on them, and then they had a altimeter, and then another instrument and then finally they got a gas gauge on one to show how much gasoline we had, we didn't even know at first how much gasoline we were using till we got back down. Of course we didn't fly very far, just up for amusement that's all that flying was for in those small little planes, a big plane had not been made yet and when they made a plane that would carry ten passengers even the preachers complained because, "my ! suppose it would wreck it would kill ten people all at one time." This really happened, it really happened.

So think of all of the complaints that people make, and know that you're wasting your time if you make a complaint that you can't do something about. It's time wasted. So, if you have something that you think is worth complaining about it's nice to ask questions to see if you can get the answer, but if you can't then start working on it yourself because it's a problem that God's given you to solve.

Course Instructors, Beddoe.
My name is Sande Beddoe, last name is spelt B-e-d-d-o-e, first name "S-a-n-d-e". Sande is my nickname, A-F are my initials and I don't go by my eight cylinder name.

Course Six.
In Course Six the starting point is the ovum, the germ of life in the ovary, and the sperm and we're going to watch it minerally develop with the moisture and the water into a complete, perfect, normal, human being and the whole Course is devoted to how it does it, and where the bone starts, where milk comes from, how does milk get in the breast, when does milk get in the breast, when does actual movement start in the foetus and why it starts in the foetus at such and such a stage, also the butterfly call (or the butterflies), which is the first sign of life in a foetus and so on.

Cramps.
Cramps are caused by mineral deficiencies:

- Severe leg cramps, charleyhorses, is because of a lack of calcium, and
- Menstrual cramps in every case it's a manganese deficiency.

You can ease menstrual cramps in 15 minutes or less if you know where the controlling transformer glands are. On the pubic bone there are three transformer glands that can be gently massaged to give relief to menstrual cramps:

- The center transformer gland, in the middle of the pubic bone, treats the uterus in females and the prostate in males, and
- the two points either side treat the ovaries, testes and the connecting ducts.

These points are NOT for the tester to massage, they are for the person themself. When they find a sore spot then gently put a vibrator on it for about three to four or five minutes and then you don't have to bother about the ovary.

Crave Most, Need Least.

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Two of Doc's favorite expressions are:

- "that which you dislike the most to eat is generally what your body needs," and
- "that which you crave the most is what you need the least."

And that is something that can hurt or upset people because they'll say:

- "I can't stand that onion soup", or
- "I never want to eat cauliflower", or
- "I never want to eat beets, can't stand beets", but they need the copper that's there,
- "I've got to have my white potatoes every day"

and if you ask them why, "I was raised that way."
"It's not a good enough reason."
That which you need the least, and that which you crave the most, remember those two and it'll help you with your clients when they come and say, "I've got to have this".
"No you don't, not really".

Remember the story about the doctor's wife who was hooked on white potatoes. There was a doctor's wife that was absolutely hooked on Irish potatoes, she couldn't live without them and she had to have them 3 times a day even though she was nearly dead with it. She just couldn't live without them and they were killing her, and she'd been through the Mayo Clinic at a cost of $8000, and John Hopkins for $8000 and they couldn't help her and she was a walking skeleton. She even had to have help to walk, and in one week she was doing really well because we zeroed in and found out her problem. She was allergic to Irish potatoes and we'd taken her off them, but also told her, "you're going to crave Irish potatoes like an alcoholic craves his drink, and when you think you've just got to have them call me up, day or night, and I'll help you.
After six months she wondered what was it about Irish potatoes that she just had to have them.

Criticism.
Stand high and be ready to be counted, and the more people criticize you the more you're accomplishing. You can't please everybody and you can very soon get to the place that all advertising is good advertising.

There's only two kinds of criticism, destructive and constructive, and most criticism is destructive, not all of it, but most of it is. Constructive criticism has three phases that makes it very distinctly clear that it is constructive:

- Phase 1. Coming up with a clear and plain plan that details a better way of doing things. Now if you stop there then that's destructive criticism.
- Phase 2. Next is that you provide the manpower or the woman power to do the job, and
- Phase 3. Last, you come up with the finances to carry out the whole plan.

and then it's constructive criticism. Then you get things done, then you're of one accord, then you're in tune with your Heavenly Father.

You cannot have great wisdom without great faith, and you can't have great faith without great works, and you can't have great faith and great works without great criticism but the criticism just runs right off, it can't stick. The more good a person does the more they're criticised, so when you learn to love criticism you'll know that you're getting something done, and if you start to justify yourself then the first thing you know all your criticisms will cease because you've taken up all

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your time for self justification and you're out of work, and job hunting again. Just let them criticise and be sure they always have something to criticise about. Never let them run out.

Cry Babies.
So as you begin to grow and study and work and work and work you're going to find the cry-babies crying over dollars. Let them cry, let them weep, let them mourn because that's what they like to do.

Cultured Dairy Products.
After some people have been on a program for just a very short time they may call you and say, "I started the diet and I'm just so uncomfortable because I've got so much intestinal gas I just don't know what to do."

BEFORE you give someone a diet tell them clearly that there will be times and days when they will be uncomfortable, make sure they are prepared, let them know you know what will happen. What's happening is that the new foods that you are suggesting that they eat, and they do eat, they do not have an intestinal flora to help digest it because they've either been in such an acid or alkaline condition for so long they don't have the proper base upon which to digest that food, and it will take a time for you to establish that bowel flora. Some of the things to help establish the flora quicker are the cultured milk products of which there are two distinct types:

- Type 1 is the neutral, gluconate type which includes natural, unsweetened yoghurt. Type 1 can be used by all pH groups and should be used about every day, and Type 2 is the Gypsum group which is derived from sour milks and includes acidophilus, buttermilk, whey, kefir and cottage cheese. Type 2 should only be used when the pH is above 6.40.

Most people should eat some cultured product every day, either yoghurt or acidophilus and the difference between them is that they are a different kind of bacteria. The lacto bacillus acidophilus is in the lactate group and should only be used when the pH is above 6.40, and the yoghurt is a vulgaris which is the calcium gluconate, a neutral, and can be used at any time.

In regard to colonic therapy, every person who starts on the program should only have a colonic if the numbers call for it and not otherwise, because everytime you have a colonic a tremendous amount of the bowel flora is removed and it has to be reestablished, and if they're going to be into a lot of colonics you'll need to recommend cultured milk products to help reestablish the bowel flora sooner.

When people have colonics it's important to make sure they understand that they are to eat some type of culture once or twice a day while on the colonics and for a while afterwards until they get their problem straightened out, and if they are above 6.40 then they can have both type 1 and type 2 cultures.

So if you give buttermilk or acidophilus to people with a low pH you are aggravating their condition and making them worse and these are factors in foods that you need to know, and remember, and do.

When Doc first went to Georgia he ordered yoghurt, but the stores had never heard of it, all they had was sour-belly grits, cornmeal and potatoes and they thought that was good eating. He began to order various things and they were very accommodating and anxious to please and so they got what he needed but at one stage he ordered yoghurt from the milkman and the milkman said, "what's that?"

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Doc said, "you order it from your company, it has it." But they brought him acidophilus. He kept it and used it but said, "listen, I ordered yoghurt, I did not order acidophilus"
they said, "we don't know the difference, what's acidophilus?"
"It's a different kind of cheese so to speak. In other words, I want yoghurt cheese instead of acidophilus cheese", then they started to bring him what he wanted.

Now the liver manufactures about 6 billion different enzymes (enzyme = amino acid = vitamin) and while a vitamin and an enzyme are the same thing, we think of a vitamin as being man made and an enzyme as being made by a hormone, and inside of the hormone there is life. If there's no life in the hormone then it's not a hormone. If you were to go to the store and buy some live hormones you'd get things like cheese, yoghurt, yeast, cottage cheese, kefir, some royal jellies, buttermilk, eggs, etc. Those things are living hormones and when we actually eat cheese we're eating little bugs, bacteria. In other words, cheese is not any more milk than milk is grass, cheese is actually a meat, we're eating a protein meat and if it's made from skim milk it has less protein than if made from whole milk.

Cure.
We have no power to cure any disease and please remember it, we're simply giving a diet because that body is deficient in this mineral or that mineral and God does the rest and whenever you begin to take the praise and the adoration and the glory for a cure then you have your reward.

God will not cure any disease unless:

- He does it instantaneously by a miracle, or
- You supply the mineral that the body needs in order to replace the damaged or worn out cells (where the damage or wearing out is from a lack of that mineral).

Remember that the more time you give a mineral deficiency the more difficult it will be to reverse the trend of the deficiency and remember too that a quick change in body chemistry by force does not result in a quick cure, or recovery because nature cannot be hurried.

When a medical doctor tells you that there's no cure for something he means there's no drug that will cure it and that's all he means. Now drugs have never cured anything, but listen, there are times when drugs are needed, for instance, I wouldn't want to have a tooth pulled without codeine or some other pain killer, something like that. I'm not against drugs, it's only the abuse of drugs that I'm against. Medical drugs are magnificent things when used intelligently and correctly. It's not the use of drugs that's wrong, it's the abuse of drugs but you need to remember that drugs have never cured any disease, and never will, however they sometimes let people die in peace, without pain.

Cure All.
Micronage determines the species and each different species actually has a different pattern of anions and cations within the mol and you can have thousands of different patterns yet still have the same frequency. Now people are different too because we also have different micronage numbers and it's that which makes us all different, the black man, the white man, the red man, the yellow man and so forth, and for this reason there's no substance that's a cure all.

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What's food for one is a poison for another, and if you'll just read enough health books and do every thing that every one of them says, you'll starve to death, because every one is up on something and down on something, for instance, one of the health books on vinegar and honey, if you read that book you'd think all in the world you need to be healthy and live to be 150 years old was to take vinegar and honey the way it's written. But suppose that you had a body that was extremely acid and you were also a diabetic with it, hyperglycaemia, so into this system you put more acid and more sugar, and that's pure foolishness.

So every cure all would have to be extreme in order to get everybody to fit, it'd be just like cutting your head off to get rid of a headache, you get the idea. So what we're doing is taking the fads out of food and diet and putting it all down in mathematical numbers, and we're going to go by the numbers.

Now while there's no substance that's a cure all, one does exist and it's the Lord Jesus Christ, and there's nothing that He can't do. He is the only cure-all that there is, He's the great physician, He made the laws of physics and He can change them any time He wants to for His glory. He can heal instantly, but He teaches us to do it biologically, in order to give you time to think and to meditate upon Him.

Cyst.
An encapsulated mass of liquid that's undefinable.

Cyst, Colonoidal.
The cause of a colonoidal cyst or tumor in the coccygeal area is generally because of delta cells in the lower colon, or the lower sex organs, and they have a habit of settling near the end of the spine. The numbers that show delta cells in the prostate area and in the uterus also show this problem and when people have those numbers there would be pain in the lower spine and even down the left leg. When it's advanced in men there would be swelling in the tube of the left testicle and it would be sensitive, or there may even be swelling of the left testicle or both testicles in the more advanced stages.

Cystic Fibrosis.
Cystic Fibrosis, or CF, is an inherited disease that is characterised by the functional failure of the glands that secrete mucous and digestive ferments. It involves the lungs, liver, pancreas and many other organs and children with it are particularly susceptible to infections. CF is also called mucoviscoidosis or viscoidosis. The test shows as a terrific variable in the numbers and you go by the numbers.

In cases of CF, or where there are lung problems like mucous, then a deficiency of oxygen can occur, which also effects the oxygen availability to the liver causing the gastric juice to be too dilute.

D

Damage.
If a particle of energy cannot match the energy of your frequency, micronage, milli micronage or milli milli micronage then the body will throw it out untouched, unless that particle of energy

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does damage to your energy. Only that energy which upsets your own frequency pattern can harm you.

Dead.
One fact that I've learned in my life and that is I've never learned anything from anything dead that would benefit the dead and the living.

Dead Sea Tumor.
This is a tumor that can form anywhere in the body and it's a tumor that takes in everything, and gives off nothing. It isn't like a boil on your arm, it's something like a tonsil in which it collects, and collects, and collects.
The tumor has a blood supply but there was no blood coming from it, it's all going to it. In other words it's more like a blood clot than anything else and it forms a shell all of its own, like blood in a balloon. In other words it has a definite outside perimeter and it'll collect blood and fermentation and sediments and anything else and it all decays in there, nothing comes out and it's the pressure of the tumor that causes damage, not the tumor itself.

In other words, what's happening is that there's no way for this stuff to get back into the bloodstream to get out of the body so diet will not dissolve this type of tumor, it must be surgically removed, where possible. In trying to determine how it started is very difficult because it's a mass of liquid that's actually undefinable, more like a cyst. Doc saw the one that was removed from the head of a girl and he said, "it was completely in a whole bag with a blood vessel to it, and it was more like a pouch collecting all the impurities and giving up nothing. There was no way for the blood to pass straight through it, it had to come out the same way that it went in and it probably started with a blood clot, and nature covered it to protect it." The case that caused so much controversy, in Doc's words:

> "I was called over to the Florida hospital in about 1966. It was in Spring, near Easter, and there was this 17 year old girl in the last few months of senior high school and she would often fall down at school, so the school expelled her saying that she fell down in order to get the boys to pick her up. But she also fell down at home, she fell down at Church and other places when there was nobody to pick her up.
>
> The minute she fell down she could get right back up as if nothing had happened at all and she didn't remember falling or anything and when she became aware she wondered how come she was on the ground, she couldn't figure out what was happening.
>
> Her parents took her to the doctors at Florida Hospital and she'd been there and been tested for about two weeks and they couldn't find anything wrong at all, and that's when I was called on the case. So I ran tests for 3 consecutive days. I found out that she had a brain tumor right in the top of her head that was benign, it was operable. I told the doctors where and the size it was and they tested and examined her but couldn't find it.
>
> I finished my tests on the Monday and predicted that on Friday, between 4 and 6 o'clock, spinal meningitis would strike her. The doctors made all manner of fun of me, they kidded me, I mean not in front of the patient, but kidded me, saying, "we've never found you wrong but this time you're wrong and you're wrong because there's no evidence whatsoever of spinal meningitis."

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Now the doctors wanted the parents to take their daughter home because they couldn't find anything but the parents said, "no, if Doctor Reams said that she's going to have spinal meningitis we want her in this hospital when it strikes, and we're willing to keep her here for a week under observation, and then if it doesn't strike we'd like to have the tumor removed." And the doctors said, "we havn't been able to find the tumor yet," even though she was having severe headaches develop.

I missed at two hours. The spinal meningitis struck at 8 o'clock instead of 6. I went into the hospital on Saturday at 12 o'clock, and no-one called and no-one told me that she had gone into it but I went in there and there were three doctors in the room. She was in a coma, pulse of 180, feet getting cold, lips blue, and being fed sucrose solution IV. Her feet were already getting cold but her toes were not losing color and I said, "what's the trouble?"
They said, "spinal meningitis, you missed it by two hours."
and I said, "would you mind changing your course that you're on now?" they said, "we'll do anything."
I said, "OK change that IV sucrose solution to saline solution" they said, "why?"
I said, "which conducts the most electricity, sugar or salt?" They said, "salt"
I said, "OK change it".
And within 5 minutes they had it changed. Then they said, "do you have any more suggestions?" I said, "yes, put her in ice packs."
they said, "she's already dying now, she's already getting cold, and you're telling us to put her in ice packs?" I said, "yes, put her in ice packs."
"Why?"
I said, "well do you get better radio reception at night or in the day time?"
They said, "at night."
I said, "put her in ice packs, lower the temperature of her body so it will resist the cold, and this will cause the brain vibrations or the electrical impulses that go out from her brain to her body to go out faster. She's gonna die like you're doing here, you're not doing her any good, and this won't do any harm if it doesn't do any good."

She was in a coma and heard none of it, so they put her in ice packs and in ten minutes they had her covered.
They said, "now what can we expect?"
I said, "expect the heart beats to drop 20 beats an hour until it drops to normal" and in one hour it had dropped 20, and then 40 until it dropped to normal.
Then they said, "at what point should she come back to consciousness?"
I said, "when the heart beat is back to normal, between 70 and 80 beats, for 20 to 30 minutes she should come back to consciousness", and I was right straight dead on it.

After she got over the spinal meningitis she was paralysed temporarily on the right side, but she got over the meningitis in about two weeks, and then they said, "well you were right this far, we're going to operate to see if there was a tumor on the brain." And sure enough they did, and there was the tumor exactly where I told them. They removed it and she recuperated and got well, but it took about eight months. That girl is still living and living in Arizona and she's not paralysed.

All the doctors there saw that case and it was one of the last things that I did for the doctors at the hospital before I was arrested for practising medicine without a license.

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This was a case of a Dead Sea Tumor between the skull and the cambium layer and located at the top of the head. It was not in the brain, it was on the brain. The only solution to a Dead Sea Tumor is an operation to have it removed and when it's removed I would expect that numbers to go towards perfect, Range 1.

The girls numbers were:

$$4.3 \qquad \frac{6.40}{5.90} \qquad 10-18 \qquad 4 \qquad \frac{13}{9}$$

With these numbers:

- the person would have very severe headaches,
- they would also have blackouts, they would also be walking along and fall and not know they're falling and immediately after they fell they can get up again, and this so often strikes girls between 12 and 20 years old, it does strike other people but it really strikes them at that age.

You can tell that it's not a misalignment of the vertebra creating pressure on the Medulla because pressure only on the spine would not have caused the severe headaches, that is due to the tumor here, and because it would have been a different set of numbers altogether. I've never known spinal pressure on the Medulla to cause fainting and dropping on the ground without knowing you're falling. All of this causes falling without knowing they're falling.

Now in this case the messages are going through fairly well but it's the pressure on a particular part of the brain that's causing their blackouts, and that's the part where the tumor is located. Doc gave an example on this that happened to him, he said, "I have a silver plate in the top of my head that is a result of a fractured skull from a truck that was blown up in the South Pacific, and for 31 days I was unconscious. When they took me into the operating table, lifted this plate and reduced the pressure on that particular part of my brain I wakened on the operating table, and Tokyo Rose was singing on the radio and I said very weakly, "I sure did land easy". That was 31 days before. My last memory was being in a truck that was blown up and I was high in the sky above the trees just falling, beginning to fall, and that's the last memory I had for 31 days.

The plate on the top of my head was near the same spot as the brain tumor on the girl, though it was just a little bit more to the left. Now pressure on the brain just a little bit further to the right is one of the causes that can cause people to go to sleep and just sleep and sleep for years, and for some unknown reason the Tse Tse fly that bites people effects this particular part of the brain and they go to sleep and and it also causes animals to go to sleep and never wake up."

Now if we changed the sugar reading from 4.30 to 1.50 it would put you in a little bit of doubt and you wouldn't be sure of it. You'd have to test every day for three or four days with a specific diet to see, but in all probability if they had a 1.5 and were still having severe headaches and still falling without knowing they fell, it would be a pretty strong indication. If I had the sugar at that number I would do a test every day at 2.00 o'clock to check it out and if the sugar was 1.5 and they had no headaches and they weren't falling then this would change the analysis.

Death.

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In the Bible, in the Book of Ecclesiastes, Ch 3, it says ".. it is appointed unto man a time to laugh and a time to cry, a time to live and a time to die, .." and so forth.

The bible also says that a little learning is a dangerous thing. You know there are people that would prefer to die orthodox than to live unorthodox. They'd rather die with their misconceptions than change, and this is a privilege that should not be denied anyone. So it is appointed unto man a time to die, and when that time comes it seems that no man can stop it, but as we work and strive and do all that we can do, when we've done our best that's all that we can do, and then it's in the hands of a power that's beyond us, and whenever death occurs the energy is zero, because dying is simply a loss of energy. 100% energy is 4500 mcg of vitamin C per gram of blood and you'd better believe this energy table because it's true, and we've also been able to predict the time of death sometimes weeks, or months or years in advance if they do not change their habits and their plan.

Many times it happens that a day or so before a person dies they will appear to be better than they have in months and months and months. For instance, a person in Pennsylvania was tested and the report was given to their doctor which basically said it was too late, that there was no hope for this patient. About 3 months later a follow up test was done on the same person and their numbers were almost perfect, so the doctor was called and told, "Doctor we're losing a patient, she will probably pass within 24 hours." And she did, this was just the spurt before the end.

The eye numbers too are a verification of progress or not progress and it helps to eliminate mistakes, verify findings and lets you know whether your body chemistry is co-operating or not. Sometimes the eyes have been so bloody, swollen for a long time when suddenly they'll clear up, clear as a crystal like a brand new baby's, and next day they die. I've seen numbers just about as far out as they get, the body wouldn't respond and all of a sudden the numbers turn perfect. Look out because the next day they're dead. If you see a person dying with cancer, and their eyes are crystal clear it means they may die tomorrow.

If you have a person and they're numbers start going the wrong way, and the pH drops below 5.20, you're losing that patient.

Debris.
See "Albumin", "Delta Cell" & "Omega Cell". Debris is the cellular waste in the urine and even includes delta and omega (carcinoma and cancer) cells. Cellular waste arises from a natural, cellular, base exchange, new cells for old, and is the waste cells that are thrown out.

If a cell is being thrown out of the system and it contains a foreign substance, naturally the foreign substance will go out with the cell.

With the debris itself we're dealing in millions, but the main thing you want to know is, "is nature cooperating or isn't it cooperating".

Defensive.
Never permit anyone to put you on the defensive in your practice.

Deficiency.
Generally the more time you give a deficiency the more difficult it will be to reverse the trend of the deficiency.

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Definitions.
Unless you know the definitions inward and outward, upside down, backward and forward, day and night, twenty four hours a day you're going to have trouble.

Definitions, Enzyme & Vitamin & Hormone.
An enzyme and a vitamin is the same thing but we think of a vitamin as being man made and an enzyme as being made by a hormone and inside of the hormone there is life. If there's no life in a hormone then it's not a hormone. Now there are products called "hormones" in the drug store but they're not hormones, they're stimulants.

We do eat a lot of foods that have hormones in them and if you were asked to go to the store and buy some live hormones you'd bring back things like cheese, yoghurt, yeast, kefir, some royal jellies, buttermilk, eggs, etc. Those things are living hormones that we eat. Actually when we eat cheese we're eating little bugs, bacteria. In other words, cheese is not any more milk than milk is grass, cheese is actually a meat, we're eating a protein meat and if it's made from skim milk it has less protein than if made from whole milk.

Deformity of Baby.
One of the causes of deformity in a foetus occurs where there is a high count of carcinoma cells in the uterus and ovary area at the time of pregnancy. Others causes are malfunctioning ovaries, malfunctioning uterus, as well as some drugs.

Density.
All atoms under the same pressure and temperature are the same size, but each individual atom's density is not the same, because density depends on the number of anions and cations in the atom. The greater the number of anions and cations:

- the greater the atomic density,
- the greater the weight, and
- the higher the frequency.

The greater the density the faster the electron travels in orbit and the darker the color. Now glass is actually a liquid, a "supercooled liquid", and if you take a pane of glass then over a period of years you can see the effects that gravity has upon it. You can measure the thickness of that pane at the bottom, the middle and the top with a micrometer and see it getting thicker at the bottom, while the middle and top get thinner. The electrons in that glass are actually moving slower, and they're less concentrated, than in a brick wall, and that's the reason light can pass through easier.

In anatomy, the various organs are of different colors and that also reflects their different densities. The liver is denser than the heart and is darker. The heart is denser than the brain and is darker. In other words, the greater the density of mineral the darker the organ. If you have a liver that's very light then that means you'd have less mineral in it, and lack of mineral is disease, which is the cause of cause and effect. When we talk about minerals we're actually talking about the atomic structure and it's the lack, or abundance, of mineral atomic structure that determines health.

Depression.

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A significant calcium deficiency is generally the cause of severe depression or even mental imbalance and there are individuals who can become so depressed, or so discouraged, that they would actually go off and die.

Did you know that the ocean is made out of women's tears? Don't forget this, tears and crying and laughing are the finest nerve medicine in all world because it soothes the nerves. Those that can cry, or scream, or holler or laugh release their emotions, ease their tensions and relax. If you're uptight and you can cry or laugh it's a blessing, and it doesn't matter what you cry about or laugh about just so you cry or laugh, because laughing and crying are the finest nerve medicine in the world because you unload, and that's the reason that God made them, so we could unload the burdens of life. The person that has suicidal tendencies, or commits suicide, is the person who can't cry or laugh because they're depressed.

DES (Diethylstilbestrol).
About the cows and stilbestrol. In the mid to late 1970's it was still legal to use DES injections on animals in the USA to fatten an animal, to make them put on weight, but it was illegal to do it in Europe.

Here is how DES worked. DES effected the thyroid, which uses potassium to produce an oil emulsifier like old- fashioned grandma's soap and if you inject DES into an animal it interfered with the function of the thyroid thereby reducing the amount of "soap" that was produced. The effect of that was to increase the fat layer in the body of the animal simply because if the soap were there it would act to dissolve that fat.

Detergent.
We make our own detergent in the retreats and add calcium hypochlorite to it.

Detoxification.
Detoxify means to take the "toxins" out of something, and if you talk about toxins in your system the only toxin that I could think of, if you want to call it that, would be bile, so I do not really know what "detoxification" means because it doesn't make any sense to me. I never liked the word and it doesn't fit in with anything that I know here. To me, a toxin is like a vaccination which is made by introducing foreign matter into the blood of an animal and then they dilute it way down and put it back into people so the same kind of problems can supposedly combat the problem that you have, but just as many times they finish killing the patient because it's introducing foreign matter into the body of a person.

Poisons in your system are your own delta cells that stay in too long, or a lack of mineral, but those things are not really toxins, and if we have a report that says "toxic" condition of the liver that would be liver congestion from a mineral deficiency and a mineral deficiency means the delta cells are staying in too long and they’re swelling. The liver is a not detoxifying organ, it's the nuclear reactor, the anode, for the whole system.

Development.
In your own development after birth, what was the first type of motion you made in the development of your mobility? So we lay this new born baby out there and we wait. What did you move first as a regular type of development movement?

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You lift the head.

Devil.
The Devil, Lucifer, Old Nick, Beelzebub, Satan, The Serpent. The daily paper is the devil's bible, worry is the devil's prayer and the devil robs you when you gossip.

- The daily paper is the devil's bible, so be careful in what you do. Newspapers will report anything that will draw attention and they don't care how far out it is, they don't care how few facts they have or how many lies they tell just so they can sell a newspaper. The idea in a newspaper is to sell the newspaper, nothing else. Facts don't matter. Did you know that you can take nothing but plain dry rabbit compost, chocolate coat it, and make pills out of it that will absolutely cure any disease, and sell them as cures for any disease, and advertise it in the newspaper, and the radio, and television, and magazines, and it's not illegal. I'm not saying it will cure it, I said advertise it as a cure and it's legal, but you just tear one page out and hand it to somebody and you've bought a ticket to the university of the penitentiary. It doesn't have to be true for the newspaper to print it and this is the law and the way the law is written. Understand I'm not saying there is a cure, I said you could advertise it for a cure, so the daily newspaper is full of lies and half truths and is therefore the devil's bible.
- Worry is the devil's prayer. For instance, lack of sleep has never killed anybody, but worrying about it has and all you got to do to stop worrying is change the person you're praying to. You cannot pray to the Lord Jesus Christ and worry at the same time, it's absolutely impossible. And you tell people that and you've given them some meat to chew on when they go home. So don't pray to that fellow, he won't answer your prayer, and he'll let you stew in your own misery and there's three causes for worry that I know of; you like to pray to someone else rather than Jesus Christ; you're too lazy to think, or you're just too busy to think, you like to be in the valley of indecision, you enjoy it. So if you like misery, and misery likes company, I recommend a song for you to start singing, "Nobody Knows the Trouble I've Seen", and even if you don't sing at least it gets your voice box warmed up.
- Gossip is the way the devil robs you. So if you want a better living don't spend so much time gossiping or listening to it. It causes your grades to go down on your financial report card.

Now the more good you do the more the hypocrites are going to make hamburger out of you, but the more hypocrites you put on top of your prayer list the greater hope that you have of accomplishing something, but if you spent all your time in defending yourself you'll never have much time to work for the Lord because the devil will keep you so busy defending your pride until you'll be so heavenly minded until you're no earthly good.

If the devil himself came in with an ingrowing toenail, even though I knew that HEW (Health, Education Welfare) sent him, I still couldn't stand to see him suffer. I would try to help him even though I knew he was going to go straight back and report me, because if he didn't do that he'd be a pretty poor devil and you can't expect the devil to be an angel of light. So I don't expect it and so he never disappoints me and he really can't touch me, he's only wearing himself out trying.

You cannot break the laws of God, you cannot break the laws of physics, all you can do is break yourself on them. You can break yourself on the laws of physics and on the laws of God but really you can't break them, you get away for a short length of time maybe, but they will catch up with you. The bible says, "be sure your sins find you out", and they really will find you out by and by, but if you follow the laws of God then it's easier to be well than it is to be sick, and the reason we're ill is

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because we do everything the hard way, we break all the rules and the people who gain by it are the doctor and the undertaker, and people sure do love that undertaker.

They just can't wait and they want to be sure he's paid so they buy burial insurance to be sure he's paid. I see nothing wrong with burial insurance, but I would prefer to put the money in the bank and draw interest on it rather than let an insurance company do it, that makes a lot more sense to me.

So fear not, don't let the devil frighten you. The more knowledge you've got the more facts that you know you have and the more sure you are of what you do. The ones that are making the greatest mistakes are the ones that have had the least training, but let me tell you this, the very poorest of testers is doing a better job than those who give cobalt and chemotherapy.

Diabetes.
See Part 2, "Sugars or Carbohydrates - Diabetes".

Doc was firmly of the opinion that a diabetic was most often created by the food the person eats and doesn't eat, which then causes mineral deficiencies, which then effects them later in life. If a true diabetic is on insulin, orinase or debenese then their sugar level will go below 5.5.

Some of the symptoms of a diabetic are:

- Inside of the central core of the eye there is a lot of fluid and whenever the body chemistry begins to get too many carbohydrates then that fluid begins to increase, the eyeball enlarges and the vision is effected, and that's the first sign of a diabetic person. You've heard people say, "that child has the most big, beautiful, brown eyes", or "big, blue eyes", or "big, hazel eyes". All they're saying is that child has diabetes, or is a candidate for diabetes.
- Sores that don't heal, scruffies that stay too long, body, leg or foot sores and things of that nature. Overall there'll be slow healing and so forth particularly of the extremities, and that's also the cause of amputation of the extremities of diabetics.
- A diabetic drinks water like it's going out of style, if he didn't he'd be dead a long time before.

If people are on sugar controlling drugs like:

- insulin,
- orinate, "Orinase" (tolbutamide),
- debenate, "Diabinese" (chlorpropamide), and also includes the other members of the same family, like "Dymelor" (acetohexamide) and "Tolinase" (tolazamide).

then they are a candidate for the retreat, which is another way of saying you should not get involved with it as much as you want to, you should not get involved with it at home and under no circumstances do you ever:

- take a person off of insulin or their medication, or
- put them on a fast. If they are a diabetic or being controlled chemically you do not put them on a fast.

Glucose is one form of sugar and sugar is a rather tricky substance. For instance, some carbohydrates will cause the pancreas not to manufacture enough insulin and others will cause it to manufacture too much insulin, so the idea of the diabetic being taken off all sweets and put on all meats is only

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another way of saying, "I don't want you to die as a diabetic, I want you to die of a heart attack." He's just as dead one way or the other. Now a diabetic also drinks water like it's going out of style, if he didn't he'd be dead a long time before.

If people have sugar problems and want to use sugar substitutes it's perfectly alright and the chemicals in it won't effect you one way or the other because it relates back to the frequency of the body, and later you'll learn that if you take something into your body and it's not on the right frequency it'll pass right on through.

People with a sugar of 5.50 or above should not be put on lemon water and water fast because when your body chemistry starts to react it'll generally overreact, and when it overreacts that's what gets you into trouble, especially so in children because their bodies respond very quickly, the X factor, 1X, 2X and so forth and that goes even for children of maybe preschool age. They can have diabetes too and you'll work on those later, but you can tell very quickly with a child because they gain Reserve Energy much faster than an adult in recuperating, but they also lose it faster, so be careful in dealing with children. Don't ever attempt to try to handle a child with diabetes, send them to a retreat and let the retreat take that responsibility because they have to be tested every hour of the day and through the night, also one of the things that you have to be very careful about with a child that has high blood sugar that the sugar will drop too low and the child will go into convulsions and that too scares a mother and father plumb to death, and all they know to do is put them in warm water, that's what the doctor says do, but all you need to do is put a little honey on their tongue and then in one minute they're back to normal again. So what I'm trying to say is these are not cases for the average tester to try and handle, don't attempt it.

Diagnosis.
According to Black's Legal Dictionary a diagnosis is a guess limited by experience and I would not say diagnosing, I'd say analyzing. Diagnosis is a four letter word to me because it's a guess limited by experience.

An analysis can be proven and a diagnosis may or may not be proven, and it's very difficult to get two doctors to agree on anything. Diagnoses are the result of an incomplete understanding, or a misunderstanding, of the subject whereas an analysis is something that you perform in a laboratory and it doesn't matter how many technicians run the same test they will all almost have the exact same answer. The difference between a diagnosis and an analysis is that an analysis can be proven, and the diagnosis may or may not be proven.

If you look at your problem without your numbers you are diagnosing, but if you've got numbers you're analyzing. Go by the numbers and analyze. In this system if a thousand people learn it and know it well enough like we want them to then all will come up with the same problem. Now you may find ten thousand ways or more to solve the problem, but the problem you're working on will be the same and your answer to what the problem is will be the same.

Diarrhoea.
Now suppose that you had a system with a double acid and into that body you put acid foods:

- the saliva is acid (meaning the pH of the HCl is too low, and although it's still a base it's actually borderline between and acid and a base), and
- the body is too acid and there is not enough resistance, then the food can't digest.

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What happens in the system with a double acid? Not much at all. In other words there's not much digesting happening at all, the food would just be laying in the stomach and consequently they'd get diarrhoea.

Why diarrhoea? Because they have created a favorable environment for the anaerobic bacteria, or fungus, to get in there and it's actually the fungus or bacteria which brings about the diarrhoea. They'll definitely have a case of diarrhoea if the pH stays low enough long enough because the food is not digesting and nature would be throwing it out.

Now with a very low pH it's too acidy in there, the electrons are moving too rapidly and the energy that's given off cannot be absorbed, and so diarrhoea sets in. Nature's trying to fix that undesirable choice of food in there and it bursts out and you have diarrhoea. Some people experience diarrhoea especially after eating an orange or citrus fruits because they are double acid.

You lose more energy with diarrhoea than you do with constipation because you lose energy faster with a low pH than you do when you have a high pH.

For people with colitis or diarrhoea you take them off of all milk and wheat products and feed them heavily on cheddar cheese and never take flax seed drink in cases of acute or chronic diarrhoea and do not use pears, pear juice, prunes or prune juice with diarrhoea or low pH because you'll only aggravate the situation.

Diet.
Now the frequency determines the diet, once you know the frequency you know the diet. Now the lower the frequency, the cruder the cell, the less food variety it takes. The more delicate the cell, the higher the frequency, the greater the number of elements that it takes to maintain life. Now these are rules of physics, they're not my ideas they're rules of physics.

For instance, when comparing your skin with shoe leather made from cow hide, the finest, smallest cell is in your skin. The cell in shoe leather is coarse and the coarser the cell the more crude the food can be. Now there's certain principles within the structure of animals and people that are very similar, like the bone structure, or the brain structure, but still the cell structure is greater.

Remember, the larger the cell of the brain the less intelligence. So again we come back to Boyle's Law of energy and also the speed of the electron, the larger the cell the faster the electron has to travel to get around it in a certain length of time, but the smaller the cell it may even travel faster in a small cell because the distance it has to travel is so much less.

For instance if a snail and a land turtle started to make a hundred yard dash and both were going as fast as they could the turtle would get there the quickest because he's got a bigger body, in other words his cells are larger. Now another point along this line is that the shorter the life of the animal the higher energy food is needed. For instance vultures eating carrion can utilise food of very high energy in very short digestion time.

A correct diet is a program of eating foods that will bring your body chemistry towards perfect, and should last you the rest of your life. You should use acid against alkaline, or acid against acid, or alkaline against alkaline, to get your energy to get your result.

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Diet Booklet, Dr. John Black.
Following are dietary Plans and Programs from the "Handbook for Better Nutrition" by Dr. John Black. Familiarise yourself with the Plans and Diet Programs (see also "Fasting - Fast Breaking") because it'll help a lot and they are very close to the dietary programs used at the retreats.

PLAN 1 - NO FAST, NO LIGHT DIET - WASH OUT WITH DISTILLED WATER.

a. Plan 1 is used when salts and ureas are too high to go on lemon juice and water initially. it is also used as a method of normalizing body physiology in persons who, it is suspected, may have false positives in their evaluation. Frequently it can be a good lead in toward a light diet or fast as it sets the stage, so to speak, for further dietary alteration.
b. Drink one half of your body weight of pounds, called ounces, in water each day as a minimum, i.e., 180 lb man would drink 90 ounces per day at 8 ounces per hour.
c. On Plan 1 you would drink at least 8 ounces of distilled water per hour each day unless told to drink less.
d. Follow the suggestions in Plan 2 with the exception that NO lemon is to be taken until the tester says you should.

PLAN 2 - NO FAST, NO LIGHT DIET.

a. Check and make sure that the lemon water is recommended. If it is, mix it fresh and drink 4 ounces every hour on the hour until the recommended amount is finished. Add sweetener only if directed to do so.
b. Drink the recommended amount of distilled water at the rate of 4 ounces every hour on the half hour.
c. Add lots and lots of fresh, raw vegetables and steamed vegetables into the diet.
d. Add fresh fruits in season.
e. Add fresh vegetable/fruit juices and eliminate sugared drinks.
f. Limit the intake of meats to breakfast and lunch. No meat at the evening meal.
g. Limit the meat intake to chicken, turkey, beef, lamb and scale fish. Do not eat pork or pork products (including boost meats), processed meats, skin fish or shell fish. Eat smaller portions of meat and wherever possible use meat substitutes.
h. Eliminate the "No-no's" and any foods you know to be high stress (foods which move the numbers away from perfect).
i. Stay away from heavy oils or fried foods.
j. Take minerals and vitamins recommended for you. Minerals should be taken with meals and vitamins between meals.
k. Include in your Plan any specifically recommended juices or drinks, and take them at the recommended time.
l. Maintain good bowel habits and do your best to develop a regular schedule within your life relative to fluid intake, meals, rest, exercise, etc..
m. Follow any specific recommendations given to you by your tester and be retested when recommended.

PLAN 3 - 6 DAY LIGHT DIET.

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a. Check to see if lemon water or lemonade is recommended. If it is, mix it fresh and drink 4 ounces every hour on the hour until the recommended amount is finished. Add sweetener only if directed to do so.
b. Drink the recommended amount of distilled water at the rate of 4 ounces every hour on the half hour.
c. Use the 500-800 Calorie diet for the first day, the 800-1000 Calorie diet for the second day and the 1000- 1200 Calorie diet for ythe third day.
d. Completely eliminate all meats from your diet.
e. Construct your diet from as many "low stress" foods as possible.
f. Eliminate the "No-No's from your diet and limit the foods you know to be high stress.
g. Stay away from heavy oils (with the possible exception of olive oil) and/or fried foods.
h. Take minerals and vitamins recommended for you. Minerals should be taken with meals and vitamins between meals. Start minerals and vitamins after the fourth day.
i. Include in your Plan any specifically recommended juices or drinks, and take them at the recommended time.
j. Maintain good bowel habits and do your best to develop a regular schedule within your life relative to fluid intake, meals, rest, exercise, etc..
k. Follow any specific recommendations given to you by your tester and be retested when recommended.

PLAN 4 - 6 DAY LIGHT DIET.

a. Check to see if lemon water or lemonade is recommended. If it is, mix it fresh and drink 4 ounces every hour on the hour until the recommended amount is finished. Add sweetener only if directed to do so.
b. Drink the recommended amount of distilled water at the rate of 4 ounces every hour on the half hour.
c. Follow the steps layed out for you in Plan 2, continuing the 1000-1200 calorie diet for the 3rd, 4th, 5th and 6th day.
d. Do NOT eat more than three poached eggs during the six day period.
e. Vary your salad ingredients, juices, teas, and kind of steamed vegetables to give your diet variation but stick to the general pattern and watch the calories. Pick up a calorie counter at your local health food shop.
f. Eliminate the "No-No's from your diet and limit the foods you know to be high stress.
g. Stay away from heavy oils (with the possible exception of olive oil) and/or fried foods.
h. Take minerals and vitamins recommended for you. Minerals should be taken with meals and vitamins between meals. Start minerals and vitamins on the seventh day.
i. Include in your Plan any specifically recommended juices or drinks, and take them at the recommended time.
j. Maintain good bowel habits and do your best to develop a regular schedule within your life relative to fluid intake, meals, rest, exercise, etc..
k. Follow any specific recommendations given to you by your tester and be retested when recommended.

PLAN 5 - 3 DAY FAST - 3 DAY LIGHT DIET.

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a. Check to see if lemon water or lemonade is recommended. If it is, mix it fresh and drink 4 ounces every hour on the hour until the recommended amount is finished. Add sweetener only if directed to do so.
b. Drink the recommended amount of distilled water at the rate of 4 ounces every hour on the half hour.
c. Plan your work schedule so that during the fast you can rest completely. If you try to work and fast it will drive your sugars down rapidly, allow ketone bodies to rise and accumulate in the blood and put undue stress on the kidneys, lungs and heart.
d. Plan ahead as to what you'll need for the following three day light diet and purchase these things ahead of time.
e. Do NOT try to "catch up" on things around the house. Rest means rest. Don't even do any heavy reading or studying. Rest your mind as well as your body.
f. Be aware of the effects of withdrawal so you know what to expect.
g. Your sugars have to be tested at least twice a day. If you are close to the office that tested you you can drop in for monitoring, but if you live away from it then you may be able to buy a sugar test tape and do it yourself two or three times a day. You should find it higher in the morning and lowest around mid- afternoon.
h. In some areas the ureas must also be checked during the fast period. Occasionally a set of numbers will be such that the entire test has to be run. In these cases you have no choice but to drop into the office. This fasting period will not be overly hard if you rest properly and keep a firm resolve to stick it out. Seldom after the first day will hunger bother you.
i. During the fast an enema administered each morning can do a great deal to help remove wastes and toxins from the body. In high pH cases it may be recommended to you to have a minimum of two colonic irrigations administered the first week and then one a week for several weeks. Check with your local health food store, they will usually know if anyone in the area is trained and has the equipment to give a colonic.
j. Follow the three day fast with a three day light diet as layed out for you in Plan 2. It is important that you continue to rest during this three day period. Continue either to test, or have tested, your sugar level, at least two times a day. Depending on your numbers you may have to be retested one or more times during this period.
k. Take minerals and vitamins recommended for you. Minerals should be taken with meals and vitamins between meals. Start minerals and vitamins on the seventh day.

PLAN 6 - 3 DAY FAST - 3 DAY LIGHT DIET - THEN 3 DAY FAST - 3 DAY LIGHT DIET.

a. Follow exactly the steps layed out for the three day fast in Plan 5.
b. Follow the fast with a three day light diet as layed out in Plan 3.
c. Repeat the fast a second time. It is vitally essential that you rest totally during this second three day fast. The purpose of this plan is to allow more extensive detoxification. Lack of rest can make withdrawal a very trying experience.
d. Repeat a three day light diet a second time. You will have to be monitored carefully and throughout this 12 day period. Be rechecked when recommended.
e. Recommended minerals and vitamins will start on the 13th day.
f. This program is for people whose numbers are diverse enough to warrant a longer period of detoxification. It's very important that you follow suggestions closely because you want your body chemistry to try to respond correctly and in the proper direction.

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g. An enema should be administered each morning of both fast periods unless a series of colonics are recommended.

PLAN 7 - 3 DAY FAST - 6 DAY LIGHT DIET - THEN 3 DAY FAST - 3 DAY LIGHT DIET.

a. Follow exactly the steps layed out for a three day fast in Plan 5.
b. Follow this with a six day light diet exactly as layed out in Plan 4.
c. Follow the six day light diet with a second three day fast.
d. The second fast is followed by a second six day light diet.
e. Recommended minerals and vitamins would start on the 19th day.
f. Carefully follow all directions. This plan is recommended for cases in which detoxification is best carried out over an extended time. Because of this you must be monitored carefully. This plan has been used with people who have had extensive drug residues in their system due to extended illness. This plan has also been used in cases of strongly suspected carcinoma. As long as you rest, get checked regularly and keep the faith, your withdrawal symptoms should be minimal.

PLAN 8 - 6 DAY FAST - 6 DAY LIGHT DIET.

a. Follow exactly the steps pertaining to the three day fast as layed out in Plan 5, except that you intend to extend the fast to six days. Complete and total rest both mental and physical is extremely important. Do NOT attempt to fast this long alone. Have a friend or loved one with you to watch you and offer help and encouragement if necessary. You must be monitored very closely during this period especially on sugars, salts and ureas. After the second day you will experience little, if any, hunger pangs and, as long as you rest, withdrawal symptoms should be minimal.
b. Follow the six day fast with a six day light diet as layed out in Plan 4. Continue to rest. Continue to be monitored closely.
c. During the six day fast an enema should be administered each morning unless a series of colonics is recommended instead.
d. This plan is frequently used when it is desired to break extremely high sugar ranges among others. Therefore, withdrawal symptoms may be more severe. Stick with it and keep faith. You'll only have to go through it once if you follow directions closely.
e. Recommended minerals and vitamins would start on the 13th day.

Keep the following points in mind:

- Recommended "lemon juice and water" and distilled water must be taken on a tight schedule and in the proper amounts.
- ALWAYS break a fast with at least the same number of days you were on the fast.
- Complete rest and minimal activity during any fast or light diet period.
- Do NOT skip your monitoring retests.
- Maintain your commitment - be involved.
- Do NOT alter your program out of its ranges.
- Be sure to include any additional juices or other things into your diets that is recommended.
- Minerals and vitamins start on the day after the last day of the light diet.
- Waste material should not be allowed to accumulate in the bowel.

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- Follow directions closely.
- Keep stress in your life to a minimum.

Diet - Light Diet Series - 3 DAY LIGHT DIET

The light diets used by Doc Reams fall into three basic calorie ranges. On the first day AFTER a fast especially he recommends 500-800 calories. 500 calories up to a weight of approximately 180 lb, and 800 calories for the heavier people. Each light diet should be "low stress" foods.

On any of the light diets you may have a cup of herb tea or a 4 oz glass of fresh lettuce juice before bedtime to help you relax.

DAY 1 - 500 to 800 CALORIES

First Thing

- ONLY if recommended - Prune Juice in Hot Water

Breakfast

- 1 oz Bran with skimmed milk OR 1 poached egg With
- 1 Slice of Whole Wheat Toast (dry)
- 1 x 90 ml glass of skimmed milk
- 1 cup of herb tea at the end of the meal (if desired).

Mid-Morning

- 240 ml Green Drink / Carrot Juice and any other special juices or drinks at this time.

Lunch

- 1 cup of steamed vegetable broth
- A few rye or corn crisps
- Small dish of fresh raw vegetables, carrot sticks, celery sticks etc.

Mid-Afternoon

- 240 ml Green Drink / Carrot Juice and any other special juices or drinks at this time.

Dinner

- 1 cup of light soup such as onion or split pea, etc
- 1 slice of whole wheat toast (dry)
- Small serve of natural yoghurt
- 60 ml glass of fruit juice (Cranberry).

DAY 2 - 800 to 1000 CALORIES

This sample diet is used on the second day of a light diet or the second day following a fast.

First Thing

- ONLY if recommended - Prune Juice in Hot Water

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Breakfast

- 1 oz Bran with skimmed milk OR a small dish of oatmeal OR 1 poached egg
- With 1 Slice of Whole Wheat Toast (dry) Plus
- 1 cup of vegetable broth and 1 piece of fresh fruit
- 1 cup of herb tea at the end of the meal (if desired).

Mid-Morning

- 240 ml Green Drink / Carrot Juice and any other special juices or drinks at this time.

Lunch

- 1 medium salad with 1 tablespoon light olive oil OR a medium raw vegetable dish with 1 tablespoon light olive oil
- 1 medium square of corn bread OR a few rye or corn crisps OR Melba toast.
- 120 ml of fruit juice (Nectar Type)

Mid-Afternoon

- 240 ml Green Drink / Carrot Juice and any other special juices or drinks at this time.

Dinner

- 1 medium salad of at least 4 fresh vegetables with 1 tbsp of light olive oil.
- 1 bowl of light soup, OR 1 small bowl of 4 steamed vegetables.
- 1 small portion of cottage cheese.
- 90 ml glass of fruit juice (Cranberry).

DAY 3 - 1000 to 1200 CALORIES

First Thing

- ONLY if recommended - Prune Juice in Hot Water

Breakfast

- 1 oz Bran with skimmed milk, or a small dish of Rolled Oats, soaked millet, Just Right, 4 Bran Mix, or other essentially untreated cereal, OR.
- 2 poached eggs
- 1 Slice of Whole Wheat Toast (dry)
- 60 ml of fruit juice
- 2 pieces of fresh fruit
- 1 cup of herb tea at the end of the meal (if desired).

Mid-Morning

- 240 ml Green Drink / Carrot Juice and any other special juices or drinks at this time.

Lunch

- 1 large salad of several vegetables, e.g. lettuce, carrot slices, capsicum, onion, tomato, beetroot, radish, spinach, etc. with 1 tbsp light olive oil,
- A large bowl of fresh vegetable broth from steamed vegetables.
- A few dry crisps (perhaps)
- 120 ml of fruit juice (Nectar Type)

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- 1 cup of herb tea.

Mid-Afternoon

- 240 ml Green Drink / Carrot Juice and any other special juices or drinks at this time.

Dinner

- 1 large salad of several vegetables, e.g. lettuce, carrot slices, capsicum, onion, tomato, beetroot, radish, spinach, etc. with 1 tbsp light olive oil,
- A bowl of steamed vegetables (4 vegetables steamed on low heat).
- 1 serve of natural yoghurt
- 120 ml of fruit juice (Cranberry).
- 1 cup of herb tea.

Differential.

Doc Reams says differential is the same thing as ratio.

Difficult Doctors.

I'm told that medical people, doctors, nurses and so forth, are the most difficult of patients to deal with in a hospital.

Doc was in hospital for 89 days and he didn't want to ruin their reputation. He wanted to know everything they did, the "why" and the "wherefore" because he considered it foolish for a person to put their life into the hands of a doctor, medical doctor, chiropractor, or anyone else as it is to hand to a stranger your bank account.

Digestion.

Digestion is the beginning process of the manufacture of one, complete, perfect amino acid cell. There is a rule that says, "we get 80% of our food from the air we breathe and 20% from the food we eat", but one thing that nature will not excuse you for is this, it'll give you 80% from the air whether you get 20% out of your food or not and this is where illness comes in because when you get less than 20% from your food that is the beginning of illness. In a perfectly healthy body the chemistry would be functioning perfectly and the test numbers would be perfect at:

$$1.5 \qquad \frac{6.40}{6.40} \qquad 6-7 \qquad 0.04 \qquad \frac{3}{3}$$

The two main aspects of digestion are reflected in the pH readings. The saliva pH tells us the efficiency and effectiveness of the liver, the amount of enzymes and the strength of the gastric juices it produces and the urine pH tells us the outcome of what happens in the digestion as a result of the liver's function. In combination, the saliva pH tells us what happens when food goes in and the urine pH tells us what happened after the digestion is completed. Now the further the pH's are away from perfect at 6.40 the more dilute the gastric juices and the poorer the digestive function.

Looking now at what happens when the digestion is "perfect". Most foods you eat are slightly more cationic (acid) than 6.40 and when you put them in your mouth and chew them, the anionic saliva mixes through it, or coats it, or saturates it which then slowly begins the breaking down of the food we eat into particles of energy.

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When it goes into the stomach it's acted on by the anionic HCl and liver bile, and because the liver bile is at 6.40 and the saliva is at 6.40 the digestion continues very gently and you feel wonderful. Even in the perfect range gas is released, and actually this is the way the energy is broken away from the elements in the stomach. It's broken away in gas or vapour form, vapour is the gas. When the pH's are 6.40 over 6.40 it's a controlled reaction, it's an atomic reactor type of effect, a controlled reaction. There's no digestive violence, no excessive gas, no stomach distress, you have sufficient calciums, your nerves are controlled and the whole world's smiling at you. The food and the gastric juices in the stomach are beginning to synchronize their energies with each other, which means that when the elements in the food come in contact with the gastric juices they are converted to mineral energy; heat and electrical energy are released from the food in gas form which goes back to Boyle's Law. The heat that is produced passes out of the body in anionic form and electrical energy that's released goes to form the aura of electrical impulses around the body.

Throughout the entire length of the intestinal tract the foods you ate are acted on by both gastric juices and the bowel flora for the express purpose of releasing the food's mineral energy (heat and electrical) in gas form because, "we do not live off the food we eat, we live off the energy of the food we eat" so even in a perfect digestive system a gas, or vapour, is produced by the action of anions against anions, cations against cations and anions against cations and the vapour that's produced goes in three directions:

- you'll belch it,
- you'll pass it, or
- it'll go into the bloodstream.

The mineral energies released in the digestive tract are collected by the lining of the passages, the rugae of the stomach and the villi of the intestines, from where they're then passed into the blood and transported to the liver.

Recapping, when the food goes into the digestive tract and interacts a gas or vapour is produced and that carries the elements with it into the bloodstream then to the liver. The liver is our atomic reactor for the whole system as far as interchanging anions and cations and the function of the liver is to put together the building blocks for the rest of the body; the amino acids, and the elements it uses in the chain reaction are:

- nitrogen,
- calcium,
- oxygen, and then
- water, iodine and iron.

At this stage of production the liver only starts the manufacture of the amino acids and will only do about 60-70% of the job. These partially completed amino acids go out into the blood stream and it is the milli micronage that enables the body to know where they go, tints, shades and colors (back to Baer's Law, "like attracts like") and we have different organs now tuned through the brain to pickup these amino acids of various structures with their specific milli micronage.

The brain controls where the amino acid goes, remember "like attracts like". The brain is the master computer for the frequency and everything else, remember it programs each cell through the nerve to the cell stole. The program for the cell is in the stole. Now the stole does not feed information back to the brain for the brain to feed information to the liver for a new particular

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type of cell. The only time information goes back to the brain is if there is cell damage, say from cutting or bruising or something on that order. In other words, the minute there is a signal that there's a problem then it'll try and replace the cell and reprogram for a new cell and a new plating effect and also to get rid of the delta cell.

The liver is our anode, the atomic reactor, for the whole system as far as interchanging anions and cations, and the function of the liver is to put together some 5 billion different enzymes (or amino acids) a day (6 billion in a lifetime). If we are perfect health with an energy rating according to our age it manufactures approximately 5 billion per 24 hour day. Six billion is from childhood, infancy, babyhood, little boy, little girl and so forth.

The liver only uses energy of ion size, and not only does it need and use the mineral energy from digestion but it specifically needs:

- Iron,
- Iodine,
- Oxygen,
- Calcium,
- Vitamin A, and
- Water.

Water is essential in the digestion because it is a carrier for the mineral energy. Some people have been heard to boast, "I never drink water"
"what do you think you are, a Volkswagen?"
Our bodies are approximately 70% to 80% water, and it's the water that makes it possible for our body to assimilate elements from the digestion of our food, and when people don't drink enough water you can now see the trouble they're getting into.

Now when the mineral energies come into the liver it applies a resistance factor to the frequency of the mineral to change it, so it can ionize it into the beginning structure of an enzyme, or amino acid. When the frequencies of the minerals are changed to the frequency of the body the electrons link up and form patterns of energy on the frequency, micronage and milli micronage in a structural relationship that correlates to the number and combination of it's component elements, and it's that composition which determines the organ sites they're being programmed for. Keep in mind that the liver only completes the first 60%-70% of the enzyme then releases it into the bloodstream where it circulates until pulled out by the magnetic attraction along the line of least resistance by a transformer gland whose job it is to complete the manufacture of the amino acid down to the milli milli micronage of a specific organ, say the kidney.

The unique thing about the blood in contrast to all other parts of the body is that it does not have a constant or stable frequency simply because it's carrying many different enzymes for everything for the body, so it's constantly changing second by second, minute by minute. All amino acids have a basic frequency as far as male and female goes but then it's broken down into the micronage and milli micronage and this is the fact of why it changes this measurable frequency.

Now when specific mineral energies are not available it'll take the liver longer to build a cell, and the longer it takes to build a cell the more rapidly you are growing old because it brings about premature ageing. Premature ageing is that something has gone wrong with the system wherein nature cannot assimilate, or take, or use the mineral content that's in your food.

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Digestion of good food requires about 18 hours in a perfect digestive system but the "unclean meats" digest in an average of only 3 hours, they release too much energy too quickly until it cannot be used by the body and it burns the body out.

Now, providing that all numbers in the equation are perfect then 6.40 would be perfect. But if all numbers in the equation are not perfect then 6.40 is not perfect and we begin to have digestive problems. For instance, suppose that we had:

$$6.0 \qquad \frac{6.40}{6.40} \qquad 30 \qquad 4 \qquad \frac{7}{12}$$

then the digestion would not be perfect because it's showing a significant calcium deficiency there. The pH is not a measure of quantitative or qualitative analyzes, it's only a measure of resistance.

Now in an equation where there's a big difference between the acid urine and alkaline saliva you can expect that person to complain of indigestion and be burping a lot of gas. The difference in ratio of the saliva and the the food we eat often determines how much gas we burp, or how much stays in there, or whether we have acute indigestion or not. For instance:

$$6.0 \qquad \frac{5.40}{7.40} \qquad 30 \qquad 4 \qquad \frac{7}{12}$$

Indigestion and discomfort due to gas.

In looking at the digestion you need to keep in mind the atomic weight of the minerals in the foods and you've got to know that Periodic Table of Elements from memory like you do the ABC's, because the higher the specific gravity of the mineral, the greater the weight and the greater the number of electrons in orbit and the stronger the gastric juice of the liver has to be in order to get that mineral from the foods you're eating.

Children are children because their gastric juice is not strong enough for them to extract the mineral needed for them to be parents. The younger the child the more dilute the gastric juice and the lighter the diet must be which means that babies are fed on milk, not meat. Young children cannot digest the heavier foods like meats (until 12) and nuts (until 8) AND it does them harm if those things are eaten.

Also, the more ill a person becomes the more dilute is their gastric juice and the less mineral nature is able to extract from their foods and as with a young child, the more dilute the gastric juice the lighter the diet must be which also means that the sicker the person becomes, or is, the lighter the diet such that it may even be necessary to feed them on baby food until their energies pickup. The very ill cannot digest the heavier foods and meats and nuts should be avoided because of the harm it does if those things are eaten.

The greater the atomic weight and specific gravity of the mineral, like manganese, the stronger the gastric juice must be in order to assimilate the mineral, and the poorer digestive process the less ability the body has to extract the mineral energy out of the food. You may often hear people say, "boy, I've been eating the right foods, I don't know why I'm this way." They can eat the right foods

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all they want but if the mineral energy is not extracted from the food then that food is of little value to them, and when it happens the body is generally developing into a toxic system. The challenge is to try and reverse all that.

Eating habits die hard and people often resist changing their diet so they keep on eating the very foods that made them sick in the first place. It does not make sense to me for a person to become ill because of their diet, go to a doctor or someone in the healing arts to help them get well, and continue eating the very same foods that made them ill in the first place. It doesn't make sense. They're working against the doctor, against themself, their wallet and for the undertaker. Some people are in such a hurry to get to the cemetery they just can't wait, they take every shortcut they can think of and they make a garbage can out of their stomach, they're miserable all the time and then wonder, "why did this happen to me. Why did it happen to me?"

In making recommendations for people always recommend the right foods and supplements in accordance with the numbers so that when the pH's come into line AND by supplying the right foods and supplements then the body will grab it, but when the pH's are way out, the digestion may still be unable to get what the body needs but by supplying the right minerals you're not hurting the person and you don't know when the body will be properly balanced to make use of what you're supplying, so recommend that they have it available on a ready steady basis.

Under ordinary circumstances a boy of 4 years old cannot be a father because his gastric juice is so dilute that it cannot assimilate the manganese necessary to produce the sperm of life, and the same thing is true with a woman in producing the live ovum. Children that mature very early ARE assimilating manganese because of a genetic condition, their sexual organs are maturing yet their very growth is stunted. In medical literature there's the case history of one child who died of old age at 6 years old with a long beard. In other words his voice changed at $2\frac{1}{2}$ years old, he grew a beard at 3 and died at 6 of old age and he had to walk with a cane the last 6 months of his life. So there's case histories like this, in other words, you live the span of life.

If we look at the following numbers:
35, 5' 7", 155, Male

$$4.4 \qquad \frac{7.20}{5.10} \qquad 10 \qquad 4 \qquad \frac{7}{8}$$

Not only has he got migraine headaches but he also has a tumorous area (high delta cell count) in the prostate area and he's passing a lot of foul smelling bowel gas. You know he's got prostate trouble because the specific gravity of manganese is 54 and with this kind of a digestive system it couldn't take in manganese, and without manganese the cells in the prostate gland could not be replaced, and therefore there's going to be a breakdown of them. In this case he'd get his zinc from the air and he wouldn't have any trouble picking up iron, even though it's 55 and manganese is 54, because iron comes in soluble form in syrups and in many fruits in far greater amounts than manganese. In other words, there's a greater amount of readily available soluble iron in foods than there is manganese in ratio and proportion.

<u>Digestive Efficiency, Example 1 - Steer at 5 Months Old</u>.

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In looking at the digestion and it's efficiency you can use math to work it out, for instance, the "digestive efficiency" of a steer at 5 months is calculated as follows:

If you take a 5 month old steer:

- Weight = 500 lb,
- Drinks = 200 lb of water a day, and
- Eats = 70 lb of food per day (grass etc, of which 5 lb would be corn at 8% protein)

The animal is going to gain 3 lb of total body weight every single day, but every single day he's going to be drinking 200 lb of water and eating 70 lb of food. When he's checked we find:

- Day 1 - 500 lb,
- Day 2 - 503 lb,
- Day 3 - 506 lb,
- Day 4 - 509 lb,

and so on up until he reaches a total of about 1000 - 1100 lb at which time he'll be sold on the market for beef for a profit. The question is "how efficient is his body chemistry? What percent of the energy is he getting out of his total food intake?"

Now during summer he will use about 225 to 240 lb of water a day, but in the winter time he'll use only about 180 to 200 lb, so we just use 200 lb as a round figure for water consumption.

In this sort of problem the water figure is negated because the amount he drinks is essentially the amount he loses, it's almost the same so we're speaking mainly about the food. Now the food the animal eats, the grass, corn, hay, etc., will average out to about 30% moisture and the steer is at about 75% moisture.

In looking at the 3 lb gain in weight per day, that 3 lb is made of mineral (25%) and moisture (75%) so that the breakdown of mineral to moisture is 12 oz to 36 oz.

Now the question is, what percent of energy is the animal getting out of the 70 lb of food, with the moisture in it?

Now 80% of mineral comes from the air and 20% from the food so the 12 oz of total mineral divides down to 9.6 oz from the air and 2.4 oz from the food. Converting 70 lb to ounces gives 1120 oz and 2.4 divided by 1120 is 0.2% efficient. The steer has a chemistry that is 0.2% efficient.

<u>Example 2 - 10 Year Old Boy.</u>

The next example is that of a normal 10 year old boy who weighs 60 lb. He eats 3 lb of food a day and every 6 months he's gains 2 lb. What is the percentage of energy he is getting out of his food with the moisture in it? You need to know that there's much more moisture in our foods, and many run from 75% to 80%, be nearer to 80%.

Let's look at what we know:

- Food. 3 lb times 180 days (6 months) = 540 lb of food in 6 months and 540 lb = 8640 oz of wet food. His food is 80% moisture and 20% mineral, so mineral component is 1728 oz per six months.
- Weight. Every cell in the body is changed every 6 months, so his 6 month weight gain is 62 lb, not 2 lb. His growth is 2 lb. Converting the 62 lb = 992 oz and the mineral content of

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flesh is 25% so 992 oz gives 248 oz of mineral and this would be the actual amount of energy that he got out of all surroundings including food and air.

- Now 80% of his mineral energy comes from the air and only 20% from ingested food and of the 248 oz of mineral energy he gets 198.4 oz from the air and 49.6 oz from the solid food. 49.6 oz divided by 8640 oz (moist food in 6 months) = 0.57% efficient.

The boy is 0.57% efficient, and he's a little more efficient than the steer.

Digestive Efficiency, Alternative Calculations.

There's more than one way to work the math, for instance, the 10 year old boy who weighs 60 lb and consumes 3 lb of food a day and gains 2 lb in six months. His efficiency is calculated on known facts as:

- He gains 2 lb every 180 days.
- He is 1/2 X, but that math doesn't come in to the calculation. It comes in that because he is only 1/2 X he will eat 3 lb of food a day.
- The moisture content of his body is 75% of 60 lb equals 45 lb. This doesn't enter into the calculation but it's a fact we can keep in our mind, and
- The mineral content is the remainder, 15 lb.

Now, commencing the solution to the problem:

- The weight gain is 2 lb but in 180 days he also replaces every cell in his body, so we also have a weight replacement of 60 lb, so his body has effectively put on 62 lb. Now it's true that different types of cells are replaced at different rates but every cell is replaced every six months is a functional average to work with, which is why we use 62 lb here. The average gain per day would be the 62 lb divided by the 180 days, which comes to 0.344 lb wet weight per day, or 0.086 lb of mineral weight.
- Keeping in mind the 80%:20% food rule, 1/5 only of the weight gain comes from the food that he eats, so let's just say the weight from the food equals that number of pounds divided by 5, equals 0.086 lb divided by 5 equals 0.0172 lb of gain per 3 lb consumed per day.

Therefore the percentage efficiency is 0.0172 lb divided by 3 multiplied by 100% is 0.57% efficiency. We're talking about reserve energy here, not daily activity energy.

Let's now take a last example. The problem here is a 40 year old in perfect health with 100% reserve energy. He's 5' 6", 140 lb and consumes 4 lb of food a day and maintains body weight. Calculate his efficiency.

The X factor involves itself here in the weight of the food he eats. The 20 year old ate 2 lb of food to maintain 100% and the person at 40, because he is 2X, needs 4 lb of food to maintain 100% reserve energy.

The known factors are:

- Weight = 140 lb,
- Food = 4 lb per day, or 720 wet lb in 6 months
- 20% of mineral weight only from food.
- 180 day period.

Calculating over a 6 month period and eliminating the moisture from tissue, not food:

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- 140 lb body weight at 75% moisture gives 105 lb of water and 35 lb of mineral, of which 28 lb comes from the air and 7 lb comes from the food.
- 4 lb of food over 180 days is 720 wet lb. 80% of human food is moisture and 20% is mineral so we have 144 lb of food mineral in 6 months.
- 7 lb divide 720 is 0.97% efficiency.

Calculating over a single day period, with wet food mineral.

- 140 lb body weight at 75% moisture gives 105 lb of water and 35 lb of mineral, of which 28 lb comes from the air and 7 lb from food. 7 lb divide by 180 days is 0.0389 lb/day.
- 4 lb of food per day. 80% of human food is moisture and 20% is mineral so we have 0.8 lb of food mineral.
- .0389 lb/day divide by 4 lb times 100% gives 0.97% efficiency.

Calculating over a 6 month period, using equal moisture in food and tissue, and eliminating moisture in food.

- 140 lb body weight of which 80% comes from the air and 20% from the food gives 28 lb from the food.
- 4 lb of food over 180 days is 720 lb in 6 months.
- 28 lb divide by 720 lb times 100% is 3.8% efficiency.

The moisture content in the body is about 75% and the moisture content in food is about 80%. The differences in the calculated efficiency is the differences in the moisture content of the food and the body. Keep in mind that this is for a "perfect" equation.

The "X" factor comes in because he has to eat twice the amount of food, apart from that it doesn't come into it. These efficiency figures really show how little of the food we utilise in the body.

What you're working at is maintaining 100% reserve energy. We tend to think that a person at 100% reserve energy is going to have some tremendous percentage of efficiency, but this shows how little of the food we eat. As Doc said, people used to be stunned when they'd come to his house for dinner and saw the small amount of food on the table. They couldn't believe how his family could possibly live on that small amount of food, which to him was normal, until he got to somebody else's house and there was food there he thought was for an army. But that's the difference when you're in perfect health you can get by on less.

What I'm trying to teach you here is to think, because you will not find very many people that will fit that exact problem. Their weight is different, their age is different and so forth.

Liver Function in Digestion.

In considering the liver's function and it's ability to change the frequency of minerals to incorporate them into the energy structure of living tissue, consider that the liver is like an "arrestor bed" that slows traffic for it to be directed to the right place. If the traffic is slowed too much so that it stops, or if it's not slowed enough so it's still too fast then in both cases it cannot be directed. Alternatively, consider two cars travelling down a freeway at 120 kph and 80 kph when they run into an embankment and stop. In coming to a stop the car travelling at 120 kph had been slowed down, or changed, the most.

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The liver is like an "arrestor bed" or that "embankment" in that it effected a change of speed on the cars. Now if you think about age factors and the strength of digestion in regard to the atomic weight of the elements, the age factor (reserve energy factor) says that the very young (and the very sick) have a dilute gastric juice, and the more dilute the gastric juice the harder it is for the digestion to extract the heavier elements from the food, which is why a child is a child and not an adult. A boy at 6 is a boy because he is unable to father children because his digestive juices are too weak to pull out the heavier minerals like manganese.

Let's now look at what's happening in the digestion at the ideal pH when a man eats an orange, knowing that the orange has all its minerals on a frequency of 0.0009. If the energy of the minerals in an orange are to be used in the human body then they must be changed from an orange frequency of .0009 to a human male frequency of 0.0000024. Keep in mind:

- the lower the frequency, the larger the cell, and the faster the electrons rotate, and
- the higher the frequency (man has the highest frequency on earth) the smaller the cell, and the slower the electrons rotate.

The orange cell is larger than a human cell so the electrons are moving faster and when you eat an orange the mineral energy on the 0.0009 frequency have to be slowed down to get to a 0.0000024 frequency. Now when the orange goes into the stomach at the ideal pH the resistance extracts mineral in energy form which goes into the bloodstream then to the liver. If the liver is weak then the minerals are not changed to the frequency of the body. Remembering that pH is only a measure of resistance, if you have a low pH you have less resistance than you need and if it's a high pH you have a greater resistance than you need. So in the digestive process the liver slows the electrons down to get them to fit our frequency and when the pH is low you've got weak digestive juices and less resistance, so the digestion does not apply enough resistance, or does not apply enough brake to the electrons, and so it's still too fast and the body can't pick it up. If we have a high pH with a weak digestive juice and too great a resistance it slows it down way too far and we lose energy and can't pick it up. When some people are double acid they'll experience diarrhoea after eating an orange or citrus fruits as the body tries to eliminate the problem food.

Remember the 80%-20% rule, and the main source of airborne minerals is the sea or bodies of water. Now when minerals come in contact with salts there is a breaking down, a corrosion, or oxidation, and gas is produced. Now even in mineral baths some gas is produced and that gas goes in through the skin. Remember, if you painted your body you'd die because the skin is meant to be permeable. When gases go through the skin they go to the liver via the bloodstream. So we are able to feed the body through the lungs and the skin as well as through the bowel and this becomes a fantastic source of contributing to the up building of the reserve energy, maintaining the reserve energy.

Digestion of Meats.

Leviticus Chapter 11 tells you what the clean and unclean meats are, those that you can and shouldn't eat, and it relates back to the speed of digestion.

The unclean meats digest in an average of 3 hours and the clean meats require about 18 hours, and that is normal for meats, it should take about eighteen hours.

If you digest food in 3 hours it burns you up too quickly, it's like putting high test gasoline in a car that's not built for it, and you grow old too quickly, the excess energy that you can't use burns you

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out. I have people coming in that's in their late 30's or early 40's, they look like they're 70 or 80 years old. We put them on a diet, take the unclean meats away from them and in 6 months they look even younger than their years.

So it's amazing how our diets can put us into an early grave, all because we do not take thought.

Digitalis (Foxglove).
One purpose of Digitalis is to slow down the heart beat. If the heart beat is 90 or above they need to see a doctor and get digitalis and take it until the heart beat drops to an average of 60 and then stop because digitalis causes the heart to beat slower, or more slowly. One of the things you want to ask of a person who's heart beat is too slow (below 60) is, "are you on digitalis or foxglove?"

Now if they are, suggest to them that they see the person who recommended it so they can come off of it.

Directions and Goals.
If we did not know what "perfect" was, how would we know what imperfect was? If you did not know where you were going, how would you know when you got there? It's the same principle just asked differently. Did you ever find somebody and say, "what are you doing?"
and they said, "nothing",
and did you say, "may I help you".

It's exactly the same principle. You've got to have a goal and you've got to work toward it. The goals we've set at the moment is to express patterns in mathematical terms but you won't be told "why" just yet, just that it is and you'll need to memorize it. As you continue to learn you'll also learn the why but initially it's too difficult and requires too much practice.

The reason why you're getting patterns is to be able to go out, use these things and be of immediate help to people.

Disease.
All disease is, is a mineral deficiency which is also a loss of energy, and disease ALWAYS starts where the mineral is most deficient.

Now you may name a malady whatever you want and it really doesn't make any difference, and I'll be glad when the day comes when NO diseases are named, none, but right now people have the wrong idea that they've got to know a name of what they've got, and it don't help a bit. It doesn't help at all, but they've just got to know what somebody else reckons they've got.

It's a bit like the three preachers that died and went to heaven at the same time and St. Peter was asking them all kinds of questions about the church dogmas of their different churches, and while they were talking this teenager drove up in her sports coupe, slapped on the brakes, spun half around, spat dust all over them and when the dust cleared St. Peter said, "Open the gate and let her go in", and they did. She spun the wheels and off she went in a cloud of dust.
And the preachers said, "Now wait a minute St. Peter, how are you running this heaven up here?"
And he said, "well I'll tell you .."..
They said, "you let her go right on in without asking her any questions, and here you are, been questioning us for the last few hours."

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And he said, "that girl has scared more hell out of people than you ever have."

Now that's why we have to name some diseases, to scare hell out of people, to get them to take the diet that you give them. If you don't they won't pay any attention to you, but if you ask them what their hurry is to get to the cemetery, and they're taking every short cut that they know of, they'll be a lot easier to deal with.

Distillation.
Sometimes we distil water up to 20 times to get it pure enough to USP standard, so just because you distil it one time doesn't mean it's perfect.

Dizzy.
When a person goes on a fast for maybe about 10 or 12 days he might become dizzy or light headed and this could be from either:

- loss of potassium,
- low blood sugar, or
- both.

Do.
People only do that which they like to do.

Drinking With Meals.
It's better to drink water with meals than not drink at all and it does not dilute the gastric juice, but if you drink plenty of water between meals you generally don't want it with meals.

Drop.
See Also "Units of Measurement". The number of standard drops in:

- 80 000 drops = 4 lt = 4000 ml = 4000 cc = 1 gal
- 20 000 drops = 1 lt = 1000 ml = 1000 cc = 1 kg
- 20 drops = 1 ml = 1 cc
- 50 drops = 21/2 ml = 21/2 cc

There's about five million molecules in one drop of water.

Dropsy.
There are some people with dropsy who get smaller and smaller and smaller. It's a disease and it can happen to people anywhere from 6 years old to 50 years old, and many times starvation can cause it.

Actually it's only starvation, a type of Beri Beri, but it's a mineral deficiency too. With it their bones get smaller, their heads get smaller, they get smaller all over, just get shorter and I mean still standing straight.

Dropsy is an old fashioned disease and it's a basic, all over, metabolism problem, and there's generally no two cases alike and although you try to get a mineral into them it refuses because many times it's a genetic condition.

Drugs.

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If you think that diet is the whole thing in getting people well then you need more training, if you think that drugs is the whole thing then you need more training, if you think religion is the whole thing you need more training, if you think that any one thing is all, you need more training.

It is impossible for medical drugs to heal anyone because:

- they're a poison to the body because they cannot be changed to fit the body frequency, which means they cannot be patterned into the protein building blocks, the amino acids.
- they don't supply minerals, and
- they can't create a new cell.

Drugs have no place in our system for repair or maintenance so consequently the body throws them out IF IT CAN. At best drugs help relieve the pain and at worst they delay recovery or even aggravate the condition. For instance:

- Chemotherapy treatment for cancer does not regress anything, it gives a false hope, and all it does is displace the calcium in the liver, and therefore the liver cannot produce enough natural salts to keep the nerves sending the message through to know that something is wrong. In short chemotherapy ruins the liver and makes it impossible for it to function.
- Medical insulin is a drug (it's a salt) and has never cured diabetes or any disease and people should NEVER be put on it to start with. The only reasons why it would ever do any good would be for cancer of the pancreas or cancer of the liver, and only then because the body couldn't supply the insulin, and even then it would do very little good.
- Caffeine and nicotine are different forms of opium and you can be hooked on opium from coffee the same as any other and when this happens over a period of time you can have Parkinson's disease, trembling.

We need the doctors, we need the physicians but too many times the remedies, the chemicals and the drugs they use only make us sicker. In other words, they add to our problem instead of solving it. Remember this, medical drugs have never cured anything, but do not misunderstand, there are times when those drugs are needed, for instance, I wouldn't want to have a tooth pulled without codeine or a pain killer or something on that order. I'm not against drugs, it's only the abuse of drugs that I'm against. Medical drugs are magnificent things when used intelligently and correctly. It's not the use of drugs that's wrong, it's the abuse of drugs. Drugs alone have failed us, but drugs coordinated with other things in the healing arts can do great things for people, among which is they sometimes let people die in peace, without pain.

You're going to find some people that are on so many drugs, and they have so much of it stored in their body, until if you release those drugs quickly it would kill them. Therefore you're going to have to put them on a diet and take them off, put them on and take them off, put them on and take them off, put them on and take them off, and sometimes you put them on a diet for 2 hours and take them off for 3 days, and then put them on for $2^1/_2$ to 3 hours then take them off for another 3 days, in order to safely wash out these drugs that have accumulated in their system.

Now as long as the drug syndicates can keep people scared to death that cancer's going to kill 25% of them, they can rob them. The fine medical doctors do the best they can, but they're hamstrung by the rules and regulations of the drug syndicate. For instance, the medical books name the disease, but they don't tell you what to do for it. For that you have to go to the Physician's Desk Reference (PDR), which is written by the drug companies, in order to find out what you do for the disease.

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The doctor names it and the drug company tells you what to do for it so you buy the drugs. This is not talking against drugs because there is a time for most everything, but remember:

- it is not the use of drugs that's harmful, it's the abuse of drugs that's harmful, and
- it is not the use of food that's harmful, it's the abuse of food that is harmful.

There's many things that are considered drugs that are not drugs, for instance lithium carbonate is considered a drug and it isn't, it's an element mineral, and does less harm than aspirin tablets, yet it's called a dangerous drug in the PDR because it does a lot of good if used wisely.

The only thing about the use of lithium carbonate is you do need to drink plenty of water when you take it, otherwise it can do just what so many other things can do, it can make you slightly nauseated, and many times that's a good thing. But just because it makes a few people nauseated because they don't drink any water they call it a dangerous drug. So what I'm trying to do is to tell you is the truth, "Seek to know the truth and the truth shall make you free".

I've got something to tell you about illegal drugs like marijuana. The organs that are damaged most by illegal drugs is not the brain, it's the lungs, and so there's not enough oxygen going to the liver then the brain plays tricks on you. The damage it does to the lungs is a very serious matter and people on illegal drugs will often develop a high emphysema count (which is a dehydration of the cells of the lungs) because they're not getting enough oxygen from the lungs to the liver. People with emphysema are candidates for the retreat where their lungs can be restored by a good diet and where they'll be out in the fresh air.

It's very simple for anybody to be healthy, but to be sick you've got to work at it, you've got to break all the rules and be very choosey about your foods, "I don't like this", "I don't like that" and then you can get to the place that your body chemistry will crave the thing that you do NOT need. What you crave most is what the body has too much of, and there is the magnet coming into effect, the physical application of Boyle's Law and Baer's Law, "like things attract", and for that exact reason:

- an alcoholic craves his whiskey,
- a heavy coffee drinker craves his coffee,
- a person that is a chain smoker craves his nicotine, and
- a person that's on drugs craves their drugs.

Now these laws didn't change anything, they just expressed the biological fact of why we crave that which we have too much of. When your body chemistry is "perfect" you will then have an instinct that will let you know what you need for the exact same reason, and that is cause and effect, the loss or gain of energy.

Lastly, I want to call your attention to what John the Revelator predicted would happen. He predicted that there would come a time when there would be drugs thrust and forced upon people, and coming as it does at the end of the Book of Revelation that says we're very close to the time of the end, in which Jesus is going to return. Now this is what the bible says about drugs, but it's speaking about the abuse of drugs, not the use of drugs.

In the Book of Revelation where the word "sorcerer" is used it comes from the Greek word "pharmacopoeia", which means drugs, or drug salesmen or drug pushers or drug givers, and this meaning only applies in the Book of Revelation.

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Revelation 22:15 speaks about those that are chosen of the lord, and those that are not chosen of the Lord, and it says this, "For without are dogs and sorcerers and whoremongers and murderers and idolaters and whosoever loved and make a lie."

In Revelation 21:8, "But the fearful, and unbelieving, and the abominable, .." (those people that eat the unclean meats) ".. and murderers, and whoremongers, and sorcerers .." (drug pushers) ".. and idolaters, and all liars, shall have their part in the lake which burned with fire and brimstone: which is the second death." And doctors who depend on drugs alone to get people well are inexcusable.

Now Revelation 18:23, "And the light of a candle shall shine no more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee: for thy merchants were the great men of the earth; for by thy sorceries .." (for by their drugs) ".. were all nations deceived." There never has been a time when whole nations have become so involved in the business of producing drugs, Thailand, Turkey, Cambodia and India and others are in the business of producing drugs and these drugs cause the mind to be deceived, you can't think straight.

Also in the book of Revelation 9:21 it says, "Neither repented they of their murders, nor of their sorceries ..." (meaning drugs) ". nor of their fornication, nor of their thefts." A lot of murder is done by the sale of drugs, and drugs, murder, fornication and thefts are all linked together. There are many doctors that are discouraged, disillusioned and heart-broken over the laws that prevent them from doing what they know and they are forced to sell drugs. In America the doctors have to write down everything they do for every patient and then that information is censored by an employee of the drug companies. This is true and it comes from medical doctors who are in that system and who hate it with a passion.

E

Ear Problems.
For ear problems like ear ache, ear fungus, tinnitus (ringing in the ears) you use a couple of drops of:

- Formula X (may not be available) which has an oil in an alcohol base and you have to shake it up. Not only is it good for ear problems but it's also for any type of muscle sprains. Do not take it, just drop it into the ear and when you use it in a baby's ear he's going to be absolutely sure that it's burnt his head right off. It won't burn the head off and it's one of the fastest things in the world to stop an earache and it does a fabulous job and does it quickly.
- You could use half the amount of medical 94 proof gin, or
- Rubbing alcohol is very good and is preferred over the gin and use the pure alcohol, do not dilute it.

For things like ear fungus use the alcohol externally and in addition take the K-Min internally and it should knock your problem out.

Tinnitus (ringing in the ears) is caused because there's infection, or a loss of energy, in the ears and it's the wave lengths that strikes the anvil of the ear that gives tone and a high salt level has an effect on tinnitus only when there is an infection there.

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Earth.
Everything that is made is made of atoms comprising anions and cations of differering energies and it's the energies which make a universe of difference. For instance, the earth contains both anions and cations but the balance is cationic.

The Van Allen Belt circles the earth about 100 miles up and about 60-80 miles thick. The anions in the Van Allen Belt travel around the earth and if you were out in space looking down the anions would be travelling clockwise with such a rapid speed until they'd cover the earth like a solid shell. For instance, if you take a yardstick and tie a ball of yarn on the end of it, soak the yarn in oil, light it in the night and spin it around slowly you can see the person that's spinning it, but if it spins around fast enough you've got a solid flame and you can't see the person inside that flame. The speed at which those anions are travelling makes the shell completely around the earth in the same respect that electrons make a complete shell around a molecule.

Remember, the practical application of the combination of Boyle's Law and Baer's Law is the law of polarity, which says, "like things attract", in other words, anions attract anions and cations attract cations. Anions do not attract cations. The earth is cationic, the Van Allen Belt is anionic and the moon is cationic and because of polarity the earth and moon seek to come together to become one, but the moon doesn't come rushing in because of the repulsion effects from Van Allen Belt, it balances the attraction out. Now it's the law of polarity that says that all the anions on Earth are trying to get to the anionic Van Allen Belt, and all the cations are trying to get to the earth, which is why as the anions climb up they also push us up, and in this way it let's us know which way "up" is, and lets plants know which way "up" is. The law of polarity says:

- a vine will crawl along on the ground until it finds a tree to climb, then it'll climb it counterclockwise, and
- a tree stands upright, and
- you walk with your head up instead of walking on all fours like a dog.

The more anions in a cationic substance the lighter it is, and the more cations in a cationic substance the heavier it is.

The anions in the earth are trying to rise to the Van Allen Belt and those that do rise are being hindered in their passage by cations trying to go down. As anions and cations get caught up in this battle for 'right of way' in the atmosphere it actually forms the atmosphere. The atmosphere actually results from the mix of anions and cations, and is the battle between the upward forces (anions) and the downward forces (cations) and it's the combination by the winds, air currents and temperatures that causes the chaotic confusion of the atmosphere, and without it there wouldn't be any atmosphere. As these anions and cations are trying to go up and down respectively, they're not actually trying to stop each other, they're actually in each other's way and it's the result of the interaction of anions and cations that forms compounds (water, rocks and mineral). In other words, the interaction of anions and cations forms a frequency which follows the rules and laws of physics that are cause and effect.

The earth is cationic, and cationic attraction is gravity, PROVIDING there's something rotating. Magnetism is the attraction of anions to anions or cations to cations. Magnetism in steel is radium, and if you take the radium out you lose the magnetism.

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As the earth turns it does not create the electricity in the north and south pole. The very fact that the Van Allen Belt goes around the earth means you have the south positive pole and the north positive pole within the same sphere. Now this can happen within the sphere but it can't within a rod. Now it's the magnetic attraction between the Van Allen Belt and the earth that causes the earth to turn, and as it turns there is a force of electrical energy that moves over the crust of the earth from the south magnetic pole (some 250 miles south west of Cape Town, South Africa) to the north magnetic pole (just below the Hudson Bay and the Eastern Standard Time Zone), and if this force was not in effect the earth would not turn.

It's the same principle of any motor that turns by electricity such that there is a force between your armature and your fields. The earth's electromagnetic force travels over the crust of the earth from the south magnetic pole to the more highly cationic north magnetic pole and when it reaches the north magnetic pole then there's an anionic force that goes through the center of the earth, where the heat is, that moves energy back to the south magnetic pole. The direction in which the cations travel over the crust earth is the same and it is this electromagnetic flow that makes the compass point north, and causes a seed planted in the earth to sprout. The depth of the cationic flow over the earth is the depth of the ionization, in other words, if you had iron at 1000 feet the ionization would go all the way down, so it varies a lot.

Boyle's Law relates to the poles of a magnet because of the difference in ratio, a pull, and that's nature following the line of least resistance. Suppose you had 1 cation at 550 MHU and 1 cation with 850 MHU, the one with the 850 is going to pull the harder which is the greater magnetism and that's the reason a magnet works, is because the cations on one side are stronger than the cations on the other side. That's also polarisation, they're both cations on both sides but the polarisation is different, the pull is different. You can change the poles of a magnet, turn them around, by changing the cationic ratio by putting more cations on the other end.

If you take a bar magnet and put iron filings on the positive pole then they will synchronize to an energy level between the magnet and the filings, and will eventually become equal. In other words the magnet will be losing cations and the filings will be taking on cations, they become attracted one to another and that is the process of synchronization. If you want to charge a magnet then you add cation particles to it then as the particles seek the level of the magnet they will also pick up the cations in the atmosphere which then come and join in and assist in charging the magnet so that when you're finished you've got more than you started with and this is the process of how food is taken from the air into our bodies, is magnetic attraction.

Now during an electrical storm when the static electricity is so great till your hair stands on end, or you pass a piece of plastic over your arm and the hair stands on end is because the magnetic anions in the air, or the plastic, is greater than those in your body and therefore you can feel it pass over, and if you jerk a piece of plastic very quickly in the darkened room you will see the cations that's in the air strike the anions from the loss of the plastic and it'll give you a light, a flash.

What makes lightning is that there is a stream of the cations turned loose and then they hit a stream of anions and then that is the lightning. Now when the two forces become great enough due to atmospheric conditions, there is the terrific explosion of lightning, and because the cations are often more powerful than the anions they draw anions to the earth. But when the anionic force is greater than the cationic force then the anions draw cations out of the earth and the lightning would go up

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instead of down and when that happens the bolt of lightning is not small like it usually is, it's sometimes 45 cm - 60 cm thick.

Consider the effect of the earth's electromagnetic effect on plants. If you put a plant cutting into a glass of water and don't turn the glass around and don't change the water then after a while you'll see little rootlets come out in a straight line down the north side of the cutting and the reason they come out on the north side is that the plant has no brain so the only way it has to find it's food is to find it by ionization, following the lines of greatest force as they travel over the crust of the earth from the south magnetic field to the north magnetic field. In other words, the rootlets follow the direction in which the magnetic force is the greatest and the plant rootlets are actually built by ionization, the exact principle by which silver plating or chromium plating takes place and that is the size of the energy we live off. If we take the next step, suppose you have a vine in a pot. When you look down into the pot the rootlets will grow around clockwise, and if you look at the whole plant you'll easily notice that the vine and roots all go in the same direction, but the growing tips grow in opposite directions so that the plant can extend on each end yet maintain the same spiral and this is proving the very basic foundation of anions attract anions and cations attract cations.

Anions are very small and there's great spaces between them, for instance, if one anion was blown up to be the size of a golf ball the next nearest one would be 1730 miles away, and there's as much room for an anion to go through a 4 foot solid wall as there is for you to walk through a hanger door of a very large aircraft hanger. Now anions are a little bit longer than they are wide and they normally roll out sideways, like little barrels, rolling one at a time, and not in groups or masses. Now they're generated very quickly and they're red hot, but they roll very slowly until they strike something then they bounce and go long ways. For instance they roll out like a barrel rolling till they strike something and then they go long ways in a straight line. When they go long ways they go right through things like people or walls then right on out into space to the Van Allen Belt.

Anions are so small that you can send them from a broadcasting station through a storm or a wall, or even down to the bottom of the ocean in a straight line through the holes in the water without even getting wet where they meet a receiver in a submarine and they'll give you pictures or music or color. Water molecules are like a box full of large grapefruit and single anions are like small marbles going through the holes, it's the same principle.

When they're generated the anions come rolling out end ways because they're harnessed, and they keep going that way until they get to the television set and it turns them around and rolls them sideways across that screen and then the reflection of light upon them gives you color. Light is anionic beams.

Now if you go out beyond the Van Allen Belt it's very, very dark and when the sun sends a beam of anionic light towards the earth it strikes the Van Allen Belt which then starts the anions rolling sideways which then lights the Earth until the earth turns away from the sun, then is the night.

Earthworms.

Earthworms are very good in the soil but the healthiest soil does not have worms in it at all. For example, suppose that you had an acre of citrus, and that acre was producing 500 boxes of oranges per year, would be 2250 pounds of solids that's taken off of that acre each year. Now you could have earthworms in the soil and produce that much but suppose that these trees got older and larger and you were going to produce 1000 boxes of oranges to the acre and you'd be taking out

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approximately 4500 pounds of mineral per acre. Then your concentration of plant food mineral, even if it come from all organic, would be so great until it could not maintain earthworms.

Easy. This system is so easy, it's as easy as a bob-tailed dog falling off a log. See the picture, cause and effect, cause and effect, cause and effect. Know your anatomy, you are cationic substance and therefore what you're made from has to be cationic, cause and effect.

There's nothing complicated about this, it's so easy and most people try and make something hard out of it, but it's just so easy it's just like putting wood on the fire to get warm. Every step opens up the next step.

Remember Doc did original research and spent 45 years in practice at this and it was easy for him. If you're just beginning don't expect to go too fast, and try to see everything you look at, really see everything you look at. Compare the numbers you see with the person and see the picture of what they look like.

Now sometimes it's experience that tells you the time and the energy left, and the more you use these numbers the more experience you'll have with them and the easier they are to handle. But just starting to handle these numbers you're babies in the field but the more information you can learn and the more you can observe the more accurate you can be.

Education.
Education isn't exactly what you know, but education is knowing:

- where to get what you want,
- when you want it, and
- when you need it.

That's education and recall, and you need to master it and learn self mastery, and the more you can recall the more you can store in your cranium and the more prepared you are for any eventuality. So remember and memorize the rules so you'll do them automatically and study so that at any moment you can turn to a fact when you need it and that will help you master the subject, learn self mastery.

One of the important things you need to know when you see those numbers is to be able to remember the rules, and if you'll remember the rules it will help you tremendously to understand to see a picture in these numbers which you can then use for the glory of God, but the moment you get the glory "you have your reward", but when you give God the glory you will open your mind to "education by absorption", in other words, the Holy Spirit will guide you. So God will give you the wisdom you need if you'll just give him the glory for He will not divide His glory with anyone.

Now there's one sign of an educated person, they never blame others. So if you really want to become educated there's only one person to blame, and that is yourself. In other words, if you have the tenacity to say, "if anybody else can do it I can too" there's great hope for you. But if you go around complaining about this or that or something else you are refusing to accept the opportunity that God has given you to whittle an obstacle into a stepping stone to rise to higher planes. In other words there's three reasons why you do that:

- "you're too lazy"
- "you're in too big a hurry" or

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- "you're just too ornery" or "you just don't want to do it."

So, God gives you difficult problems for your faith, and work at it to rise to higher planes. Now are you going to climb the ladder of life or are you going to stay at the bottom of the ladder, and the higher you climb the more dangerous it gets, and the more shaky it gets, but remember this, the higher you climb, and should you fall, the higher you'll bounce. You don't have to stay down, you can rise again. So if you fail, so what? A hundred years from now you won't know the difference. It's better to try and fail than not to try at all. It's better to love and lose than not to love at all. It's better to attempt to do something than not to try to attempt it.

So what I'm telling you is a philosophy of life that's necessary to climb to higher heights. Sure it's going to take everything you've got, it's going to even take the marrow of your bones to do it and did you know that when a bird flies he has to even draw on the energy from the marrow of his bones in order to fly. That's the reason his life is so short. A mocking bird, not quite three years, if he lives his life out in full.

"Truth and Consequence".

It's very difficult to educate the educated, because it's only that which you learn after you know it all is all that counts. That means that after you get your sheep skin on the wall it's only what you learn after that only counts. It's a very difficult thing in life to learn, to accept new ideas and to prove new ideas, but there's not anything given to you here that you cannot prove beyond a shadow of a doubt.

Suppose that you should pick a native up out of a forest in the middle of Africa who's never seen an automobile and you showed them a box of mechanical tools. They'd have no idea what they were until they saw an automobile and saw somebody using them, and then they could begin to comprehend what the tools are for. Now let's take a very highly educated professor in the United States and put him in the midst of Africa. He'd probably have a pretty torrid time making a living over there, trying to figure out the way the natives live and he would be subject to all kinds of diseases because he wouldn't be immune and he'd have all kind of problems. Now education is in your own environment, determining how to master every situation, because to say that the native in the forest is ignorant is an understatement. He's ignorant if you want to compare him with a college professor, or someone that can read or speak many languages, but what are you comparing education with? Education is simply a bag of tools to work with. For instance, logarithms are a part of the tools you're going to need in the future, because when you consider that there's approximately 5 million atoms in a drop of water, and our bodies are approximately 70 to 80% water, and then we're dealing with the solids too, how can we possibly calculate where our mineral deficiencies are without logarithms? In other words you can't deal with those numbers in their greatness.

In working through this text you're going to find one of the most difficult things is the unlearning process. Things that you've been grounded in since you were in high school you're going to find out are not so at all, they're not true, and you will see for yourself why they're not so and be assured of what is the truth in mathematics. The unlearning process is very difficult for most of us and it's very difficult to educate the educated. It's so easy to change your automobile every year or two but it is very difficult to change our minds, we get in a rut and we just don't want to get out because we feel secure.

Eggs.

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You hear a lot of talk about eating fertile and infertile eggs, there's only one cell difference. You'd have to eat 2400 eggs every morning for breakfast to really make a difference because there's only about 6 parts per million (ppm) of manganese.

For men, 4 eggs a week is enough, say 2 x 2 eggs a week, or 1 x 4 eggs a week, how ever you want it.

Einstein.
Einstein published the Theory of Relativity in 1903 and it split the colleges of Germany and he was exiled, so he moved to New Jersey and they took him in.

It was 1935 before someone took up his idea, brought it to Mr. Roosevelt and said that they could convert that into energy, that they could make a bomb that would destroy a square mile, and Mr. Roosevelt was interested and he got the Congress to set up the money and therefore atomic energy came into being.

But the theory was actually discovered in 1898, but it was 1903 before he published it.

Where did he get the idea? From geometrical math. The solid geometry is the door that opens the door to relativity. It's the door and then where else do you get it, you get it in Enid in calculus, you come to a place that there's nowhere else to go except to go in circles. You're not lost in these circles to a certain extent but you are then dealing with the wheel, back in the wheel age in which the wheel was invented, it would roll.

Electric Shocks.
When someone gets an electric shock from everything he touches they're probably going to have to deionize him a little in a retreat.

Electricity.
The anionic and cationic forces that we talk about is the part of you that makes the difference between a dead body and a living body and everyone of us lives on 110 volts of electricity.

A dead body does not carry any electrical charge, only a living body does. Before a body's stiff, if you put an electrical charge to the head of a corpse the toes will wiggle and if you put an electrical charge on the toes the hands will stand straight up, not from the head, but they'll point upward toward the ceiling. If the corpse is sitting up the hands'll point straight up but if it's laying down it'll point up toward the ceiling, the anions are starting moving upward, remember, "like attracts like".

Now the man that made the first volt meter didn't know that we live on 110 volts of electricity and he started the scale at zero, so actually the volt meter is reading 110 volts too low, because 110 on that meter is 220. For instance in the USA, if you catch hold of either of the two wires that provide power to a light globe, and you're not grounded (if you're grounded then the ground that you're standing on is 110 volts) you won't feel a thing because you're at 110 volts and the wire's 110 volts. It's 110 volts anionic coming in, and 110 volts cationic returning, in other words, the anions stack up out here until each one becomes a power of 500 MHU to return, if it didn't do that it could not return.

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When you consider a light globe, it is the conflict, or the resistance, that takes place in an oxygenless, hydrogenless chamber that makes light possible without an explosion. In other words, inside of that glass bubble there's no oxygen or no hydrogen, it's a vacuum, otherwise it'll burns without the wire giving up enough electrons until it snaps. The energy to heat the wire originates in a copper dynamo, so the energy in the wire is copper energy and there are actually copper particles in the wire. In other words, the copper energy heats pieces of that wire and the wire rolls out anions, which is light.

If the gastric juice is just the right strength it creates electrical energy and heat energy. The heat passes right out of our body in anionic form but the electrical energy that's created from the food we eat forms the AURA of electrical impulses around our body and that can be picked up by instruments. The United States army had detectors which were able to see the aura and tell when a person was encroaching on them. The detectors picked up the electrical aura of bodies and permitted the soldiers to aim a weapon, but they didn't know whether it was male or female, friendly or enemy and it got the troops into a lot of trouble because they killed innocent people at night when they were prowling around, so they had to stop the use of it in Vietnam.

Now if you take an oil lamp, those are oil particles in the light, or a wood stove where the heat comes out of whatever the minerals are in that wood, so therefore whenever you heat by wood you're more comfortable and more cosy than if you have electrical heat because of the ionization that's in the wood, so a part of those things actually become a part of you.

Electrolyte.
An electrolyte is any substance that carries an electrical charge, it's a conductor of electrical impulses from one vessel to another vessel, and some common electrolytes are electric wires, salts, sugar, aluminium, silver, copper, iron, gold and so forth. The metallic elements are electrolytes in the body and the brain because they carry an electrical charge, as are also the nerves, they too are electrolytes in the body.

Now some things are not electrolytes, for instance rubber, some nylon fishing line, glass, some porcelain, corningware, potassium, sodium and silicate by themselves, and wood and distilled water are very poor electrolytes, and sometimes you have to understand what is not an electrolyte in order to understand an electrolyte.

It's just as necessary for you to have electrolytes in your food and in your chemistry and in your body as it is in silver plating tanks. Particles of energy in your body are drawn together by electromagnetism and this is what forms the frequency, and this is what the liver does for you, it joins together the electrolytic energy given off by your food and puts it on the frequency to be used by your body down to the milli-micron of your brain and every nerve sinew, and any deviation in that process is a loss of energy.

The important electrolyte in our system is nitrogen, or protein, as it is the origin of the magnet for the amino acid cell, in that it holds the cell together. Without that little cationic speck of nitrogen no biological life could exist on Earth, because it is around that little speck that a cell is plated, or ionized into existence on the frequency of the organ that's needed. As salt is the ionizer for silver plating and nickel plating, in all biological life it is nitrogen, and only nitrogen, that is the ionizer, and that's the key that makes all biological life different from metals and there is no exception. Proteins are also carriers of energy in the form of electrical current that takes the minerals to the

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various organs of our body so it is a transportation mechanism within the system that builds tissue, and protein, or nitrogen, makes a plant grow, or seeds sprout by acting as an electrolytic carrier in the water.

Now one rule you don't want to forget is that within the relativity of the body nitrogen, or protein, is an electrolyte in all phases of the body metabolism including fat metabolism, protein metabolism and carbohydrate metabolism.

Now, as you look across the equation the more out of line the pH's and the ureas are so too should the salt also be way out of line. Basically if the numbers are out of line, and the salt reading dips to near perfect, then it's an artificially low salt reading and there's a problem somewhere and that problem deals with the electrolytes in the system. Salt is an electrolyte in the system and is necessary for the ionization process, but the salt effects are also age related and generally the higher the salt reading the more damage is being done and the greater the stress on the heart and body, but remember that the further away from perfect a number is the lower the energy. When the salts are under 6 the body is lacking electrolytes and therefore there is dullness, absentmindedness, forgetfulness and things of this nature because the nerve message is not going through.

Electromagnetism.
It's just as necessary for you to have electrolyte in your food and in your chemistry and in your body as it is in the silver plating tanks. Particles of energy in your body are drawn together by electromagnetism from the speck of protein at the stole and this is what forms the frequency, and this is what the liver does for you, it joins together the electrolytic energy given off by your food and puts it on the frequency to be used by your body down to the milli-micron of your brain and every nerve sinew.

Electromagnetism deals with the ion and we work up to the atom, and with the atoms we build the molecules of life.

Electron.
An electron is the energy in the outer orbit, or the outer shell of a molecule. In other words, electrons form the outer shell of either atoms or molecules and the electron shell covers the whole thing like an egg shell covers the whole egg, and to split one half open to make it look like a clock is only a simple way of explaining it. Now electrons can be either anions or cations:

- anions - negative charge - clockwise rotation, or
- cations - positive charge - counterclockwise rotation.

A pH reading shows how fast the electrons are travelling in the undigested foods, or in the foods undergoing digestion, and whenever that speed gets down to the speed of your frequency then it is energy that you can live upon.

Now, does it take the same amount of time for an electron to make 1 revolution around the center of a hydrogen atom as compared to the center of an iron atom? All elementary atoms under the same temperature and pressure are the same size. Now, the greater the specific gravity, the greater the weight, the faster the electrons rotate, so the hydrogen electron rotates slower, and that's the reason hydrogen is a transparent gas, and that's the reason you can see through glass because the silicon electron is travelling at such a slow rate and also the inert gases that are invisible, the electron is travelling at a slower rate because it has less to hold in.

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The speed of rotation for an iron atom is 10 times that of hydrogen and the rotation is measured in per angstrom unit per second.

Element.
See the section entitled, "A Short Course in Chemistry". An element is any substance with the same atomic number that cannot be reduced to any simpler substance and that all molecules have synchronized to a single energy pattern, or definite energy ratio level between the anions and cations.

In it's purest state an element is all of one substance that is synchronized like iron, gold, carbon, zinc, nitrogen, phosphorus, gallium, calcium and so forth. A change in the number of electrons is a change in element.

Elements and Health.
The thing that makes the difference in the elements is the electrons in the outer ring and the liver has the ability to add and subtract electrons, that is, it can make elements in the body.

If we're in "perfect" health our bodies should contain a total of 85 elements all synchronized altogether and these go to form the frequency of the body. When you work with health you'll be dealing with about 16 elements, but if you take care of the first 10 you won't have to worry about the other 75 elements.

Elimination of Waste.
If a cell is being thrown out of the system and it contains a foreign substance, naturally the foreign substance will go out with the cell.

Emotions.
An extreme emotional upset can throw these test numbers into temporary confusion. Another thing you will find is that some people are scared to death when they go for a test, they're scared for hours before they even get to you and by the time they get there their body chemistry is so confused until there's absolutely no picture, even when they have not changed their diet. Now this is rather rare and you won't find too many.

When dealing with patients, one thing you must not do is pay any attention whatsoever to the emotional stress of your patient. Never let that patient's emotions effect your emotions, be calm regardless of what they say or do to you, be calm and do not become mixed in their emotions. Now there are some counsellors and testers and doctors who have the personality of a sick rattlesnake in a hornet's nest, and they wonder why they have such a hard time, they get their emotions mixed up with their patient's and they try to give the impression that they're perfect and they don't know how to say, "I don't know, but I'll find out."

Now if there is plenty of calciums, or almost enough calciums, then any loss of energy due to an increase in the total protein can be caused by the destructive emotions (hate, revenge, anger, lack of love, worry) or even not living the golden rule. Now indigestion arises from the gastric juice being too dilute to digest the food for whatever age they may be, and the major cause of indigestion is not combining the wrong foods or drinking water with the meal, it's often emotional causes and remember this too, you cannot hate anyone else without first hating yourself, and hate is the finest

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cancer seed on Earth. If you want cancer just hate people and you're on the right track. In other words these emotional causes can be the beginning of your liver not accepting enough calciums which can be the beginning of ulcers. It may look like a contradiction but it's not, remember a mineral deficiency is the cause of all diseases and there's no exception to that rule, but your mental attitude, or your emotional state, can be one of the causes of why the mineral deficiency exists, and this will show up at the earliest stage in all of the numbers as a loss of energy. In other words this is where it starts moving down from and the higher it goes the greater the loss of energy, or the more rapid the loss of energy. A rising urea is the VERY FIRST indication of a loss of energy.

Crying and laughing are the finest nerve medicines in the world because they release the emotions and soothe the nerves. The person that has suicidal tendencies, or commits suicide, is the person who can't cry, or scream, or yell and so don't release their emotions, they're depressed.

In looking at the numbers, the higher the sugar goes the more deprived of oxygen the brain becomes and the greater the tension. When the sugar rises above 5.50 they become quite fatigued, and the higher it goes the greater the fatigue and when most people describe themselves say, "I just don't feel good, I don't know what's wrong, I just feel punky, I just can't put my finger on it". This is a fatigue zone, so much so that the main characteristic is that anything you ask them to do is just too much, or too much trouble, or takes too much effort, and if you push them you're liable to end up with somebody on your hands who's crying because their emotions are right there at the surface.

Now after you've worked for a number of years and become experienced, there is a type of patient you'll sometimes meet that in order to get through to them you'll have to put on an "act" that would make Clark Gable ashamed of himself, in order to sometimes make them think that you are really angry, even when you're not, because you're just trying to get it through their head, but remember this is strictly a controlled act.

Now there was a man at the retreat with cancer of the left leg whose leg was four times larger than his right leg, and he'd been that way for six years. His wife was with him and she couldn't understand what her husband was going through in withdrawal, she was so sure he was dying that anytime someone tried to explain it to her she closed her ears and started working on a rebuttal. After about four or five days of this futility Doc ripped right into her and gave her both barrels at once and that morning he finally got through to her and explained it. She was afraid, she wouldn't have any test and she was only there because of her husband. On the seventh day his leg was down to normal, he'd slept twelve hours without waking and he went home that day.

Now with that kind of a person, after you make a normal effort to explain things and they still won't listen, you can often dig into them with both teeth and maybe if you can get their attention long enough they will remember a part of what you say. Now this is a time to put on an act but don't let it wrinkle your feathers, don't let it upset you, let it only be an act, don't let it be real. You're doing it under absolute control, but you want them to believe that you're mad enough to swallow them whole. This is what you want them to believe because in so doing you are getting their attention. She thought I was mad enough to eat her up but I wasn't, I didn't even have a feather wrinkled, I was as cool as a cucumber but I got through. Of course they're going to get angrier and angrier and angrier but after a while they'll come back and say, "I'm sorry I lost my cool, I'm sorry I made you angry" and then when you say, "you didn't make me angry, I wasn't angry at all, I was as cool as a

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cucumber, all I had to do was to get it through your head and I wasn't making a success at being my 'normal' self so I put on a little act, all for your benefit, and I didn't charge you anything extra, and I finally got through". But whenever they come back and apologise you know that they heard what you said, so I penetrated that shell and it did her a world of good and her husband appreciated it and they come back and apologised for her behaviour, but she needed just that act because she could not think, she'd become out of control over her emotions, a bit like a person that's drowning and you have to take over for them. Now sometime it's a very good therapy but if you ever do it then please do not let it upset your emotions, make it strictly an act. It's very good to join a drama club and learn how to put on an act, learn how to handle your emotions because if you can't handle your own emotions you sure won't be able to handle somebody else's.

In other words, do not think that diet is everything, diet is not everything, it's only just one factor. The people need encouragement, they need help, they need love, they need kindness and remember never become emotionally involved with anybody. Do not become upset even though they become emotionally excited. Keep your cool, be the master of yourself in order to be the master of others and if you find it difficult then cancel your appointments, run a test on yourself, and take the right kind of calcium. Find out what's wrong but you should resolve so deeply within yourself that no man, no woman, no one, nobody can ever cause you to lose your composure, that you will not bow down or let them know what size you are. Keep your cool.

So use your own self control for your self mastery, use your talents to the best of your ability.

Emotions - Laughing & Crying.

Don't forget this, crying and tears are the finest nerve medicine in all world because it soothes the nerves. Those that can cry release their emotions, or they scream or holler and ease their tension, they relax.

If you're uptight and you can cry, it's a blessing and it doesn't matter what you're crying about just so you're crying, also a good laugh too it's the finest nerve medicine in the world because you unload, and that's the reason that God made laughing and crying, is so that we could unload the burdens of life. The person that has suicidal tendencies is the person who can't cry, they're depressed.

If a woman comes to you and she can't stop crying, and she's got a pH of 5.20 and the other numbers somewhat in a sensible range then her main problem is menopause. She needs relief and she needs it now so what can you do?

The first thing to do is to try and get her mind off of herself and say, "I will help you, I will help you", and then you might say, "Do you know that the ocean is made out of woman's tears? Do you know that crying is the finest nerve medicine in the world and the reason you're crying now the Lord himself is giving you something for your nerves." This woman is actually crying for help.

Also she would get a shot of calcium gluceptate from our Doctor and in 30 minutes the whole world is beautiful, her tears are dried, things are funny and she's laughing again as if nothing had happened. If you're a medical doctor you can give a shot of calcium gluceptate, but if you're not a doctor then use lime water according to the weight and sugar reading and use 2 x 3 cal II. But do your best, always do your best.

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The problem and the agony of menopause is only from the calciums being too low, she become a nervous wreck and when you have an extremely ill patient, or patient that's in deep neurosis, the first thing is try to get their minds off of themselves.

We had a call from a doctor about a 4 year old child and the question I asked when I saw the numbers was, "does this child cry a lot?"
"that's the reason we called, the child can't stop crying"
The child was suffering from plain nervousness, the nerves were going all to pieces because the calciums were too low and so he couldn't stop crying. So they were told to give the child the lime water, and if the child wasn't better in 24 hours to call back. They didn't call back.

The lime water fixed the problem and it did it in just a few hours. So use your head, get all these facts and memorize them and memorize them and God will show you which one to use at what time. The more you can memorize these things the more you can use them with great ease.

Emphysema.
Emphysema in it's truest sense is a dehydration of the lung cell, and there's one thing that must be made clear is the difference between emphysema and cancer. Whereas emphysema is a dehydration, a cancer cell is one that is carrying too much moisture. In other words, an emphysema cell is a dry cell and a cancer cell is a wet cell.

The progression from alpha to delta to omega cells in the body is the process of cells growing, wearing out, losing energy, expanding and decaying and when there are delta and omega cells in the lungs there is cancer, or TB, or an extremely bad cold, or pneumonia, etc., but when the cells in the lungs dehydrate and shrink then they're called emphysema cells.

Now within the lung cells there are structures like little trees, and the very finest tip ends of their branches are nerve ends which have the job of extracting minerals from the air, and if someone smokes or uses illegal drugs (like marijuana) then not only does the heat of the cigarette burn the nerve ends off but they also get coated by nicotine tar so that in both cases the nerve ends are unable to link with the electrons of the minerals in the air, including oxygen, and pull them into the body. When the nerve ends are damaged they cannot pull oxygen into the body and the name of this condition is emphysema. A deficiency of oxygen can also occur if there are other types of lung problems like mucous, asthma, cystic fibrosis and even smog and pollution can effect the oxygen availability to the liver causing the gastric juice to be too dilute.

Not only can the tree structure in the lungs be destroyed by smoking but also by:

- damage to the vagus nervous system, or
- lack of minerals, or
- surgery, or
- injury, or
- brain tumor, etc.

Even in advanced cases of emphysema where the "tree branches" are badly damaged they will regenerate and rebuild if there's no damage to the brain or vagus nerve, providing the mineral is available and utilised.

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People with emphysema are candidates for the retreat where their lungs can be restored by a good diet and where they'll be out in the fresh air. In the treatment of emphysema, the first thing you must care for is the liver, and if you care for the liver that will then enable the calcium, phosphorus and minerals to get to the lungs and allay the symptoms of dehydration and degeneration. So straighten out the liver by the use of the lemon water and water series, supplements and a proper diet then they should get a reduction in their lung problems. Lungs as black as tar paper with only enough left the size of an egg have been helped and improved to the stage of being absolutely clear. There's no organ in the body that won't rebuild itself providing there's not a brain tumor or damage to either the vagus or cranial nervous system.

Emphysema is never a good situation but it is even worse for pregnant women because a foetus uses 300% - 500% more oxygen than we do and it has to get it's oxygen through the mother's blood stream only, so it is very important to know whether a pregnant woman has emphysema and whether she's getting enough oxygen or not, and one of the sad things about the oxygen demands of the foetus is that statistics show that smoking mothers have a higher abort ratio than non-smoking mothers and that in cities or areas where there's a high smog content the unwanted and undesirable natural abortion rate is greater than in areas of pure clean air.

Breathing ozone is rather dangerous particularly if you've got more than about 10% of your lungs effected by emphysema. You're not getting enough oxygen to start with and if you add ozone you could get into serious, serious trouble with it.

Doc had a man come to him for a test and found his major problem was advanced emphysema, only it was in polka dot spots over the lung. Doc drew a picture of the man's lungs and put the spots on it for him, then the man went to his car, got his lung x-rays showing the emnphysema, came back and compared the x-ray with the drawing and both were exactly alike.

Oxygen comes into the system from the lungs, and when there is an oxygen deficiency there is emphysema. Some number patterns showing emphysema are:

42, 5' 11", 210, Male, Caucasian

$$6.2 \qquad \frac{6.20}{7.80} \qquad 40 \qquad 4 \qquad \frac{11}{12}$$

He's in the zone for a minor pectoris heart attack and with high salts he was also in the zone for angina type pain, tightening in the chest. With high salt, high ureas and the sugar at 6.20 he had notable overexpansion in both lungs with emphysematous pockets.

$$2.5 \qquad \frac{5.10}{6.30} \qquad 28 \qquad 4 \qquad \frac{12}{10}$$

Now this person has collagen disease, old fashioned scurvy, and they've also got a calcium deficiency, low sugar, high salt and a high urea. Other problems involved are delta cells in the uterus, vagina, ovary, emphysema in both lungs and delta cells causing distress in the lower colon area.

38, 5' 10", 110, Female (married)

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$$5.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

She's got a very high emphysema count in the lungs, so the liver is not getting enough oxygen so she becomes a candidate for soreness in all of the muscles and also in the joints, also swollen joints that would be considered arthritis but this is not arthritis, they're just swollen joints.

60, 5' 7", 150, Male or Female

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

This equation is a long way from perfect and this person should be in a retreat. Their main problems are a lot of delta cells in the body, some of which are located in the lungs which means a high emphysema count. A high emphysema count is shown by the food digesting too slowly, not enough oxygen going to the liver.

16, 5' 0", 100, Female

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

This girl is so very tired until everyone tells her she's lazy. Now she also has only a little bit of emphysema (it's in the very early stages) and she is also having a little problem with her eyes, bright lights and things like that effect her eyes but it's only in the early stages. Her food is digesting too slowly, she's a little bit overweight and she has swollen ovaries.

30, 5' 6", 130, Male

$$8.0 \qquad \frac{5.20}{5.40} \qquad 45 \qquad 4 \qquad \frac{15}{12}$$

This is a case of high delta cells in the liver and there's two reasons for the liver to have the highest delta cell count of any organ in the body and they are lack of calcium, and lack of oxygen so if there's a lack of oxygen then the problem is emphysema.

33, 6' 1", 150 , Male, Caucasian

$$5.4 \qquad \frac{7.00}{6.00} \qquad 4 \qquad 4 \qquad \frac{5}{9}$$

The major problem is not quite enough oxygen to the liver from the lungs, there is some emphysema but it is minor and is slowly depleting the liver bile of the strength that it needs to get the most nutrient out of your food.

36, 5' $9^{1}/_{2}$", 160, Male

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$$1.0 \quad \frac{7.30}{6.90} \quad 8 \quad 4 \quad \frac{7}{8}$$

Minor emphysema in both lungs.

33, 5' $11\frac{1}{2}$", 172, male

$$1.0 \quad \frac{7.40}{7.50} \quad 4 \quad 4 \quad \frac{12}{7}$$

An emphysema spot about the size of a penny in the lower central part on the backside of the left lung.

23, 5' 4", 120, Female

$$1.0 \quad \frac{7.50}{7.10} \quad 6 \quad 4 \quad \frac{11}{6}$$

Minor emphysema in both lungs.

62, 5' 5", 119 , Female

$$1.2 \quad \frac{6.60}{7.00} \quad 6 \quad 0.4 \quad \frac{8}{8}$$

A very minor bit of emphysema.

58, 6' 0" , 180, Male

$$4.0 \quad \frac{6.80}{7.40} \quad 17 \quad 4 \quad \frac{12}{10}$$

Major problem is some emphysema in both lungs.

45, 6' 0", 195, Male

$$5.2 \quad \frac{5.80}{7.00} \quad 20 \quad 4 \quad \frac{13}{10}$$

Quite a lot of emphysema

45, 5' 10 $\frac{1}{2}$" 160, Male

$$1.5 \quad \frac{8.20}{7.30} \quad 7 \quad 4 \quad \frac{10}{5}$$

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Some emphysema in both lungs. In the bottom of the right lung near the bottom of the lung along the inside towards the back there are some angry spots on the lung. X-rays, properly taken, will show these spots there.

72, 5' $10^{1}/_{2}$" , 195, Male

$$3.6 \qquad \frac{5.80}{7.30} \qquad 8 \qquad 4 \qquad \frac{8}{10}$$

Quite a lot of emphysema in both lungs, it's about the same in both lungs but highly scattered on both of them.

51, 5' 6" , 280 , Female

$$4.4 \qquad \frac{6.40}{7.30} \qquad 21 \qquad 4 \qquad \frac{12}{9}$$

Some emphysema in both lungs.

33, 5' 8", 130 , Male

$$1.0 \qquad \frac{7.00}{7.00} \qquad 6 \qquad 3 \qquad \frac{10}{5}$$

Advanced emphysema in both lungs.

48, 5' 1" , 118 , Female

$$3.5 \qquad \frac{7.40}{6.00} \qquad 16 \qquad 4 \qquad \frac{13}{8}$$

Some minor emphysema in both lungs.

37, 5' 6", 120, Female

$$0.8 \qquad \frac{7.50}{6.80} \qquad 4 \qquad 4 \qquad \frac{11}{6}$$

A little emphysema in both lungs.

54, 6' 2", 220 , Male

$$3.5 \qquad \frac{5.10}{6.80} \qquad 14 \qquad 4 \qquad \frac{12}{9}$$

A lot of emphysema in both lungs and some bad spots on both lungs down around the lower central part, three fourths of the way down.

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26, 6' 1", 138 , Male

$$5.0 \qquad \frac{7.30}{6.40} \qquad 23 \qquad 4 \qquad \frac{9}{10}$$

Little emphysema in both lungs, very minor, but there's a little bit more in the left lung than in the right.

End of Days.
In the bible, at the time of the End in the great tribulation, John the Revelator says the sun shall refuse to shine, and it shall turn blood red. Many times the smog has been so heavy that you couldn't even see the rays through it, and it looked like a bloody orb, bloody red, hanging in the sky with no rays coming from it. This time is here now, and we are told to flee to the mountains. So get above the smog if you can.

It also says the waters shall be as blood, and those polluted waters are here. The whole ocean is now polluted and if you look at the contaminated waters, they look red and bloody. So the times that John wrote about are here.

It also says at the time of the end the Earth shall wax old like a garment, meaning that the soils will be depleted. Some farmers put their thumbs in their suspenders, lay back in their rocking chair, smoking a corn-cob pipe and boast, "I wore out three farms."

There'll also be wars, rumours of wars and earthquakes in diverse places.

It tells us that the saints shall be persecuted, and you better expect it because at the End "the devil is gonna be as a roaring lion" at the End and it's a joy to go to jail for the Lord Jesus Christ, it's a pleasure. Doc was never so happy as when in court testifying for his Lord and Master to a jury, to a judge and to a prosecuting attorney filled with hate and he's seen the Holy Spirit just wilt them, and it's remarkable what God can do. Let go and let God have His wonderful way. So some may be delivered up before the magistrates to be sentenced and imprisoned, and some may even sacrifice your life.

Endometrium.
Endometrium is a term for what Doc calls the "placenta".

Now he said if you could take it and look in it then the placenta, or endometrium, looks like a pin cushion. Now the placenta isn't the whole lining within the uterus, it's about half the size of the full eraser on the end of a pencil. So it's not the whole lining inside, but if you could look inside the uterus it would look like a pin cushion, and that is where the fertilised ovum needs to land for the foetus to start developing.

Also, there's many placentas in there and the number of children that a woman can bear is directly related to how many placentas she has, how many different areas that she has inside her uterus such that if she has only one placenta she can only bear one child.

Energy.

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See Also "A Short Course in Chemistry". Everything God does He does through the laws of energy and you can only measure the response of energy in horsepower and so forth, but that is done first by trial and error and effort. You're not measuring the energy you're only setting up a rule of establishing the RESULT of energy, like a fulcrum, or a pulleys, or ratio between gears. You're only working up a geometrical pattern of cause and effect. If you really and truly measure energy it doesn't start with the ratios it started somewhere else, from a spring, or from combustion, or from steam. The other was the effect of energy, don't confuse the two.

Now all energy is not alike, and the 3 rules that apply are the basic principles of energy, and is Einstein's Theory of Energy:

- $E1 = mc^2$, heat energy
- $E2 = m+E1$, or $E2 = m + mc^2$, electrical energy, and
- $m = E1+E2$, matter

Those are the 3 kinds of energy, E1 is heat, E2 is electricity and m is matter.

- When you burn matter you get heat energy,
- When you create friction between matter and heat you get electrical energy, and
- matter, heat energy plus electrical energy equals matter.

The mathematical equation for the energy that you live on today is E1 and E2, and the E1 and E2 start penetrating out through the system and get caught up by magnetism, by the process of ionization. Whenever the combination of cations and anions come into existence matter is the result. Matter is caused by ionization. Matter is made by ionization and matter is taken apart by ionization. These E1 and E2 are the basic foundations of the calculation of energy and these are the rules that you go by in dealing with energy.

These are the entire basic principles by which you're going to be working throughout the class and this is the basic foundation of the calculation of energy. These are the rules that you will go by in dealing with this mathematical energy.
Energy has many different forms and kinds and shapes and never forget that energy comes in many, many different patterns. Now the origin of all energy is elementary and an element is any substance with the same atomic number that cannot be reduced to any other substance and it has two or more atoms in a definite energy ratio to one another. In other words it has synchronized and the synchronization has become equal.

Anions and cations ARE energy, and particles of energy are something like the parts of a jigsaw puzzle, in other words, energy is not all the same shape and form and it's the different shapes and form of energy that makes things different. If you could blow them up big enough to see them with the natural eye, they would look something like the parts of a three dimensional jigsaw puzzle, and those energy particles may or may not become a part of you, and we're going to show you how they become a part of you and why some of them don't become a part of you.

If you look at a still picture of energy patterns you will find that these energy patterns come in different shapes and so forth. You will find energy in 9 pattern shapes altogether and you'll be able to find them in any good chemistry book. These are the patterns that you're working on and working with. They are:

- Cubic, Face Centered,
- Cubic, Body Centered,

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- Cubic,
- Diamond,
- Hexagonal,
- Orthorhombic,
- Rhombohedral,
- Tetragonal, and
- Monoclinic.

Silicon quicksand is round, not from abrasion, but because the electron's path goes around and around, it's completely round, and it's one of the patterns that's on your atomic chart. It has a round energy pattern. For instance, the parts of a Volkswagen will not fit a Cadillac because they're the wrong shape and it is the same with the principles of energy. Energy shapes are different just like the parts of a Volkswagen or a Chevrolet or Ford are different shapes so is the shapes of the atoms and of the anionic and cationic molecules that we're made of are different shapes. Now energy in its compound form has many, many thousands, even millions, of different shapes.

For instance, an apple is different from an apricot or a peach or a green bean because they're made out of different kinds of energy, different size particles and what makes a fig different from an olive is the shape of the particles of the energy that it's made from. This is what makes one thing different from another is the shape of the energy in the matrix.

Again for instance, when you smell a rose, you're smelling some loss of energy from that rose, and that particle of energy strikes the little nerve endings in our nose and short circuits them and we say well that's the odor of a rose, or that's the odor of a violet when we smell a violet, or when we smell a polecat that's a part of that polecat energy that's lost so whatever the odor is it's a part of that energy that you're smelling and this is the size that food must be in order to have it even available or with a possible availability of being put onto the frequency down to the milli micron of our own body chemistry or else it can't become a part of it.

Now only that energy that is manufactured by the liver on the frequency of your body chemistry down to the milli- milli-micron can be available to you. Learn this because this is the key between frequency and milli-milli- micronage. It's the magnetism or electrical resistance between the anions and cations that determines how much energy we get from our food, and the magnetizing agent is nitrogen or protein. Protein is your magnetizing agent for all biological life.

The frequency determines the factor that actually determines how much energy we get by resistance and is actually available to us. The frequency is the key to how much energy that we have, or can get from anything.

At 80 years it takes 4X divided by time to replace one cell, that is, it takes 4 times more energy to rebuild the same cell or it takes four times as long. Now only your numbers can interpret accurately what that it because you're dealing very close here to the measurement of energy because two people, both the same sex, same age, under the same sign if you want to go that far, can eat the same foods and still it'll take one longer to recuperate than it will the other one because the frequency, the micronage and the milli-micronage difference makes the difference. That's what makes your genetic structure.

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The first three numbers in the equation (Sugar, Urine pH, Saliva pH) are the numbers that denote the increase, or intake of energy. The last two numbers (Nitrate Nitrogen, Ammoniacal Nitrogen) are the ones that denote the loss of energy. You don't calculate your loss by either side but by the total, but the salt is the point that determines whether you are losing more energy than you take in or not.

Remember this, any deviation above or below the perfect equation is a LOSS of energy and therefore a depletion in mineral, which also means a loss of energy. We're going to learn why and what causes a loss of energy, and any day anyone loses more energy than they take in then that is the first day of their illness. Remember this, any day that anyone fails to take in the exact amount, or a little more, energy than they burn up, that day is the first day of their illness.

So in working with these numbers you need to work diligently and begin to associate patterns with patterns and energy with energy in order to know what to do and you find the greatest amount of energy in people where the urinary pH is at 6.40. Acid against alkaline, acid against acid, alkaline against alkaline gives you energy and these energy pictures paint what you look like inside, shows you very clearly what you look like inside. If you take:

Person, 60, 5' 7", 150 lb

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

The 8.00 over 7.50 shows the body has too much calcium oxide, and when you give calcium lactate here it works against the body's store of calcium oxide and creates more energy. You work the opposite ions together and this goes back to Einstein's Theory of Relativity. Whenever you cause the body to create more energy you're going to cause the liver to manufacture an enzyme, or one of 6 billion, (5 billion every day), that will fit a specific organ of your body.

Now the carbohydrates in foods gives you the most energy, all the energy for that matter. All of your energy comes from carbohydrates, remember that. Energy comes from carbohydrates and the foods that make carbohydrates in your system are starches, sugars and fats. Now if the energy comes from carbohydrates what do the proteins do? The proteins transmit energy to the various parts of the body and they store it also, they transmit it and store it, both. If that were not true there would not be any such thing as amino acid. Amino acid stores protein and this is why the amino acid is so valuable to you. Energy is made by resistance and it comes in eventually from the carbohydrates and the proteins store it.

Three factors essential to life, very simple, very plainly expressed:

- The pH factor creates the resistance,
- The energy comes from the carbohydrates, and
- The proteins is the storehouse for it.

For instance:

- The reason that you take different kinds of calciums and different kinds of minerals is to work the opposite ion against it's opposite ion in order to create energy. The purpose is not to supply the mineral for your body, it's to supply energy for your body, this is what you live off of - is energy.

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- Feeding children a diet that is too rich for them will cause the children to lose energy and be sick.
- We have not been able to pickup the effect of the vitamins at all in our energy rating.

We have two kinds of energy:

- Reserve Energy - like a savings bank account, and
- then we have an energy that we use.

Whenever you start to measure energy you are measuring relative energy. By the end of Course IX I hope that 4% of you will learn to calculate Reserve Energy and I'll be really pleased if you do because there's a lot to it because of the variables of age, height, weight, race, and color (color has a lot to do energy) but there's a lot you can do whether you learn to figure energy or not. Remember this, you cannot figure energy as long as you have one ratio of 1 to 1, it's so absolutely impossible, it cannot be done.

When I finished at college and got my Doctorate in Science I could not figure energy in anything, I did not know how and I had to go to private teachers to teach me how to figure energy, and in the mid 1920's the price for teaching this was $US50.00 an hour. This is what they charged, and I could not take over 15 minutes of it at a time, and everything they said I could memorize for fifteen minutes even though the material was brand new to me I could memorize it and I would go home and write it down.

I'll explain about the energy rating, you may have someone with an energy rating of 90 or more, or even a 100, and in three minutes it could be zero, that quickly, killed in an automobile accident, shot to death, burned to death. This is how quickly that can happen so what I want you to keep in mind is that whenever death occurs the Reserve Energy is zero,

The perfect Reserve Energy for a new born baby, weighing between 6 and 7 pound would be:

- for a girl, about 8, and
- for a boy, about 10.

but Reserve Energy ratings do not have anything to do with actually getting pregnant.

Now, I have seen babies born with a Reserve Energy of around 1 survive, but I have not seen any adults (or children either after the first week of life) survive through any dietary plan if their energy dropped below 4. I have not seen them survive when their energies have dropped below 4. The Reserve Energy rating of 4, is called the PNR line, the point of no return.

Now this energy level of 0 - 100 does not work on babies or small children because they do not reach their climax until they're about 18 - 21 years old, and it should remain there until they're about 60 years old and then it begins to slowly drop off. Now you can use the Range Chart to plot the test ranges and the greater the number of ranges over which a person is spread the lower the Reserve Energy, and this graph visually and quickly shows you that. The more ranges you are spread across the more energy you are losing, or the lower your reserve energy.

If a child at 10 years old had a 100% reserve energy he could do anything that a 20 year old man could do. 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 by exercise and jumping and running and playing that you don't

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burn up when you're 20. In other words, children give off more energy and they give out and tire quicker because their Reserve Energy is lower. In other words they cannot take what an adult takes. For instance, we had a man who put in too hard of a week studying, burning the candle late at night trying to study and the energy that he had built up in the retreat was just being sapped right off again, so it's amazing how you can undo that which you try and do quickly.

At 25 years old a person's Reserve Energy SHOULD be 100, and for somebody that's a healthy 70 years old it should be up in the 80's. The energy's a variable according to age and so forth and I even found a few of them at 80 or 90, their age and energy was about the same.

So, whenever you know your energy, and you're working with the energy, or the theory of the energy then you can zero in on the span of life unless that person takes steps to change that pattern which can be done. But it is the sceptic that refuses to change and continues down that same road to destruction.

Now here's one secret about Reserve Energy I'm going to give you and that is when you start measuring energy you DON'T measure the water. So whenever you are dealing with a person it's very important to know their age, height and weight because of the factor of how much water (or how much moisture) is in the system. This has a very important bearing upon the measurement of Reserve Energy. Do not expect to be able to measure Reserve Energy before the end of the Course IX, and I hope SOME of you will learn to measure energy, maybe 4%, and I'm not trying to underrate you at all.

Now, inside the cell that's breaking down air forms and then the air is displaced by increasing water and as the water increases then the energy escapes as heat or electrical energy. The cell begins to lose energy, the heat goes off at the same time but the loss of electrical energy is the loss of reserve energy.
Also another thing that you will find on people with a low energy, when their energy begins to increase by about 3 to 5 points, one of the complaints is "I can't sleep at night."

Actually they don't need the sleep as much, and they are resting much better and in a much shorter length of time and when people tell me they can't sleep I say, "Praise the Lord. Praise the Lord"
"Why do you say 'Praise the Lord' if I can't sleep?"
I said, "you are so far behind in counting your blessings until God is waking you up at night so you can catch up. Now if you want to go to the doctor and get a sedative and spend a fortune you may, but I'll tell you this, you start counting your blessings and before you get them all counted you'll be asleep. Not only that, lack of sleep has never killed anybody, but worrying about it has.

If you take the following where the age, height and weight are the same, and the numbers are almost the same, then there is a change in the Reserve energy.

Age 72, Height 5' $10\frac{1}{2}$", Weight 195 lb, Male

$$3.6 \qquad \frac{5.80}{7.40} \qquad 8 \qquad 4 \qquad \frac{8}{10}$$

Energy 33

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and

$$3.6 \quad \frac{5.80}{7.90} \quad 8 \quad 4 \quad \frac{8}{10}$$

Energy 47 and dropping rapidly

Remember this too, we do NOT live off of the food we eat, we live off of the energy in the food we eat, and the energy in the blood comes from the energy lost in digestion of food.

How much of our energy do we get through our lungs and how much do we get through our skin? For instance, the person that's out in the open air a lot gets more through their skin than they do through the lungs, but a person that's in an office all day, even where there's people breathing and the oxygen goes down, gets more through their lungs than they do through their skin because it's the heat and sunlight in the air and the wind and the motion of the cations and anion energy in the air that strike you. This is the reason why it's so important to walk outdoors a mile a day for senior citizens, out in the open air swinging their arms gently with nothing in their hand and also observing what they see. It's very important to be alert because if you are walking and you are alert you pick up more energy than you are if you're walking with your mind thrown out of gear.

Good health is prime energy, energy at its highest level, and I made this scale of zero to 100. The level of 4 is called the Point of No Return (PNR). After the Reserve Energy drops below 4 it's the Point of No Return unless God does a miracle. It's considered raising the dead when you drop to 4, however the person may be still talking and may be still conscious.

I saw a patient in a hospital that was very jolly and didn't even look sick and yet her energy was 3. She had cancer and it had entered her spine and was moving up the spine at the rate of one inch an hour, and I didn't believe it when I ran the first test so an hour later I did another test and I found it'd moved up one inch. I went to her husband, who was the head technician in the hospital laboratory, and I asked him was his doctor on the floor (meaning in the hospital). He said yes, so he had the doctor come down and I said, "doctor, it's too late, her energy level is 3 and she has approximately less than 40 hours to live. It's too late".
"Oh no", he said, "she'll be here for months yet". I said, "no, doctor".

And there was the poor man standing between two doctors arguing about how long his wife was going to live and I said, "there's nothing you can do now and nothing I can do. The organs of the lower abdomen are already caving in and it's beyond what you can do and I can do."

So I said to the man, "when your wife passes please call me". It was approximately 4 o'clock in the morning, about 19 hours from the time that I ran the test, that he called me and he told me his wife had just passed.
So, what I'm trying to say is this energy table you better believe it. We've also been able to predict the time of death sometimes weeks in advance, months in advance and even years in advance if they do not change their habits and their plan.

While I was in this hospital this last time one of the doctors that had taken the course brought me the numbers of a patient and I said, "Doctor it's too late".
He said, "how long has she got?"

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I said, "30 days at the most", and she passed on the 29th day, her energy was below 4.

Now when a person's energy level is at 4 or over I will try, but when it's below 4 then I won't. Or, if it's say at 20 and dropping so much every day and we can't stop it then I will say there's nothing I know to do, there's nothing I can help you with.

So this is how I know is because these numbers are too big, they're too far out, they're too great to try to even comprehend unless you put them in small numbers, and forget about the zeros.

If you take a test with the ureas dropping to say 12 over 4, the ammoniacal dropped to 4 because of the resistance, the resistance was greater, so it dropped the ammoniacal more than it would your nitrate. Now with all of the numbers, the lower the energy the greater the fluctuation.

Engineer and Architect.
Now the word "engineer" has lost some of its meaning because in order to get people to drive the garbage truck they have to call them "sanitary engineers". Garbage truck driver doesn't sound very good but a sanitary engineer sounds pretty good and so they'll get people to work, it's the psychology of it.

In the world of manufacturing you have technicians and the real engineers (in the old sense of the word), were the architects that did the actual planning, worked out the blue-prints then handed them to the technicians to perform. But today the technicians and even the janitors are called engineers, so we'll have to call the real engineers "architects".

So the architects of chemical industry are the ones who do the math and then hand the math to the technicians to perform the experiments.

Enzyme.
See also "Amino Acid" and "Vitamin". An enzyme, a vitamin and an amino acid are the same thing, but we normally refer to them according to how they're made, for instance, we think of an enzyme as the direct vitamin made by a living cell (which is a hormone) and is not processed, and we think of vitamins as things that man has processed from living cells. In other words we think of vitamins as something that man has made. That's about the only difference but they're both exactly the same thing. Vitamins and enzymes are any product of a hormone (which is a living cell) and hormones are the product of a mineral.

Our liver is the organ responsible for starting (the first 60%-70% only) the manufacture of the enzymes that will become the living tissue of the body itself. It lays the foundation for the energy that is necessary to build the actual body tissue itself. All substance and all matter are put together by chelation, and all substance is put together by the liver such that during our lifetime our liver will manufacture about 6 billion different enzymes, some 5 billion different ones each and every day if we're healthy and there's been only a very few of these enzymes named, and those figures are determined by your frequency numbers. Now it takes the liver 18 hours to build an enzyme and when the liver gets fresh lemon water it can use it as a base for forming those 5 billion different enzymes a day with less chemical change than any other natural substance known to man.

For instance, when babies are little they can't walk, they have no teeth and a lot of them have no hair, but then their liver manufactures enough substance for them to have hair, then they start

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growing teeth, and their joints get strong enough for them to walk, and so forth. Now after baby gets these things and goes past them he doesn't need it any more so the liver doesn't manufacture it any more. Later, whenever the young man comes into young manhood and the young woman comes into young womanhood other things need to happen and then the liver starts manufacturing a substance necessary for that age, and therefore nature distributes the elements to the direct parts of the body as required by the ionization of that system. By also as a regular, daily occurrence, the liver manufactures glycogen from which the pancreas manufactures alcohol.

Vitamins and enzymes are a bit like blocks that children use, they're easy to put together and they're easy to take apart so nature makes these enzymes (or man makes the vitamins) and as they pass the organ with a magnetic attraction on the exact micronage down to the milli-milli-micron of that organ then the magnetism of our bodies snatches off what it needs, either a part or all of the enzyme, which then becomes a part of that organ and the process is just like silver plating or chromium plating and this is the actual way we grow, is by ionization.

This has just opened a door to you to something that is truely amazing, and that is by these liver functioning and its 6 billion different enzymes that it manufactures, whenever you find a pattern in body chemistry it will denote which of these enzymes is lacking, and then you can know which organ needs or requires a particular kind of enzyme and then you can predict anywhere from a matter of minutes to a matter of years where cancer will strike before the patient has even began to notice any effects of the malady what so ever.

Epilepsy.
In real epilepsy there is no special number pattern because just above the right ear there's one of the transformer glands in the brain that controls the emotions and also effects the adrenaline glands. If that short circuits out for any reason then you have an epileptic seizure, but only 20% of all seizures are epileptic, the other 80% of all of the medically diagnosed epileptics in the United States are not epileptics at all, they're having diabetic seizures, and most of the time the doctor gives them Dilantin which effects the adrenaline glands and also increases the ionization between the brain and the vital organs through the vagus nerve and it helps to bring them out of a seizure or keep them from going into one.

There's not anything I know of to do for genuine epileptic seizures except to use the raw chlorophyll juice from "Centipede" or "St. Augustine" grasses (and you'll probably have to get them out of your lawn) and to get their body chemistry in as good an order as possible so that the tension won't build up so high and it'll make the seizures be further apart.

Epsom Salts.
Now magnesium sulfate is known as Epsom Salts and it accumulates water and causes the bowel to purge. Also when we take magnesium into our system one of the primary things it does is be a catalytic agent to keep too much urea from collecting in our system.

When a person's entire body swells from just drinking distilled water then many times you'll find that they have Bright's Disease or Nephritis, the body retaining too much water, and it's very difficult to handle. I would suggest sweat baths, hot baths with Epsom Salts in the water, stay in an extremely warm room all the time, even too warm for you and even though you're not sweating the sweat evaporates, things of that nature.

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Equation Solving.
Never attempt to solve any equation unless you've got all the facts at your fingertips. The purpose we're here for is to seek perfection, to be perfect in anything and everything that we do and in order to be perfect we've got to know why we're not perfect. Now this is the first principle of solving this equation of perfection. You must know, and remember "perfect" and always keep it in mind. The "Perfect" equation is:

$$1.5 \qquad \frac{6.40}{6.40} \qquad 6-7 \qquad 0.04 \qquad \frac{3}{3}$$

The first thing you want to know each time you see an analysis is:

- age, height, weight, sex, race, creed and color. You need to know those things (though not necessarily creed but it does help sometimes).

The next thing you want to know is what the analysis shows, so we'll take the highest pattern (in which the food is digesting too slowly, and if food digests too slowly you do not get the energy from it) and simply subtract "Perfect".

$$8.0 \qquad \frac{8.20}{7.80} \qquad 40 \qquad 4 \qquad \frac{15}{14}$$

Subtracting Perfect gives:

$$+6.5 \qquad \frac{+1.80}{+1.40} \qquad +33 \qquad 4 \qquad \frac{+12}{+11}$$

Whenever you see any equation the first thing you must think of is "perfect". In this case work on the ureas first because they're in a fatal heart attack zone.

Now take this next case where the saliva goes to 6.40:

$$8.0 \qquad \frac{8.20}{6.40} \qquad 40 \qquad 4 \qquad \frac{15}{14}$$

They'd still be in the fatal heart attack zone and although it means he has too much calcium oxide, he's still deficient in calciums. He's got too much of one kind and not enough of five other kinds of calcium. So all this is trying to show you is that when you see an imperfect reading:

- The FIRST thing in your mind is "What's Perfect", and
- The SECOND thing is "how far away from perfect is it?" or "how far do I have to go?", or "what has got to be done?", or "how much has to be changed?".

Now if you miss this step you have missed it completely. The first thing is to know where you're going, and the second thing is knowing how far you've got to go.

Here's another case:

$$8.5 \qquad \frac{5.00}{5.00} \qquad 3 \qquad 4 \qquad \frac{1}{1}$$

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Subtract "Perfect" gives:

$$+6.5 \qquad \frac{-1.40}{-1.40} \qquad -3 \qquad 4 \qquad \frac{-2}{-2}$$

This is a low pattern (in which the food digests to quickly, the heat energy goes out, the electrical energy goes out and you do not get the benefit of it).

You will often find some equations that are too high on one number and too low on another number, such that so you won't find them all high, or all low, they'll be mixed up in every kind of a way under the sun and it's in this mixing up of these numbers that you will find the 2600 differentials. In all cases remember "perfect" and "how far must I go" and this is what you must know.

When you have any plus and minus then you generally have a conflict in your diet because the person has two maladies, and what's good for one is bad for the other in diet, in other words, you get to this kind of a place everything you do is wrong and therefore you have to put them on one diet one day and the opposite diet the next, switch back and to, back and to, back and to and gain a little bit of energy.

Now there's many ways to solve a problem. Anybody tells you there's only one way to solve any mathematical problem doesn't know very much about mathematics, or physics, or anything else for that matter, if they only know one way to do it.

It's a bit like when you first move into a new city, you learn one way to the depot, so to speak, and then you follow that but later you take another route and find a different way, then later another way and another way and another way and another way until you learn your whole community, how to get around over it and it's the same way in math, there's many ways to solve the math problems, but one of the things about dealing with solving the problems, there's many different ways to solve the problem, but the thing about it is all people working on the problem should come up with the same answer as to what problem you're going to solve. In other words, all of you should agree on what problem needs to be solved but it doesn't matter which form of math or which foods you use to solve it, just so it does it.

So many people thinks if someone says, "do it this way" in solving the problem, and others say, "do it that way" that there's a division. No, there's no division because one person chose one way to do it, and someone else chose another, but so long as the numbers are moving back towards perfect both are correct. But if one way caused the numbers to move away from perfect, or vice versa, then one or the other would be wrong. You see what I'm saying? In other words it's so easy to think that there's a division in thinking and it's all in the way the problem is solved.

You will find problems in which the body chemistry is in all 5 ranges at the same time and this is where the 2600 differentials come in. Then you have to take the math and work out where the problem is and then once you know the problem then you can find the answer, but there's many different diets you can use to correct the condition but all should come up with the same answer for the problem. In solving and working through problems it isn't really necessary to know where the problem is. If you never see a picture, if you do or you don't, all you need to do is give them the

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right diet and nature will do the rest. If you do not tell anyone what's wrong with them but just give them the diet to correct it that's legal, it's only illegal when you tell them that they have a carcinoma in the prostate or a carcinoma in the uterus or vagina or ovary area. You got to be licensed in order to do that without breaking the rules of the American Medical Association.

Now in trying to solve your problem please remember that you're not going to have a change in Range, and you're not going to get to Range A, unless you take active steps to move the person from one Range to another, or Range B to Range A, because the body will crave the foods that keep you in the Range in which you are.

Estrogen or Oestrogen.
See also "Addictions" and "Calcium". Estrogen is the main sex hormone for women. The liver manufactures an enzyme that controls the estrogen and testrogen flow in people:

- If it does not manufacture enough estrogen (or testrogen) the person becomes extremely violent, almost insane, and it can then upset the B3 and B5 balance.
- If it manufactures the least bit too much estrogen (or testrogen) they get on a line that eventually leads them to being a vegetable. The least bit too much estrogen (or testrogen) breaks their resistance so they can't resist something, they'll get hooked on something, and if it goes a little bit farther still then they'll become a vegetable.

A hysterectomy alone will not cause a woman to be deficient in estrogen, it has to be the total removal of the ovaries. In removing an ovary the doctor should not remove the root, or the embedment, of the ovary, leave it in and it will produce another gland which will then produce enough estrogen so that the body will be supplied. If the root of the ovary is removed then it cannot produce any more estrogen and they may have to take estrogen the rest of their life, and remember this, if a woman gets too much estrogen she'll become a vegetable.

The lack of calcium in a woman causes a reduction in the production of estrogen and finally they have to have a hysterectomy then they get into problems of healing, getting well, frustration and many other things which are also caused by a lack of calcium.

If the estrogen is too low they'll often believe they are fine, that there is nothing wrong with them, everybody else is wrong but them, and it's a type of schizophrenia or insanity caused because the calcium is not producing enough of the estrogen and as the deficiency becomes greater the estrogen deficiency becomes greater and you have a schizophrenic on your hands, simply because of the imbalance in calciums.

Chinese women in China who've had a hysterectomy often use the herb Dong Quai as a substitute for estrogen, but other herbs considered to have estrogen, or be a substitute for estrogen, are Gotu Kola, Black Cohosh and Licorice root. Licorice is very good but it's only for a minor estrogen deficiency.

Women are made to have children and many times when they are supposed to have them and don't (even though their numbers are nearly perfect) the excessive estrogen produced will cause them to either become a recluse or wall-flower, or the flow will stop almost completely. In other words, even with almost perfect numbers they become almost insane, or raving maniacs if you do not supply that drive, that passion for a woman to have a child.

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Exam Questions and Answers

Q. Define in your own words the Biological Theory of Ionization for Homo Sapiens. Please, this is just a request, please do it in 200 words or less.

A. The Biological Theory of Ionization for Homo Sapiens is the frequency, the micronage, the milli-micronage, the milli-milli-micronage which we live on and that which determines the perfect diet needed to keep our equation perfect. That is the Biological Theory of Ionization, we had it the first day. The whole course is about this and this alone. Numbers, numbers, numbers. Go by the numbers. OK. I ask technical questions and I expect technical answers, OK. Be ye perfect. Even if you haven't learned this up to now I hope you remember this the rest of your life OK.

Definition of:

Electrolyte. Any substance that carries an electrical charge whether it's a metal or liquid.

Catalyst. A catalyst is any element or compound that joins two or more elements together without itself becoming a part of the union.

Electrons. The electrons form the outer shell of a mol or an atom.

Cation. A cation is a positively charged mol or substance whose outer shell travels counterclockwise. You could also define it as 500 - 999 Milhouse Units.

Colloid. There's two kinds of colloid, a measurement of size and a chemical colloid. The chemical colloid is also within the measurement of size of non-chemical compound colloids. A colloid is a small particle of substance that is a complete solar system within itself. It is the third branch of chemistry, organic, inorganic and colloidal being the third. It is so small that it cannot be attracted by gravity or other electrical charges. It is so small it can, when in dry form they can stand in the air until moisture weights them down. They are so small that one cubic inch will cover seven and one half acres and have a solid sheet. Chemical colloids are to our bodies what jewels are to a watch.

Organic. Organic is any substance containing carbon.

Inorganic. Inorganic is any substance not containing carbon.

Anion. Anion is any negatively charged substance whose outer shell travels clockwise. You could also define it as from 1 - 499 Milhouse Units.

The equation for perfect health.

$$1.5 \qquad \frac{6.40}{6.40} \qquad 6 - 7 \qquad 0.04 \qquad \frac{3}{3}$$

Name the three kinds of energy.
There's three kinds of energy, heat, electricity and matter.

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Exam, Teaching and Failure.
I'm going to give you a test, I want you to put it on a sheet of paper clear and plain, I want it to be handed in and all I'm trying to do is not to test what you know I'm trying to find out the quality of teaching that you had in the past so I'll know where your weak points are so I can help you in this class. It's not a test to determine your ability. It's a test so that I know where to do the most for you OK. So it isn't something like a grade in school you fail or you don't fail because nobody ever fails my classes, I only fail to get the thought across, but I tell you when you fail is whenever you do everything you can for a patient and you lose them, then I have failed and you have failed. That's failing the examination, but there's no such thing as failing in here. So now one thing I'm going to ask, no talking, I'll give you 15 minutes on this problem, no discussion with each other, and no questions asked to me, and do you understand that? No talking to each other, you're strictly on your own, no questions asked to me whatsoever, and, I want the paper handed in, OK, so please no questions asked to me and no discussion with each other and this is the problem..... Call the papers in, are they all in? The first two papers that came in made 100%, actually this problem doesn't have any answer to it because you do not have the age, height or weight. You don't know whether it's a three months old baby or an octogenarian, and that's all I wanted to know, if there's anything missing, OK. I give you 15 minutes to do something you should have done in one minute, so I gave you plenty of time.

If you'd have put the age, height and weight, and made up the eye numbers then you'd have had a problem, but if you didn't do that then you failed. So why I did this was to show you to get all the facts before you try to draw a conclusion.

Exercise.
People need to exercise because:

- the colon and the abdominal muscles need the exercise of walking to function properly, not training sessions, just getting out and walking. Hot sitz bath and the leg lifting will also help these muscles tone up and help the colon get back its elasticity.
- it is absolutely essential to the lymphatic system because the only thing that moves lymphatic fluids, is muscular action. The lymphatic system does not function properly without exercise.

If anybody just went to bed and stayed in bed when there's nothing wrong with them their muscles would atrophy and they'd get to where they couldn't walk because weakness would set in. So the only way to stay strong is to keep exercising, providing your energy's high enough, but do not exercise so much that you destroy your reserve energy. In other words, don't burn up more energy with exercise than you take in.

Everybody should exercise within their limits, preferably walking, and pregnant women should walk a minimum of a mile a day and lack of exercise is one of the major problems you have with senior citizens, they do not walk enough in the fresh air. Now the rationale behind a walking program is that if the person is doing their diet program at home then we want them to get outside in the fresh air and do some walking around. If they're working and on the program at the same time you don't need to add specific exercise recommendations because they get enough exercise working, unless they have a desk job and they sit all the time.

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Do not recommend too much exercising over 30 minutes, either 15 minutes at a time or 10 minutes at a time, while they're on this program because we don't want them out burning up too much energy. So recommend however long you want that person to exercise and you put it on their mark off sheet.

When the people are so unfit or in such poor physical condition that any exercise is too much, then have them start walking very slowly for very short distances then gradually increase it, for instance if someone can only walk for a distance of 20 meters then have them do that until their test results indicate they should have more and they are able to comfortably increase it. Where some people are really heavy you can recommend they start with two a day leg- lifting exercise, and as you test them you gradually increase it because you don't want anybody to strain themselves or anything. Just tell them to lift one leg at a time and don't try and have them do both legs. The more in shape they are the more you can put down for them to do.

When the salts have been high, then reduced by a proper program, and the people still have thicker blood in their legs, or hypertension, or high blood pressure, then recommend walking, walking, walking because it's the pumping and kneading action of the muscles on the vessels in the legs that starts moving this thicker blood, to begin getting it going back up to where it needs to go. In other words, the blood moves in the veins by muscle action and walking is about the best exercise there is.

Exhaust Fumes.
Tissue damaged by exhaust fumes is caused by a lack of oxygen.

Experiment Station.
The experiment station says that with a pH of 7.0 you don't need calcium, however:

- The pH of pure water is 7.0, and pure water doesn't have any acids, alkalines or calcium in it.
- The pH of pure white builder's sand is 7.0, and pure silicate doesn't have any acids, alkalines or calcium in it.

The pH is only a measure of resistance, and when the experiment station tells you that if the pH of your soil is:

- low - you need calcium in your soil, or
- high - you don't need calcium in your soil.

that's the biggest lie that was ever told. So how can they get out there and tell the public that a pH reading will denote whether you need calcium or don't need calcium, they're a bunch of idiots, and the farmer's gullible enough to believe it, and cry all the way to the bank, broke. Broke, because the pH is a measure of resistance and not a measure of volume. Now can you begin to see how wrong the experiment station is guiding the farmer, and why 2400 farmers go broke in the United States every month and only the big farmers remain. Less than 8% of the American population is engaged in some kind of farming project all the way from growing it to marketing edible foods. So now there's not enough farmers any more to get legislation to protect the farmer, they have practically no protection, and consequently your foods are getting worse and worse and worse, not because the farmer wants it that way but because the experiment stations, the machinery companies, the spray companies and the fertilizer companies write the text books for the college students in agriculture.

When you get a degree in agriculture today you know how to do three things:

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- buy fertilizers,
- buy sprays, and
- buy machinery.

and that's a college degree in agriculture.

There's plenty of times that you have a pH of 8 and are deficient in calciums. I'll give you the ratio in tonnage for agricultural purposes and then you can figure it out about the same ratio for people. If you had 1000 kg of pure white builder's sand and you add 25 kg of aragonite, lime, and mix it absolutely equal throughout that whole tonne, you'd have 1025 kg by weight. If you then added 0.5 kg of flowers of sulfur and mix it absolutely equal you'd still have a pH of 7.0. Now suppose that you only had 25 kg to an acre of calcium and 0.5 kg of sulfur and had a pH of 7, or suppose that you had multiplied each number by 100 and you would have 2500 kg of calcium per acre and you'd have 50 kg of sulfur per acre, you'd still have a pH of 7. Now, which do you think would make the best crop, the one with 25 kg of calcium per acre or the one with 2500 kg of calcium per acre, whenever plants have more calcium in them than any other one element?

So the calciums that are needed to maintain our perfect health in life goes back to the responsibility of the farmer, and he hasn't been taught anything but to put lime on the ground, because there's no money in lime. In the soil as in our bodies, pH is a measure of resistance, and it is the resistance in our body that it gives us energy.

Eye.
In each eye there are approximately 80 miles of blood vessels (stretched end to end) and they're arranged as two distinct and complete sets (two sets of arteries and two sets of veins), one set going around the eye horizontally and the other set going around vertically. If you look inside the eyeball using a light through the pupil not only can you see the nerve but you can see something that looks like a treetop, a giant oak or something, It actually looks like a tree standing bottom upward, and the tops of the trees are woven in among each other's tops and they fit perfectly, but yet are clearly distinctive and patterned differently. These are the two sets of blood vessels and they come into the eye from:

- the upper abdomen which go around vertically inside the eyeball, and
- the lower abdomen which go around horizontally inside the eyeball.

The upper and lower abdomen each has its own set of capillaries in the eye and the eye is the only organ in the body that's so delicately made. The eyes are the only organ in the body that have the two complete systems of blood vessels and the eye is even more delicate than the brain itself.

The greater the dilation of the blood vessels inside the eye the more decay, or cancer, is in the body. Now when the dilation is mild then it's carcinoma cells, but when the dilation is terribly exaggerated it's probably cancer cells.

Inside of the central core of the eye there is a lot of fluid and whenever the body chemistry begins to get too many carbohydrates then that fluid begins to increase and the eyeball expands, and that's the first sign of a diabetic person. You've heard people say, "that child has the most big beautiful brown eyes", or "big blue eyes", or "big hazel eyes"? All they're saying is that child has diabetes, or is a candidate for diabetes.

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With these numbers, although there is a brain tumor on the top of the head, the eyes are also protruding slightly and the vision is effected as a result of the high sugars.

$$7.5 \qquad \frac{7.40}{5.90} \qquad 45 \qquad 4 \qquad \frac{13}{9}$$

Now if someone has eye problems and the retina has already begun to deteriorate then get their body chemistry in the best order they can, take eye exercises, take algavim 2 x 3 a day, use a good eye wash and let God do the rest. Now many people have benefited by it, but some have not been benefited by it.

Now there's a lot more to a retina problem than a simple answer because sometimes there's a short circuit in the nervous system between the two eyes and that weakens the retinas in both eyes, or there may be an eye loss, or lack of eye power, or it may be an electric light that is continuously aggravating the condition, or it may be the color of your walls so when you have retina problems you need to take into consideration a lot of things and may even need the help of a specialist.

Eye Numbers.
Each eye is divided into 60 different parts for the eye numbers.

See Charts Over –
These charts shown over were from Michael Olszta's On-Line Course and came closest to those I originally had, but I like these better. Other charts incorporating both eyes into one chart I found not so useful, but still better than nothing

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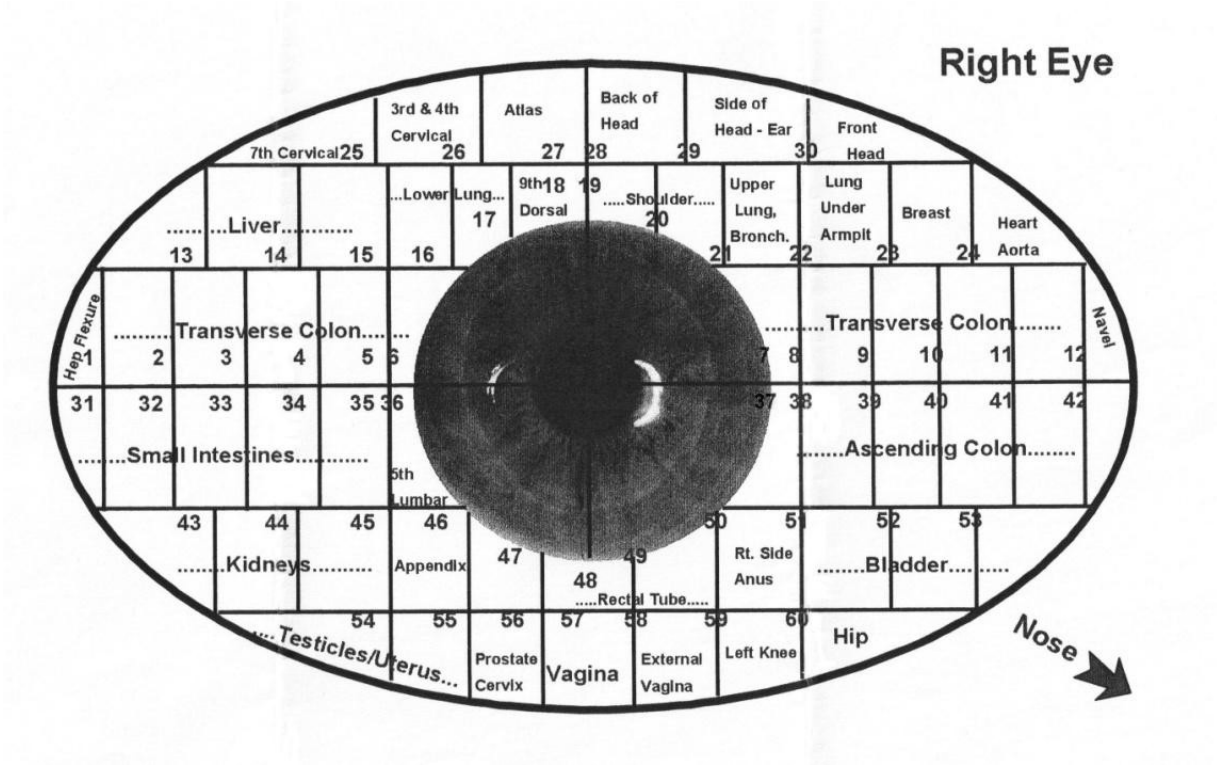
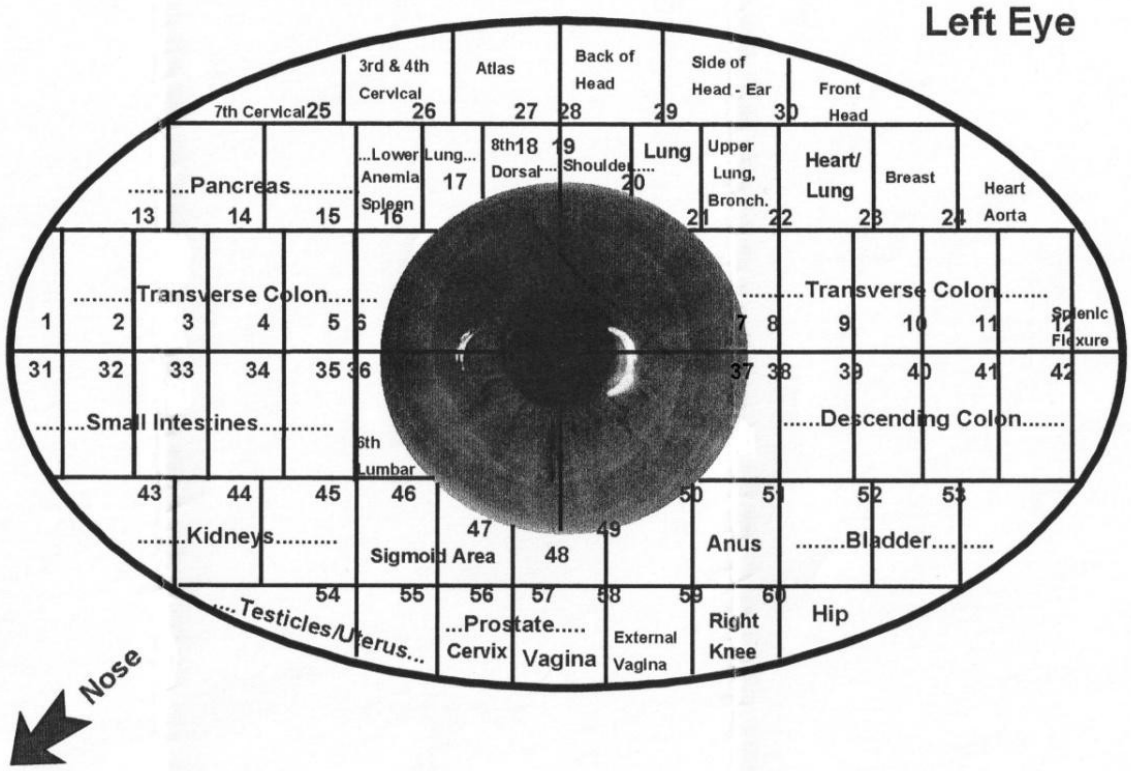
Right & Left Eye Sclera Charts





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No.	RIGHT	LEFT
1-12	Transverse Colon from the hepatic flexure to the navel. #12 is the right side of the navel and #1 on the left eye is the left side of the navel	Transverse Colon from the navel to the splenic flexure. #1 on the left eye is the left side of the navel and #12 on the right eye is the right side of the navel.
13-15	Liver	Pancreas
16-17	Lower Lung	Spleen. Also pertains to the lower lung. You must use the equation to differentiate.
18	9th Dorsal (although there is some doubt with this).	8th Dorsal
19	Right Shoulder.	Left Shoulder
20	Back part of the shoulder around the shoulder blade.	Back part of the shoulder around the shoulder blade. Can reflect bursitis. Can also pertain to the upper part of the lung
21	Upper Lung.	Upper Lung
22	Lung on a parallel with the breast over under the armpit.	Lung on a parallel with the breast over under the armpit. Also the right side of the heart.
23	Breast. On men the fleshy part on the outside of the rib cage	Breast. On men the fleshy part of the outside part of the rib cage
24	Aorta Artery	Under the left armpit. The left side of the heart.
25	7th Cervical	7th Cervical
26	Between the 3rd - 4th Cervicals :- both the 3rd & 4th Cervicals	Between the 3rd & 4th Cervicals.
27	Atlas - Axis	Atlas - Axis
28	Back $^1/_3$ of the head.	Back $^1/_3$ of the head.
29	Ear and surrounding parts of the head	Ear and surrounding parts of the head.
30	Eye and surrounding parts of the head	Eye and surrounding parts of the head.

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No.	RIGHT	LEFT
31-35	Across the abdomen from the hepatic flexure at an angle to where the ovary would lie. Covers the small intestine.	Across the abdomen from the splenic flexure at an angle across to where the ovary would lie. Covers the small intestine.
33	Ovary	Ovary
36	5th Lumbar	5th Lumbar
37-42	Ascending colon.	Decending colon. #37 is the top at the splenic flexure and count down to #42 which is the bottom of the decending colon.
37	Ascending colon flexure.	Top of the decending colon at the splenic flexure
41	Ileocaecal Valve. If both #41 & #42 appear in the right eye the person is usually acid despite the pH readings, particularly if the readings are +	
42	Caecum	Bottom of the decending colon
43-45	Kidney	Kidney
46-47	area from the caecum across to the top of the rectal tube including the appendix at #46	Sigmoid colon.
46	Appendix	
48	Top right side of the rectal tube	Where the sigmoid colon joins the rectal tube and is a part of both.
49	center of the rectal tube on the right side	Center of the rectal tube on the left hand side.
50	Anus	Anus.
51-53	Bladder	Bladder
54-55	Uterus or Testes	Uterus or testes
56	Women - Cervix	Woman - Cervix
57-58	Woman - Vagina. #58 External part of the vagina	woman - vagina. #58 is external part of the vagina.

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No.	RIGHT	LEFT
56-58	Male - Prostate. #58 probably is the penis.	man - prostate
59	LEFT knee. This is a switch	RIGHT knee
60	Right hip. When this number appears in the right eye the left leg will be shorter than the right leg. #60 in both eyes will indicate arthritis or osteopososis.	Left hip. If this number appears the right leg would be shorter than the left.

Doc was unable to connect everytime the maladies that are listed in the iridology book with the eye chart according to eye numbers, in other words, there's some conflict at times. Unless something works 100% of the time Doc did not teach it, or if he found only 1 or 2 exceptions he may teach it, but he'd also teach where the exceptions are. Doc was unable to say that 100% of the time the eye numbers would indicate anything, but if you study them long enough you will be able to connect them to certain maladies. But regardless of what they show or don't show they should be redone if they're over 30 days old.

In order to chart eye numbers what we're looking for are the enlarged red vessels on the sclera of the eye, we're not interested in pink unless all you see is lightly pink, we're looking for the prominent red line. Keep your numbers in sequence and if it's a really outstanding red so you can just stand back from them and see it real good, you'd put a plus (+). If it's a real bloody red you put a plus on it, if it's just an outstanding red then you don't put anything. So as you begin to study the eye charts and eye numbers try to remember this, start with 1 and keep the numbers going up consecutively, do not mix up the numbers, always keep the numbers going up, up, up. You may have 1, 2, 3 and 58, 59, 60 with nothing in the middle, but do not skip around, always keep the numbers going up.

Now you're going to find two kinds of numbers, very light and very magnified, then you're going to find blotches. If there's a blotch put a "B", it means that there's a round dot there in the blood vessel and when they collect in blotches it means you have a terrific Vitamin A deficiency and that's about all the vitamins you can tell by looking at the eye.

The critical numbers are 2-32 through to 6-36, and starting at 7-37 through to 11-41.

The eye numbers will not be dealt with in detail because Doc always wanted the testers to develop a five dimensional approach with the test numbers:

- Height,
- Width,
- Breadth.
- Time. Every person is the sum total of all things that have happened to him up to the time he is tested, so there is a chronological factor involved and you have an energy matrix factor that you have to take into consideration, and that is why it takes approximately 11/2 times as much energy to repair a cell at 30 as at 20, and twice as much at 40 as at 20.

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- Empathy with the mental construct of the patient. In other words when you look at those numbers you have to literally be able to build up a construct of a person as though looking at a photograph.

So the eye numbers are indicators that show stress areas, what areas of the body appear to be under the most stress and is the stress diminishing or not and really about all the eye charts tell you is whether nature's co-operating with you or not. The Urine and Saliva test numbers denote what is, and the eye numbers are a verification of progress or not progress and they help to eliminate mistakes, verify findings and lets us know whether or not your body chemistry is co-operating or not.

If the following numbers were for a woman somewhere between 16 and 45 it would mean that she'd have menstrual cramps or trouble with her menstrual period, but for an unmarried girl, a virgin, it would mean swollen ovaries.

$$5.4 \qquad \frac{7.40}{6.40} \qquad 7 \qquad 4 \qquad \frac{3}{3}$$

Of course there would also be eye numbers and one common number for this test for a female, left eye, would probably be 1-4 and 11,12 but not always. Now the numbers would not be the same on both eyes.

When you look at the eyes, take note of what you see, for instance, in cases where the eyes were just bloody and swollen and then clear up just as clear as a crystal like a brand new baby's, the next day they die. Or if you see a person dying with cancer and their eyes turn crystal clear it means they may die tomorrow. The same thing applies with the numbers, when the numbers are just about as far out as they can get, and the body wouldn't respond and all then all of a sudden they turn perfect, look out, the next day they're dead.

F

Face.

Our face is the mirror of our soul, and the eyes are the windows of the soul, and you know your face at age:

- 18 - 20 is what God gave you.
- 35 is what you are, and
- 60 is what you deserve.

Your body chemistry has much to do with how your face looks, but you will also look very much like what you look after most, or even the thing that you look for most you will find, your face will become a mirror of your soul:

- I've seen fat people whose face looked like a dollar mark.
- I knew a man one time that raised hogs all his life, and nobody needed to ask him what he did, his face looked just like a big fat pig because he looked at them, loved them, worked with them so much until he looked like it.

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- I have known CPA people, when they retired, their face would look like a jillion figures on a jig-saw puzzle that'd dropped down on a page, wrinkles, little teeny wrinkles like figures all over their face, showing what their profession was.

So if you look at something long enough it will have an effect upon your soul, upon your face, upon your expression and also the food that you crave most, that does not agree with you, will also change the characteristics of your head. Have you ever seen people who smoke until like their faces were longer than they were round. Apple-faced folks are generally pretty well-balanced, but people who have a long, drawn face are often that way because their body has too many toxic poisons and it makes the head longer than it is round. The head should be comparatively round, not long like a mule face. Those who are raised on a so-called civilised American diet of white flour products, white sugar products also seem to have a longer face too.

I'm not casting any reflections, I'm only stating the effect of diet on your physical characteristics and this shows in the numbers, and if you learn the numbers well enough they will even show which way you hold your head, to the left or right, or whether you limp or whatnot.

Facts.
The first thing you ever want to do is get all the facts. Get a test and get the facts (age, height and weight) and get them recorded.

Fad.
In regard to fads and fallacies of diet there are all kinds of fads you can hear about, the books are full of them and people are just filled with them.

In defining the term "fad", a fad is any idea that will not add to your energy. In other words, a "fad" is any idea that may cause a loss of energy. Now fads are also things that will not work with everybody on Earth, in other words, if there's one person on whom an idea fails to work then it's a fad and a fad is something that simply is a failure.

Whenever you get anchored to a fad, or to a way of life, then all progress stops. A boat cannot get anywhere as long as it is anchored or it won't do much good if it's just drifting with the tide. So never be afraid to shake the boat. If you are afraid to shake the boat then your progress has stopped.

I'll break your first fad here, remember, all foods are cationic, with the exception of lemonade. It's the only food that is anionic that I know in nature and that's from testing over $^{1}/_{4}$ million different species and over 16,000 different kinds of things that people could eat. There's only one anionic food and that's lemonade, all the rest are cationic.

There's a lot of fads out there and we're trying to defat you. Go by the numbers. You can't go by fads and numbers, go by the numbers and defat yourself.

Some people will say, "you've got foods in here that's got preservatives in them."
"Sure, I believe that most foods today are safer with the preservatives in than they are without them."
"Don't you know that preservatives cause cancer?"
"No, I don't know that, I don't know it at all. It's never been proved, it's just a fad. It's somebody's idea for a book, and they wrote it. It's very good for the writer, but it doesn't work with people."

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Now most people have seen the food combining charts that say don't mix meats with vegetables, and don't mix fruit with this that and the other, that's a fad. Actually you should mix acid with alkalines in your diet if you're healthy, but if you're sick then you better go easy because the more dilute the gastric juice the more careful you have to be with your diet.

Some people will tell you that milk is made for baby calves not for people and that milk creates mucous. That too is just another fad. Remember this, we live off the energy in the food we eat and not the food we eat. Now a calorie is how much heat it takes to raise the temperature of 1 gram of distilled water 1 degree Centigrade starting at 60 degrees centigrade, and calories really do not relate to the food we eat because no two people get the same amount of energy out of anything. It's only a fad for fat clubs. And what is food for one is a poison for another and if you'll just read enough health books and do every thing that every one of them says, you'll starve to death, because every one is up on something and down on something, for instance, one of the health books on vinegar and honey, if you read that book you'd think all in the world you need to be healthy and live to be 150 years old was to take vinegar and honey the way it's written. But suppose that you had a body that was extremely acid and you were also a diabetic with it, hyperglycaemia, so into this system you put more acid and more sugar, that's foolishness.

So every cure all would have to be extreme in order to get everybody to fit, be just like cutting your head off to get rid of a headache, you get the idea. So what we're doing here we're taking the fads out and putting it down in mathematical numbers and we're going to go by the numbers.

Failure.
One thought came to me when I was at my father's funeral when I cast my mind back over the years of the many things that we had tried to do, and the things that we had accomplished. We had set a goal and we had met them as a family unit. I thought of what a wonderful dad he'd been to me when I was a boy growing up, and how patient and kind he always was to me, and I thought about the failures that we've had (which were very few) and to those failures I simply said, "so what difference does it make now, what difference does it make?"

So if we fail, so what? Start over again, and don't make the same mistake twice, start over again. If somebody says an unkind word about you, so what? It doesn't make any difference. Remember this, the thing that hurts you worst is your failures, and God never fails. In Ecclesiastes 3, ".. it is appointed unto man a time to laugh and a time to cry, a time to live and a time to die, .." and so forth.

So it is appointed unto man a time to die, and when that time comes it seems that no man can stop it, but as we work and strive and do all that we can do, when we've done our best that's all that we can do, and then it's in the hands of a power that's beyond us, and that is religion, and no one religion has a right to say that another one can't exist.

Don't ever let one failure cause you to become a recluse or to give up because you'll never amount to anything until you have a thousand failures. So if we fail, so what? Start over again and don't make the same mistake twice, start over again and don't let anything ever get you down, make a stepping stone out of your failures and use it to rise to higher planes.

Faith.

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See Part 10 - Stories and Illustrations - "Faith". Never take your troubles to bed with you, but there's one thing you can do if God permits you to be awakened for a few minutes at night, tell Him how much you love Him, praise Him for His mighty works and at the end of that prayer just before you go to sleep say, "Dear Lord, don't forget that $10,000 bill that's due in the morning at 8.00 o'clock" and go to sleep, and believe it or not the next morning it'll be handled with no problem at all.

If you want God to do something, praise Him first, and then just say it's your business Lord, it's your bill, it's not mine and you got plenty of money, the bank of Heaven can't be broken, so just don't forget about it, I'm just reminding you. And it's amazing what you can do when you turn on your faith.

Turn on your faith in the most trying times of your life, turn on your faith and humble yourself in the presence of God and He will give you the right words to say, and if you should innocently make the wrong decision He will turn it into a blessing.

When you try to do something you think you can't do then you're on faith, or presumption, and it's a very fine line between faith and presumption, and I think that's what Jesus was talking about when he said that wolves come in sheep's clothing, I think he was talking about faith and presumption. It's very difficult to tell one from the other at the moment, but a little later you can because faith brings a reward and presumption brings grief.
Now there is such a thing as "faith healing". I have no explanation on how it happens but it's an absolute, instantaneous supply of energy, and all I know is when it does happen and when it doesn't happen and our instruments show when it happens and shows when it doesn't happen, but I have no explanation.

Remember, by faith you cast out fear and by perfect love you cast out fears.

Fasting.
The purpose of a fast is to change the body chemistry and a general rule of thumb is, any time you lose energy from fasting that day you should stop fasting. If you're losing energy from fasting over one day, (one day is not bad), but if you are losing energy as a result of fasting then discontinue the fast because it's doing more damage than it is good. Remember this too, there's a world of difference in a water fast and a lemon water fast. Many people say, "I've fasted many times, it's old stuff to me" but the minute they start on lemon water they say, "I've never had anything like this before, this knocked the props out from under me." It really shook the foundation of their soul. It's different, so don't think a lemonade fast is just the same as an ordinary water fast it's entirely different.

Do not put anyone on a lemon water and water fast unless you are able to check their numbers daily, particularly the carbohydrates levels, because they can go into a coma. It is dangerous to fast people without knowing what their carbohydrates level is, very dangerous, so do not do it and do not recommend it. I do not recommend prolonged fasting without supervision. Supervision is essential.

In the books by Nord Davis and Salem Kirban, they tell the people, "please do not try a fast by yourself, or without supervision." Both books say that clear and plain, and it isn't that we just want everyone to run in and get a test, it is unsafe because they go into withdrawal, get sick at their

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stomach and then they think "ohh, that book's crazy, that diet made me sick at my stomach" and then they quit and call the author a quack because it was done without supervision.

Remember this, people only get out of a book what they want to get out and they miss some of the very essences of what is written there. The books are not written for the purpose to keep you in the doctor's office, they're written for the purpose to get you under guidance, under supervision, so you'll know what you're doing. We want to help you and we want you to help as many people in everyway that you can, but the best thing to do is to have guidance while they are going through a fast.

Some of the rules and regulations of fasting are:

- People with a low blood sugar should not go on a fast without supervision or without guidance, it's dangerous. People have been known to go on a fast that should never have gone on a fast in the first place, and kill themselves.
- Do not put people on a three day lemonade and water fast unless you can test them at least twice a day, mainly on sugar and urea, for the first week because you are taking an awful risk, and then tell them what to expect.
- While a person is on a fast do not let their carbohydrate level drop too low, this is why you test twice a day.

There's four different kinds of fasting, and remember, "if you're losing energy from fasting over one day, and one day is not bad, but if you are losing energy as a result of fasting then discontinue the fast because it's doing more damage than it is good". The four types of fasting are:

- **Forced Fast**. That is in a situation where you can't get food if you want it, it's just not available and you just have to do the best you can with whatever you've got, but even then you do not have to eat unclean meats or resort to cannibalism. If you will put your faith in God, "He will send the ravens to supply your needs".
- **Foolish Fasting**. Some people get the idea that it's going to make a difference if they fast, and therefore they start a fast having nothing but water, and people have been known to kill themselves with foolish fasting.
- **Religious Fast**. The next kind of fast is a religious fast, and that is one that God tells you to go on. He commands you to do it or offers you the opportunity to do it. When God does that He will tell you how long to fast and when God tells you to fast you will NOT grow weak by the fasting, in fact your strength and your reserve energy will increase during the fasting period. If you are on a fast and you lose strength while fasting then the fast is NOT of God.
- **True Fast**. This kind of fast is undertaken for the purpose of changing your body chemistry from one range towards perfect. It is a lemon water and water fast that is strictly monitored, at least twice a day on sugar and urea, for the whole period of the fast. When you go on a true fast to change your body chemistry towards perfect then you may get a little weak when your body changes ranges.

Fasting can be a great advantage if it's done properly and it's supervised. Now many of the health people think it's great to fast one day a week but that's all they say, they stop there, they don't say that during that fast it's a day of rest, do absolutely nothing, that you should spend that day in prayer and meditation and reading the Scriptures.

With one-day fasts:

- you must rest,
- if you have low blood sugar you should have a juice fast,

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- if you have a high blood sugar it should be just a plain water fast, or green drink, or unsweetened comfrey tea.

Now one-day fasts will help somewhat, but under no circumstances will a fast really do very much for you unless God commands it. Now God commands you to fast, and sometimes work too, and continue your work and sometimes to do harder work than ever, and yet He will renew your strength. You will not have any ill effects from it if it's of God. One sure way to tell whether the fast is "of God" or "not of God" is whether or not you lose strength.

When people go on a "True Fast", and there's no food going into them, they can get well because:

- It slows them down and therefore the energy they were using up is redirected towards throwing out the most worn out cells, and
- the fast itself moves the body chemistry from one range toward Range 1.

While you're on a fast you should drink distilled water to aid nature in getting rid of the cells that are released into the bloodstream so that the blood won't be too thick and the heart won't have to beat too hard. During the fast the liver releases a lot of substances for which it lacked the necessary mineral to finish them, and they have passed into the bloodstream, and then when you start eating again after the fast the liver is more ready to take on the extra energy in the food you eat, providing it's not the same minerally deficient food that you were eating before you had the fast.

Fasting is a burning of rubbish in the body, the body feeds itself upon the energy in those impure cells it can get a hold of, but it will not use any cells in vital condition. The cells in the vital organs, the brain, the nerves are not digested or harmed during fasting, just the dead matter is taken out and while you're fasting you get your energy from your stored carbohydrate, from the fats.

Let me give you another rule on fasting, the number of days they are on the fast use that same number of days to break the fast. For instance, if you have a person that's way overweight and they're on a 3 day fast, then 3 days of real light diet, then 3 more days of fasting then you take 6 days to break that fast; 2 days of the first day, 2 days of the second day, and 2 days of the third day. There are a number of different fasts and each has a different purpose, but take the same number of days to break a fast as you were on the fast:

- 3 Day Fast & 3 Day Light Diet.
- 6 Day Fast & 6 Day Light Diet.
- 6 Day Fast, 2 Day Light Diet, 6 Day Fast & 12 Day Light Diet.

For people on a normal weight then 3 days of the fasting is normal. If they're extremely overweight then we put them on a 6 day fast, 2 days of light diet, and another 6 day fast.

Do not give vitamins and minerals to anyone that's on a fast until the fast is over because not only would they flush them out but it prevents their body from going through the withdrawal. If they are doing a 6 day fast at home we start their vitamins and minerals on the 7th day.

Withdrawal is term that describes the process of change that occurs when the body chemistry moves to a more favorable range, and is what's described in many texts as the "Healing Crisis".
You will find about 4% of all the people that you recommend such a diet to this will go down to normal as if they had gone through withdrawal, there's no biological reason why they should not

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have had a rough withdrawal except that our instruments or your instruments will not measure the grace of God.

If the total on the urea on a first test is above 15, and you put a person on a diet, and if they don't burn up too much energy and they can slow down just a little then the reading should drop below 12 for a day or two and that's one of the first ways to tell whether your body chemistry is responding, is that in the first 3 days the ureas will probably drop down to 1 over 2, or 1 over 4, anything, and then it'd begin to pick up, say 6 over 4, and the next day say 6 over 6, and this day is the first day that the body chemistry is out of withdrawal because the ureas have come up to 12, it means that the body is responding to potassium.

If they're on a fast they should be tested twice a day, but if they're not on a fast then they should be tested about the 3rd day for sugar and urea, and if the total urea is down around 7 then they should be tested daily on sugar and urea until it picks back up to above 12 on urea. If all the numbers stay the same and the ureas went to 1 over 12 on a second test it wouldn't mean anything. It would mean there was no change in body chemistry.

Remember always, watch the ureas for withdrawal and closely monitor the carbohydrates. When the ureas come up to 12 the withdrawal is over and it is time to break the fast.

On a fast the ureas should drop right down, it'll keep dropping and stay down and it doesn't matter what the numbers are, it'll just drop down and keep the ureas less than 12. But the first day it rises to 12 or above, that is the day that you know that you are winning the battle, but if it stays down there constantly it means that you have not gone through withdrawal, your body is not responding. The ureas are one of the things that show that, also I have seen times when none of the numbers responded, not any of them, they're still right on the same spot, day in and day out for a week or two.

Some factors in dealing with a urea that you need to keep in mind are these, one of the things that people often know about, and they've read books, and it says that perfect is 3 over 3 and maybe they've got a 10 over 3, 13 or 14 and they start a program and it drops down to 8 or 9 for 2 or 3 tests if you're testing every day and they're really proud of themselves and then it jumps up into the 20's and they're just sure they're dying.

The albumin at 4M shows that there's a disturbance taking place and that the body is relieving the disturbance. If the ureas were at 7 to 13 it shows that nature is practically not cooperating at all, maybe at 12 or 13 very slightly, barely noticeable, just enough to be encouraging to continue, that nature is barely starting to relieve the disturbance by throwing out the delta cells. A urea reading from 13 up to 24 or 25 is normal but if it gets to 27 or 28 they should begin to drink water like it's going out of style. Now the ureas should go up into the 20's because it's also a measure of the cells that's thrown out of the body, the delta cells and the omega cells that are thrown out through the urinary tract. If they came out through our skin like the salt does you could smell us for half a mile but God made a different way of getting them out.

Withdrawal, or the process of change, occurs when the ureas fall below 12 and stay until the ureas go back above 12. Some of the effects that people experience during withdrawal are:

- Dizzy,
- Headache,

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- Sore Throat,
- Nauseous,
- Sick Stomach,
- Vomiting and green bile that is as full of poison as they can get. It's a good thing they don't bite anybody, they're so full of poison they'd make a rattlesnake ashamed of himself.

When anybody is put on a fast, remember the carbohydrates must be checked at least every day and sometimes twice a day. The fast must be supervised, because low carbohydrates contribute to such withdrawal symptoms as:

- Short Winded,
- Tired,
- May not be able to work,
- Mental Confusion,
- Attention Span Shortens,
- Retention Span Shortens,
- Irritable,
- Difficult to Live With, and
- He's firmly convinced he's been got a hold of by a group of charlatans and that this is the worst thing he's ever gotten into in his life.

What you attempt to do with the equation is to get the energies to increase. Many times the patient will become sicker and yet their energy's increasing, and you'll see that many times. The patient will go into withdrawal and it feels like he's going to die and about the only thing he's afraid of is he's going to live and yet his energy's increasing. While he's going through this severe withdrawal his reserve energy's increasing and yet he feels like he's getting worse.

We know by the patient's numbers long before the patient knows, what the problem is and whether they are having a rough time or whether they're not having a rough time, whether they doing well or not doing well, and whenever you go in to see a person and they're just upchucking and turning wrong side out, green stuff coming out and you say, "Praise the Lord you're doing fine" they think that you're crazy, you're off your rocker. They couldn't possibly be getting well whenever they think they're dying, with pins and needles, flesh tingling, and yet you say, "Praise the Lord." I had one fellow say, "Doc, I've never been this sick before in my life, if I get well I'm going to whip you, I'm going to whip you Doc, I've never been this sick before."

But you know, when they get well they feel so good they forget about it, they never felt so good in their life.

Now if you put a person on a diet and they continue to work very, very hard, or they don't rest, then many times a diet will not take. With a diet in particular, many times people are in such a habit of eating certain foods, and they have a refrigerator full of those cooked foods when they're given their diet that they figure they better eat up the foods that are no-no's first before they start on the program, and many times it takes two weeks to get caught up on it. So remember the numbers that show when a person is in withdrawal, they drop and then the ureas come back up to a 12 and that means that they have completed withdrawal and many times you can put a person on a diet and on the lemon water and water at home without a fast.

Many times if they are on a diet program at home and they go into withdrawal they're:

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- nauseated,
- sick at the stomach,
- vomiting, and
- just sure that their diet is killing them.

They may think they're allergic to lemonade and say, "I'm allergic to lemonade it made me vomit." The very fact that they vomited meant they weren't allergic to it. Now prepare them for what will probably happen during withdrawal, tell them about it so they know and are not surprised when it happens and left wondering why. Prepare them so they know you know.

Many times they're put on a fast of distilled water and lemon juice so they will vomit, and if they don't vomit the caustic poison goes out through the colon and it just about sets the woods afire, it just burns them up and then they complain, "oh my God it's burning me up."
"well take a bath, or get a colonic and wash some of that caustic acid out of the system." It's hydrochloric acid and it's hot, it's hot like hot peppers and we want it just so it gets out of the system. For instance, you could get them to vomit even if they ate food, only it would take a little bit longer, and if they vomit with food in their stomach it makes it a lot worse, it makes them a lot sicker, so the less you can have in your stomach the easier it is.

Vomiting up is the easy way, one minute before you vomit you think it's your last minute on earth, you just couldn't possibly live, your flesh is tingling, feeling like pins and needles crawling off of the bone and about the only thing you're afraid of is that you're going to live and a minute later though, you don't remain sick afterward, you feel like a million dollars, you really feel relieved because this caustic material that's been causing illness is out of you.

Now when you vomit the first that you vomit up is generally green, then it will be brown, then it will be yellow, and when it gets to yellow, you're almost through with it, it's almost over, then you're on the road to recovery and your ureas numbers will begin to move back toward 12 again and you just feel so wonderful, you begin to live again.

The first visible symptoms of recovery is around the mouth, you'll see color coming around the mouth and then it begins to spread over the face and then after it covers the entire mouth and lips area up to the nose and down to the central part of the chin, then you can look on the tongue and round the side of the tongue it begins to look brand new, pink, and new color coming in, and then the whole tongue will begin to look like a brand new tongue and it won't be coated anymore, it will not have the appearance of an alligators back and you'll begin to know that life is coming back and then all of the wrinkles will disappear. There's been lots of people with lots of wrinkles, especially women, 50, 60, 70 years old with a face full of wrinkles and all their wrinkles would disappear because of a good diet.

The longest fast you'd give for a pregnant mother would be 3 days, no longer than that. Remember in fasting a pregnant woman it is absolutely essential to watch that sugar closely to keep the baby from aborting. This is your problem in fasting pregnant women is keeping the child from aborting. Also in fasting a pregnant woman any toxins from the mother's system will not normally go into the baby's, in other words only pure blood is going to go to that foetus while she's fasting.

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Now many times after they start eating again, unless you have a lot of gelatine in their diet you're going to find it very difficult to keep the colon clean, transverse and all of it, because without gelatine the undigested foods become very gummy and sticky like flour dough when it sticks to your fingers, but if you use a lot of gelatine, oil, gello, prune juice and flax seed you can get this pH down to normal. These are facts you must remember in order to handle your problem.

There's another special case you need to be aware of, people with a sugar of 5.50 or above should not be put on lemon water and water fast because when the body chemistry starts to react it generally overreacts and when it overreacts that's what gets you into trouble especially so in children because their bodies respond very quickly, remember the 1X, 2X and so forth.

Please don't attempt putting children with a high blood sugar through a lemon water and water fast because the child will vomit two or three times and then will go to sleep, and it will sleep anywhere from 12 to 30 hours, and you can't hardly wake it up at all, it's just like a dish rag, the eyes roll back in the head and it scares mommy and daddy plum to death almost.

The child is so relaxed, there's nothing wrong with the child at all except all this tension that they've had from the high blood sugar and they're so tired from it they're just resting, but the problem is this, mommy and daddy'll fight you. The child won't give you any problem but mom and daddy are scared for their child and are ready to fight you, and believe me they'll call you up at any hour of the night or any other time and I don't blame them, they're deeply concerned about their child.

Whenever this condition exists please check the pulse and temperature and go by that. A child seldom has a temperature whenever they go through withdrawal, seldom ever.

Then the child wakes up, but you should see the difference in that child when he's rested and before. He's easy to control, he's obedient. Before he goes on the diet, their mother and dad as much as they love him sees horns on him, but after it they look for wings, it makes a world of difference in a child's pattern of behaviour.

The body chemistry change varies with people, there have been some people:

- whose chemistry changed easily,
- whose body didn't start changing for 3 or 4 months, even while they were on the diet, and
- whose chemistry did not change. Remember 1X, 2X, 3X, 4X and so forth.

There was one person from Lynchberg, Virginia, a man about 34 years old who was laid up in bed with arthritis and he was brought into the retreat on a stretcher. He was fasted for 4 days and his body did not respond and was told, "you might as well go home, it is not helping you at all".
So his family begged to stay a few more days. He'd been a missionary in Germany for a number of years for the Amish church, and he had to come back because of an ulcerated condition and so we tried him for another week.
Still no response. So he was told again, "there's no use to stay now. You've been here 11 days and there's been no response."
"Let's try 3 more days."
So we tried for the 14th day and then he was told, "we're not keeping you any longer, your body is not responding and we do not know anything to do for you to help you. Everything we know has been tried and it hasn't helped you any, there's no use to continue here.
He said, "do you mean to say I'm going to die?"

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"no, that's not what you were told, it's just simply we do not know of any way to help you. We cannot help you here and as far as we're concerned you ought to find someone else, or your help will have to come from God."

Doc was up in Harrisonberg about 2 months later and this man went over from Lynchberg to Harrisonberg to get a test, he walked in walking straight as a die and he was not recognised by sight, recognition came from the number picture on his card. But he came walking in, walking straight as a die, no problems, no swelling in the joints and a perfectly well man.
He said, "3 days after I left the retreat they anointed me, and had prayer, and God touched me and I've been getting well ever since. I was not healed instantly but every week I'm a lot better."
This was a case that happened right here in Virginia less than a year ago.

So the message is that just because diet fails them, medicine fails, doesn't mean that everything fails them. He's doing a very fine work in his field here now.

So these are stories that the numbers tell and please believe them. Another case is that of a female, married, 38, 5' 10", 210 lb

$$7.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

Energy between 50 and 55, about 51 or 52.

It should not be too difficult in this case to lower the sugar even though the reducing fat would throw more sugar into the bloodstream, because drinking the right amount of water will wash it out.

This kind of a case should be in a retreat for a minimum of 3 weeks. She should be on 2 x 6-day fasts; 1 x 6-day fast then 2 days of light diet, then another 6-day fast.

In that length of time she'll lose about 30 to 35 pounds of weight.

She's then on a 12 day very light diet and she'll put that weight back on and about 10 pounds more, but it will look like she's losing weight because nature will start forming muscle very rapidly, faster than it throws off the fat and remember, fat is 400 percent lighter per given volume than lean, or muscle.

Doc always refused to eat any of the food while in jail because they could poison him, and there had been attempts to poison him before. Even though he was in jail one time for about 10 days they wouldn't bring any milk or any kind of carbonated drinks and all he had was water out of the faucet, and he never:

- got hungry,
- lost any strength, or
- lost anything.

He just felt wonderful because the Lord was renewing his strength. Anytime anyone goes on a fast and they lose strength then they've lost the benefit of the fast unless the fast is done under the supervision of these instruments and you know what the body chemistry is doing.

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We do not generally start people on vitamins and minerals during their fast period or the week or two afterward because we want to know what the body will do all by itself without any help.

Fast Breaking. Day 1, Breakfast

- 1 slice of whole-wheat toast. Now there are exceptions to that because there are people who are allergic to wheat.
- We'll also give only one poached egg, and
- 1 cup of herb tea.

Now that's the first morning's breakfast and that's a pretty good one to stick to, there's a reason for everything in there but at this time we won't go into all the logic that's required but you will gain more energy with this one than any one I've found yet. I had one person come in one time that said, "oh Doctor, I'm allergic to eggs, I haven't eaten eggs in 40 years, they make me sick if I ate them".
I said, "well that's why you're here, go eat them, let's get sick on them." So, .."alright doctor if you say eat them I'll eat them"
so she did and they didn't make her sick. She said, "that's the best egg she'd eaten in 40 years."
So a lot of their imaginations might have been true before their body chemistry change took place but after it takes place there's an entirely different situation.

Day 1, Dinner:

- They would have a small, green leafy salad, and
- They can have green bean broth. It's waterless cooking green beans. The best way to make green bean broth is in a pressure cooker, it'll squeeze everything out of them but the pulp and then you've got the broth and no water added. Or use a double boiler, just don't add any water, you want the pure green bean broth.
- The next thing you could give them would be two or three small dietetic crackers without salt.
- You can also give them one cup of plain yoghurt. Now, many times I see people giving them fruit yoghurt, not plain yoghurt. Now if they have a diabetic tendency you'd want them to steer clear of flavored yoghurt unless their sugar was dropping below 1.0 all the time, and then they could have yoghurt with the fruit flavor like a peach or apricot or something on that order.

Day 1, Supper:

- They can have one slice of whole wheat toast.
- One six ounce glass of tomato juice,
- One cup of herb tea, and
- 8 ounces of most any kind of vegetable soup.

Day 2.

Now your second day off the fast is very, very important also because unless you stick pretty close to this plan you're going to throw the body right back to where it was.

Day 2, Breakfast:

- Plain oatmeal with just a little bit of vegetable butter on it, mazzola or corn oil margarine. Add sweetener according to the numbers.
- Then one slice of toast.
- Six ounces of skim milk.
- If saccharin agrees with them they can have the sweet and low.

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- 1 cup of herb tea.
- One half of a banana.

If they have a tendency to high blood sugar and you don't know yet which sweetener is causing that pancreas to fail to manufacture enough insulin then use no honey or other sweetener because we don't know which one it is yet.

One more thing I want to tell you, if a person is a heavy coffee drinker, and I mean over four cups a day, do not take them off of coffee quickly because under certain circumstances it could bring about a heart attack, so let them have a little bit of coffee once or twice a day if they're drinking over four cups. You'll be amazed at how many people drink 20 cups a day of coffee, and no wonder they're sick, no wonder they're ill. They've made their stomach a garbage can and they're living on the pepped up caffeine and don't take them off of coffee quickly.

Now if anybody wants to quit cigarettes instantaneously it won't hurt them, but the ones that's on cigarettes their taste buds will awaken and come back to life and the cigarettes will get to tasting so badly till they can't stand it, unless they're so stubborn they're going to tell their tongue you got to take it whether you want it or not.

Day 2, Dinner:
Now these meals will pretty well fit most any condition but there are some exceptions:

- Vegetable leafy salad. One lady come to me and I said, "have you been eating a salad every day?"
- She said, "I sure have, macaroni and cucumbers with some mayonnaise on it"
- That's what she called a salad. Now a little bit of cucumber in a salad, little bit of tomato is just fine but if you don't want to burp the cucumber leave the skin on it. If you'll eat the skin of the cucumber too you won't burp it later. Now there is a long cucumber that's sold on the market for anywhere from 65 cents to 95 cents that the skin thickness, the chlorophyll, goes all the way through to the seed and it's called a burpless cucumber, so it's a very good one also. The reason for cucumbers is it's very rich in vitamin A.
- Here they can have steamed vegetables but not potatoes because of the starch in them. Carrots, squash, a little sweet potato, cauliflower but no broccoli because the gastric juice has not levelled off and it would cause gas, also no cabbage and no onions for the same reason. Now the sweet potatoes would have to be very, very light, almost missing. Better still than the sweet potato would be the baked squash or something on that order. Two or three different kinds of green beans would be well, or if you're Southern, black eyed peas or English peas, the garden peas, would fit in here in your vegetable line, a light serving.
- They can have here one six ounce glass of cranberry juice for the manganese. Six ounces is not enough to make any difference with the pH. If they were drinking nothing but that it's one thing but one six ounce glass in a whole day is kinda like the lady that had her son in the Navy and she heard that the ship was on a sandbar so she grabbed her pan of dishwater and ran down and throwed it in the ocean and said every little bit helps. So one six ounce glass of cranberry juice in a day is not going to make any difference in case like this. I mean it's not going to change very much and you do need some manganese.
- They can also have a slice of ripe tomato in this salad and it's alright to have some of the salad dressings, very lightly, on the salad. It doesn't really matter if there's sweetener or not because there's not enough to help. I prefer it without the sweetener myself. I like the natural one best, but even with a sweetener what little bit's in it don't make that much difference.

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- You can also have a piece of homemade cornbread, one square of it and I don't mean one square acre either.

Day 2, Supper:

- One slice of toast again, and by the way there is a soybean toast, there's millet toast, there's all kinds of bread besides wheat toast but "Seven Grain" is a no-no. Seven grain sprouted is a no-no because a lot of the seed doesn't sprout and they bake it and they're just like glass. If every seed sprouted it would be great but a lot of them don't so please let that alone until they learn how to take out the seeds that don't sprout because the seed is whole and it bakes and it's just like eating glass almost, so I say no-no on that one.
- Vegetable, leafy salad and this time a little larger one and then you can have one yoghurt.
- You can have one glass of skim milk, or no fat milk. Not 1% milk because 1% milk has 50% of the cream in it because it comes from the cow about 2%, and when you see milk that says 2% butter fat it means that's natural whole milk. It's fine to drink raw milk with the cream removed from the top or goat milk is just fine because there's very little fat in goat milk.
- You can have here a vegetable soup.

Day 3.

Now your third day off your fast you go back to your vegetables and there's so many things that you can have

Day 3, Breakfast:

- You can have shredded wheat,
- You can have millet and egg,
- You can have grits twice a week with your egg.
- You can move up to two eggs instead of one for a large person size and they can also have some dietetic ice cream once or twice a week, that is with the sweetener in it, providing that you're not allergic to saccharin because this is what it's sweetened with most of the time.

So these are principles to follow.

Fat.

The body burns fats by converting it to carbohydrate. It converts the fats to sugar, the sugar to alcohol and the alcohol makes heat in the body by the action of the frequency of the particles rubbing together, thereby creating anions of heat (the temperature of collective anions is 980 deg Celsius). The thing that keeps the anions from burning a hole in you is that there is enough space for them to get out without burning a hole, for instance a man smoking a cigarette walking through a double garage door does not burn a hole because he has plenty of room to get out. Alcohol creates a high amount of friction and the friction kicks off the anions and even with the cations there they have plenty of room to pass out of the body.

An acid body tends to store fat in the form of increasing sized buttocks, thighs and abdomen and remember this, lean by any given volume is 400% heavier than the same amount of fat.

You have to know your animal and be aware of the fat, and that the diseases in the animal effects the color of the fat according to the kind, for instance:

- chicken fat should be a golden yellow and if it's a beige color the chicken is slightly ill,

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- beef fat should be almost snow white, as white as it can be. Unless it's almost snow white then that animal was diseased.
- fish fat is black.

The pancreas takes glycogen and manufactures thyroxine, which goes to the thyroid gland where potassium is added to it and then you have a type of "old fashioned grandma's soap" and when this process is working normally it will dissolve the right amount of oils in your food and your diet, the energy molecules that form fat, and it will keep the person's weight under control. Whenever it manufactures too much "soap" you cannot put on weight because it dissolves too much of the oils and when it doesn't manufacture enough the person is too heavy. Now some of the oils should be retained in your system, especially the fat lining which holds your intestines together, and many times when this doesn't happen there is "intestinal drop". The effect of food fats on very high blood sugar and diabetes is a high variable because it wouldn't do the same thing on every person.

Now ureas cause pectoris heart attacks, and fat people do not have any more ureas than lean people, and the pectoris heart attack kills lean people just as quickly and just as dead as they do fat people. While overweight does not cause a heart attack, it may be a factor in triggering one and fat people will not have a heart attack if they keep the ureas and the cholesterol and salt in proportion to the size of their weight and total numbers and so forth.

Feet.
See Also "Cold Hands and Feet". People who are prone to sinus problems are also people who have problems with their feet, tired feet, sore feet and so forth. The mineral for both the sinuses and feet is benzene, and so you have them eat hot peppers, onions, horseradish, radish, mexican food and so forth. Have them start slowly.

If the hands and feet are numb AND warm they have a vitamin B6 deficiency, whereas if they're cold at the same time it could just be a malfunctioning of the pancreas and alcohol. You can tell the difference between whether the patient is having a heart attack or whether they are having acute indigestion because the symptoms with acute indigestion is cold hands and cold feet.

Female Problems.
Women who are acid tend to have all types of problems that generally start in the reproductive system:

- their monthly cycles will be irregular,
- they'll have very difficult monthly cycles,
- they'll have hot flashes,
- young women in their early teens, 14, 15, 16 who have entered puberty and have exited puberty into menopause because of an extremely low calcium, as reflected in the pH numbers.

Fever.
Fevers are brought about because of a fungus or bacterial chemical action, or fevers are brought about by a blister (whether there's any bacteria or fungus present or not), but you can tell which is which because the WBC will begin to rise very rapidly whenever there is no bacteria or fungus indicated, meaning a vitamin A deficiency. The loss of energy we see in the patterns of the numbers is actually the cationic heat energy.

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A fever will try to burn up the condensed water in the lungs, and in many cases a low grade fever (meaning less than 105^0 F) is an advantage to getting well but that also depends on the particular type of bacteria and the temperature needed for it's most favorable growth. So you have to work from different angles on your bacterial heat dimensions.

Now there may also be certain bacteria working upon the body fluids and dehydrating the body at a rapid rate, but that's a different effect again. In other words, all fevers are a result of either a bacteria or a fungus but the different actions of the different kinds of bacteria, or different kind of funguses, don't do the same thing in each case.

A pulse rate of 120 beats often indicates a parasite, pneumonia, cold or some other parasitical disease causing a fever. If there's a pulse of 120 and a fever up to 104, or 104.5 or 105 it's a very annoying thing but nothing to be deeply concerned about but it's more serious on a child than an adult because when a fever gets up to about 103 on a child they give up and they won't fight for life but most adults don't give up, they still fight for life even at 105, 106 or 107.

Now the thing to do if possible is to get a colonic and start off with the water at about 98 degrees and lower it down about 2 to 3 degrees every 3 or 4 minutes and get it down to around 92 slowly so it won't cramp them and it'll generally bring the temperature down within 30 minutes.

In 1967 Doc had a particular fever case come in and he never found another like it until 1975, then he remembered the previous case.

The particular person was in training to be a chiropractor and she'd been running from 1 to $1^1/_2$ degrees of prime fever day and night for 6 years, and she had just spent thousands of dollars on trying to find out where the fever was coming from. As soon as the test was run my first question was, "how long ago were you in Haiti or Italy."
She said, "6 years"
"you've had the fever for 6 years?"
She said, "yes, how did you know I have a fever?" "I see it here on the chart".

You can take these numbers and even measure the degrees of temperature of fever if it's a low fever, but if it jumps up real quickly then you can't.

Fiber.
A main cause of food sticking to the colon, constipation, is that we do not have enough fiber in our diet today. Our diet should be 35% fiber and one of the biggest things with "race" is the fact that the blacks can tend to have a heavier diet of proteins than whites and generally the darker people have a greater problem with digestion of the "better" foods than the white people, or the lighter colored skin people but if the colored people eat enough collard greens and corn bread with a 35% roughage in it they don't have that problem.

One reason we suggest that people eat a big salad of fresh green leafy vegetables before you eat your main meal is because there is a gelatine and a fiber there that works like a brush to keep the colon brushed out clean, providing you start in time before it gets a coat of asphalt or vulcanized rubber like substance all over it.

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Fillings (Tooth).
When people take MinCol they can expect the fillings to fly out of their teeth about 3 months later. If it doesn't happen in three months just be patient. There is no harm in taking more MinCol than what's recommended.

Fingernail
Fingernail problems are from a phosphate of calcium deficiency. When the nail gets big and thick and fat it's caused by a bacteria that gets within side of the nail, a bit like 126 Arizona Salmonella, and it's very difficult to get them out. The finest thing I've ever found to get them out was turpentine on the nail. It'll penetrate it faster and quicker than anything I know of.

Fire.
In a fire the flames go up because they're an anionic substance which is attracted to the Van Allen Belt.

Fish.
The tree structure in the lung is shaped like a tree. Did you ever look inside the swimmer of a fish and stretch it out? It looked like a tree in there because the whole swimmer of the fish is dependent upon one lung cell so to speak. They don't have lungs like we do but the inside lining of the swimmer, or bladder, of the fish has this structure that looks like a big oak tree whenever you stretch it out. The oxygen bounces over the tree points which extracts enough from the water to give the fish enough oxygen to live. The fish gets his oxygen from his gills, but some fish don't have gills and they have to get their oxygen by sticking their nose out like the porpoise and breathe in and then dive down and then come back up and breathe out. They breathe it through the air and they've got lungs, some fish do have lungs.

In many fish you'll find worms on the intestine but they don't necessarily hurt the fish at all. I haven't seen any fish that badly infested that the worms get through the flesh.

I've seen them on the intestines but I have not seen fish with it in the tissue yet. I'm not denying they could get into the flesh but all I'm saying is I haven't seen it yet, only seen it on the intestinal tract. If you have a fish with worms in the flesh you have a sick fish.

You have to know your animal and be aware of the fat, and that the diseases in the animal effects the color of the fat according to the kind. Fish fat is black.

In the bible, Leviticus, Chapter 11 gives the clean and unclean meats. The "clean" meats include fish with fins and scales, like snapper, salmon, sardines, flathead, mullet, herring and so forth.

The unclean meats include "skin" fish like tuna, catfish (cobbler), shark, eel, leather jacket, kingfish, mackerel, king mackerel and bluefish. Also no shellfish including clams, mussels, oysters, prawns, lobster, yabbies, marron and so forth. In the seafood no-no's are also octopus, squid, crab, bugs, stingray and so forth.

Now when you tell people not to have meat you must also specifically include fish and fowl in that because scientifically fish, fowl and meat are in the same group, it's either plant or animal. The higher the urea number the longer the time they must avoid the meat proteins, and then after a period of time reintroduce meats starting with fish, fowl, lamb and then beef.

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Foetus.
See also "Pregnancy" and "Baby". A foetus uses 300% - 500% more oxygen than we do, and it has to get it's oxygen through the mother's blood stream only so it's very important to know whether the mother has emphysema or not, and whether she's getting enough oxygen or not, and one of the sad things about this is smoking mothers have a higher abort ratio than non-smoking mothers. Also in cities or areas where there's a high smog content the unwanted and undesirable natural abortion rate is greater than in areas of pure clean air.

It is perfectly alright to put a pregnant woman on a fast, but the longest fast you'd give her would be no longer than three days. In fasting a pregnant woman it is absolutely essential to watch that sugar closely, to keep it up in order to keep the baby from aborting. Remember this, the sugar reading of 1.0 is the point at which it must not drop below or the foetus will abort and this is your problem in fasting pregnant women, is to keep the child from aborting.

Also in fasting a pregnant woman, any toxins from the mother's system will not normally go into the baby's system because only pure blood is going to go to that foetus while she's fasting. It's like this, once the foetus begins it's just as much in a shell as a hen's egg. Suppose after the hen lays the egg and sitting on the egg will the food that she eats then effect the egg? It will not. You cannot do anything to harm that foetus with ordinary things, but if it is harmed it's either:

- genetically wrong to start with, or
- been done with powerful drugs that upset the ionization of the mother's system, or
- severe electric shocks, or
- extreme calcium deficiency, or
- extreme saline deficiency which causes the ionization to drop so low causing problems, or
- extreme oxygen deficiency.

but these deficiencies are not necessarily mitigated to the body through the bloodstream, in other words, only pure blood is going to go to that foetus and if a mother has a toxic condition while she's pregnant, and she goes on a fast, then the toxins in her system will not pass through to the foetus or come out in the milk.

Food.
See also "Air & Food Supply". In introducing this topic there are two definitions you need to know:

- Food. Any substance that increases your energy (brings your numbers towards perfect), and
- Diet. A program of eating foods suited to your body chemistry that will increase your energy.

This system that you're learning is not perfect, but it's the best guide that we have for a better diet and it's only how to make a diet. You can use it for the glory of God, or you can use a diet to destroy and it's all within your power as you'll see.

The purpose of this equation is not for diagnosis, and is not to be used for diagnosis, either now or in the future. The only and sole purpose of teaching these things is for dietary purposes only, to make a better and proper diet and this is the purpose of it, but it can be used for other things, for instance you can use a spoon to make a mud pie or you can use it to stir your coffee or eat soup. As there's a whole lot of different things you can use a spoon for so too there's a lot of things that you can do with this equation, but the sole purpose of these numbers is to make a diet that will fit the body chemistry of the person that you're dealing with.

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Now if you think that diet is the whole thing you need more training, and if you think that drugs is the whole thing you need more training, if you think Theology is the whole thing you need more training, if you think that any one thing is all you need, then you need more training. The end purpose we're here for is to seek perfection, to be perfect in anything and everything that we do and in this we're learning how to make a diet to suit one person.

In solving and working through problems it isn't really necessary to know where the problem is or even to know the "name" of a problem. If you see a "picture", or you never see a "picture" it doesn't matter, all you need to do is give the person the right diet in accordance with the numbers and nature will do the rest. If you do not tell anyone what's wrong with them but just give them the diet to correct it that's legal, it's only illegal when you tell them that they have a carcinoma in the prostate or a carcinoma in the uterus or vagina or ovary area, you've got to be licensed to do that without breaking the rules. So the thing that you need to do is to correct their diet and everything else, but people demand to know "what" and "why" and it's their very demands that cause the tester to get into hot water, and then whenever you're arrested you can't find the patient anywhere.

Food is any substance that we eat or drink that will add to our energy, and the forms in which minerals are accepted by our body in the greatest amount are:

- Phosphate form, and
- Colloidal form.

These are the two forms and I do not consider hydrogen and oxygen as really a mineral, it's water. It is a mineral but we don't consider it as such.

The food that actually becomes a part of you is from the loss of energy of what you take in. The energy you actually live from is the amount of energy lost from the undigested food that passes on out through the colon as a stool is the potential.

In order for food to become a part of you it has to be very small, as small as the particles of energy in a silver plating or chromium plating tank, and the synchronizing of those particles of energy into our milli micronage is the way we're made and the way we grow, and unless those particles of energy are on our frequency and fit the energy patterns down to the milli-micron they do not become a part of us.

All the foods we eat are cationic, except lemons, and the most cationic food that you could eat or drink is vinegar or pickles like "Heinz Sweet Pickles" or "Sour Pickles" and the vinegar it comes in. Lemons and lemon water are the only anionic foods so far identified in nature. The liver manufactures an anionic substance called bile and remember this rule, the pH of the saliva equals that of the liver bile, that's pretty close to constant and, most of the time, absolute. Now the more dilute the gastric juice the more careful you have to be with your diet and do not put foods in your stomach that are too heavy, or too rich. Now you've seen the charts on food combining that say, don't mix meats with vegetables, and don't mix fruit with this that and the other. Well they're fads. Actually you should mix acid with alkaline in your diet if you're healthy and what I'm trying to get across to you is to use acid against alkaline, or acid against acid, or alkaline against alkaline, to get your energy to get your result. If you're sick then you'd better go easy, and the more dilute your gastric juice the more careful you have to be with your diet. The more ill someone is the more dilute their gastric juice and one of the great mistakes that's being made with

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people who've got advanced cancer is they're giving them nuts and apricot pits to eat and they cannot digest it because their gastric juice is too dilute, and so they only make their condition worse because it's taking the energy away from other foods.

One question that's often asked is, "does cooking destroy the nutritional value of foods?" The answer to that is a variable because if foods are cooked slowly, or if you steam them, it does not but boiling them in too much water it does. So if you know someone is eating the "correct" foods for their chemistry and they're not gaining energy, then you may need to look at how they're preparing their foods. It's often been suggested that we should eat raw foods, because "the animals don't eat cooked foods". Now that's alright for billy goats, but there are people whose gastric juice is so dilute that they cannot digest foods in the raw state, and they cannot get enough fiber from the juices alone. Now it's a good idea to use raw foods for a few days, but I've never seen anyone that had been on raw vegetables for 2 years or more that was any kind of a specimen of good health, they looked like a smoked sausage, dehydrated and anaemic. I'm not saying there isn't any such person, it's just that I just haven't seen them. It's a bit like the man who was going to prove to the world that he could live on carrot juice and nothing but carrot juice, and just when he learned how, he died.

It's also a fact that many people chew their food too long and too well and in so doing put too much saliva into their stomach thereby delaying digestion. In other words, they're weakening their stomach. Now sick people should chew their food really well, but well people should actually use more foods in the rougher form, and that's so often the reason why colored people are much more healthy when they're young than many of the white people, because they eat foods is such rougher forms.

Your choice of the food you eat has everything in the world to do with energy and whether the right energy is available to make the building blocks of your body are put together perfectly or not, the "perfection" or "destruction" of the basic foundations of energy. Each food has its own frequency number according to it's "kind" of food, and only those foods which are compatible with your frequency number are available to you. Only those foods that are compatible to your frequency number down to the milli-micron, and converted into energy, are the ones that are available to you, and if it is not compatible with you then it is against you and remember that there's not anything that somebody's not allergic to and this you'll have to work out individual by individual. Also our foods today are so low in calcium until we are becoming nervous eccentrics or nervous wrecks and we can't even get along with ourselves much less than anybody else.

Now, let's suppose that a person eats 2 kg of food a day, 2000 gm. Now 3% of 2000 gm equals 60 grams. So in a day the potential energy that you would take in would be the equivalent to 60 grams. Now this knocks your calorie theory right over the sandybank because no two people get the same amount of energy out of any one thing be it the number of calories in an egg, or a slice of bread or piece of matter, so forget your calorie theory. Now there's times to use intelligence in food but you don't have to go to the worry of counting calories because counting calories has never really solved any problem and sometimes it's created more problems than it's solved.

You can have organically grown vegetables, from 100% vegetable or animal organic substances, and be deficient in manganese, calcium, iron, zinc, molybdenum, (and molybdenum is a very essential element in making vitamin A available to your system and it takes such a small trace of it to do it).

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In your choice of foods go by the numbers and do your best. For instance, there's lots of things that I would desire but it's not possible, I would like to get a lot of foods as natural as I can with no preservatives in them but it's impossible. People make all kinds of complaints about the foods we serve, yet we're getting results. They complain about the preservatives in it, they complain about the coffee, they complain about this, that and the other, yet we're getting results. People often say, "you can get so-and-so at the store". Sure for one little family, or one person, yes, but it's not so when you're preparing 300 meals a day, then you can't get exactly what you want and you have to do your best. It's a bit like the fellow who went to sell a farmer an encyclopedia on how to farm, and the farmer says, "young man, I don't need that encyclopedia book on how to farm, I am so busy now I can't even do what I know to do."

So lots of times you'll know to do things, but it's impossible to do them. Now as an individual in the family you've got time to go out and select and hunt and search, but whenever you're feeding 300 meals a day you got to take what is available, and then let God bless it when you've done your best. It may not be half good enough but God will bless it when you've done your best, He will add a blessing to it that will make up the difference.

Remember, the lost energy from the food you eat is the actual, potential power of how much energy you're going to get out of your food and the other bit is going to pass right on through your system undigested. For instance, it's easier to figure energy on an animal but it's also a lot different from a human being.

Let's take a 600 lb cow. That animal will use about 225 lb of water per day (about 25 (US) gallons) and it'll also use 70 lb of food (grass, feed and so forth) per day. In total that animal will use 295 lb of food and water per day and if that animal is fed correctly it will gain about 2 lb per day. In other words, you have to feed that animal 70 lb of food in order to get sufficient energy for 2 lb of weight gain and the gain is from the loss of energy from the food.

The water is to keep the animal cool, to keep him from burning up and if the water use goes down the heat goes up and as the heat goes up the greater is the loss of energy. So you've got to keep that animal at a given temperature and you've also got to keep that animal from walking too much. If they walk too much or you drive them too fast then they'll lose energy on the same amount of food. Now people get even less than an animal, after all, we're not being raised for market.

A tester once said to Doc, "suppose that everybody accepts this, that everybody's well and happy and we don't have anything to do any more."
He said, "as long as there's hamburger stands and Kentucky Fried Chicken you'll have plenty to do because people overdo it. There's nothing wrong with:

- MacDonalds Hamburgers, except the abuse of it,
- Kentucky Fried Chicken, except the abuse of it,
- the Yoghurt places, except the abuse of it,
- or the ice cream places except the abuse of it.

One of the most common questions that's asked of me when people come in for tests was, "how did you know everything I don't like?" and, "you give me everything to eat that I don't like, how did you know all the foods I liked and disliked?"

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Foods have frequency numbers just like people and eventually you'll fit these numbers to patterns but remember, "temperance in all things, and the greater the variety of foods the safer it is for you". Now we should take our vitamins and our minerals separately, but our food has the vitamins and minerals together because nature has a way of doing it all by itself.

Remember, food is any substance that increases your energy and the Biological Theory teaches that there is mineral coming into the body from some other place, because we don't provide it from our foods. In his Agricultural Course, Doc Reams says that if we would provide 20% of the raw materials to do agriculture, God produces and supplies the other 80%. Now the substances that must come from your soil are:

- Calcium,
- Potassium, and
- Phosphates.

because God does not supply those three elements. Remember this too, if you will supply those three elements then God will supply 80% of all the plant food necessary to produce a plant. In other words, if man supplies 20% of the food necessary to produce a plant then God will supply 80%. The average American farmer today supplies less than 5% so therefore he's broke and he owes his soul to the bank.

In an experiment Doc did he measured every element that was in white sand then put it under a very thick bell jar of pyrex glass. He weighed a tomato seed, planted it in the white sand and then controlled all the nutrients and water that went into it, even weighing the water and preventing any evaporation what so ever. At the end when the tomato was mature and ripe he had 80% more than he had added, and he'd added everything needed to bring that tomato plant to a maximum.

In analyzing the results, he did a mineral analysis on the soil, water, plant and everything else and he came up with 80% more by volume and by weight than he had added to it. The anions and cations could easily pass through the pyrex glass with no problem.

Now in substantiating that we get 80% of our food from the air there's a number of ways you can prove it. Doc proved it in working with guinea pigs and animals, but not people, and he assumed it was the same because the energy ratings worked out the same according to the frequency. With the guinea pigs he analyzed the food they ate, their urine and the pellets they dropped then did the math on their gain in weight and he again came up with 80% of the gain had to be from the air because it was not from their food. While in Florida he also studied babies and mother's milk, measuring the amount of mineral in the milk against the gain in baby's weight, and it looked like they sometimes get even more than 80% from the air, simply because the mineral is just not in their food. Now if the baby's growing normally he's getting more energy than it's possible to take out of the milk and out of the stool and out of the urine that the baby passes.

So there's 80% more mineral in the baby, or the guinea pig or the plant than there was in the food.

I'm not aware of anyone else who's done as much research in this field as Doc did over his 50 year research period, and he even started working on these things while he was in college. In regard to this energy increase he's talking about a mineral increase in only the best of healthy people, not a fat increase, and he found a direct ratio in your mineral and your water content according to the

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perfect equation. Also in regard to food coming into the body from the air, you can get vitamin D right out of the sunlight, and you can get vitamin A out of any yellow light that shines upon you.

The minerals to be supplied by your foods are calciums, phosphates, iodine, potassium and copper and the minerals supplied through the air are zinc, tin, gold and many of the very trace elements that's as far out on the Periodic Table as zinc is.

In the kingdom of all the plants, animals and people he found that figure of 80% to be a constant and he wasn't able to break it down further. He found it in the plant world first, then he looked and found it in the animal world and last he looked into the diet of babies where he could measure his own children, their milk, stool, moisture and the gain in weight, and it all came out the same.

The reason that people get sick and need special care and special diets is because their choice of foods gets to be so narrow and so restricted until certain organs in their body are starving and others are overfed. Now the choice of what happens is entirely theirs, because:

- If they want to get well, they have to change their ways, or
- If they continue as they've done all along, they'll stay the same.

Now 95% or more of all the people that you test can take a diet and go home and do it, and they don't need to go in any retreat because they can do it at home and so many times in writing a diet for people to take and go home they'll say, "how did you know everything I don't like? How did you know?"

See, if they had been eating those foods all along they wouldn't have been sick in the first place. Too narrow a choice in foods and lack of variety. Variety is the spice of life and temperance in all things.

Now it's never made any kind of sense to me for a person to buy either the cheapest or most expensive foods, then don't drink enough water to get the benefit out of the food and they become ill because of their diet. They also buy the cheapest minerals they can get which then don't do the job, and they get sick, wonder why, and go to the doctor to help them get well, but they continue eating the very same foods that made them sick in the first place. The money they save on their foods and minerals goes in doctor's bills and it doesn't make sense at all. They're working against their wallet, against their health and for the undertaker. They're in such a hurry to get to the cemetery they just can't wait, and they're taking every shortcut that they know, and they're miserable all the way.

Now the more dilute the gastric juice the greater the loss of energy, or the slower the gain of energy, which means that sick people should not live on a log rollers diet. Sick people should not have even the clean meats over about twice per week, and very little even then, mostly steamed vegetables, vegetable or fruit juices, raw salads, green drinks, skimmed milk, goat milk and so forth.

In the 11th Chapter of Leviticus it tells you what the clean and unclean meats are and you can read that for yourself. The unclean meats digest in an average of 3 hours whereas the clean meats require about 18 hours for digestion, and that is normal and if you digest food in 3 hours it burns you up too quickly. It's something like putting high test gasoline in a car that's not built for it, and if it

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burns you up too quickly then you grow old too quickly because the excess energy that you can't use burns you out.

If you look at people who traditionally eat the unclean meats, often pork, you'll notice that they all look old beyond their years. People in their late 30's or early 40's can look like they're 70 or 80 years old. So we put them on a diet, take the unclean meats away from them, and in 6 months they can look even younger than their years. So it's amazing how our diets can put us into an early grave, all because we don't think about it.

You do not live off of the food you eat, you live off of the energy of the food you eat and your choice of foods has everything in the world to do with the perfection, or destruction, of the basic foundations of energy that make up your body. Each food has its own frequency number according to it's "kind", and only those foods which are compatible with your frequency number down to the milli-micron, and converted into energy, are the ones that are available to you, and if it is not compatible with you then it is against you. The lower the frequency of the kind, the cruder the cell, and the less food variety it takes whereas the more delicate the cell, the higher the frequency and the greater the number of elements that it takes to maintain life. Now these are rules of physics, and the differences in micronage that determines "species" not only means that there is no food that's a cure all, it also means that there's not anything that somebody's not allergic to and you need to remember that because what is food for one, is a poison for another and if you'll just read enough health books and do everything that every one of them says, you'll starve to death, because everyone is up on something and down on something, for instance, one of the health books on vinegar and honey, if you read that book you'd think all in the world you need to be healthy and live to be 150 years old was to take vinegar and honey the way it's written. But suppose that you had a body that was extremely acid and you were also a diabetic with it, hyperglycaemia, so into this system you put more acid and more sugar, that's foolishness.

Now there's always some controversy about different foods as each one is "exposed" as having some bad facet to it. For instance, some people have been told that soy beans:

- are high stress foods, or
- that they're dead products, or
- they're too highly processed,

and so on. But remember this, go by your numbers. Some people will have an allergy to it and some will not, so go by the numbers. For instance, some of it is the finest dog food you ever tasted but the only problem is a dog won't eat it, but some of it is excellent, so go by your numbers. Let your numbers determine whether a food is high stress or not because what is a high stress food for one person may not be for another. For instance, if the numbers are going away from perfect it's high stress, if they're coming towards perfect or staying near perfect it is not. Strictly go by your numbers, the way your numbers read, because I'm not aware of any food which isn't a high stress food for somebody. I don't know of anyone who is not allergic to something, and any allergy is caused by a high stress food and that's why you have the allergy. A low stress food is one that helps bring your numbers back towards perfect, but we want to stay away from the terms, "high or low stress foods" and talk about diets according to the individual. See, some people have an allergy to:

- canned fish,
- iced tea,
- Irish potatoes,

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- any kind and all kind of salt water fish, but not fresh water fish, and vice versa,
- chicken, and it doesn't matter how you prepare it
- carob,
- lemons, (there's a lot of people allergic to lemons),
- cabbage,
- onions,

you name it, and somebody's allergic to it. So when you talk about high stress foods that are high stress for everybody it becomes nonsense because of the differences in people. Now sometimes it takes two or three days for a high stress food to show in the equation, for instance, a young man about 35 years old came in for a test because he had severe migraine headaches. This man had been a top engineer for the Martin Company, and he'd left there and gone to put the computer system in the Winterpark Hospital. But he suffered with these migraine headaches and he could not get over them and he was losing more and more and more time from work, and he had been to the doctors and told them, "I'll pay you anything you ask if you just get me over these migraine headaches."

Finally his employer said, "We know you've got migraine headaches, and we know you've been to the doctors, but you either get rid of the headaches or else we're going to get rid of you", and that's what he said when he telephoned in the first Monday in September.
He was asked, "do you have a headache now?" He said, "I'm nearly crazy with it."
He was told, "have somebody drive you to the clinic, and I think we can have it eased in 30 minutes", just from what he said.

From what he said it was either a food combination problem, or a food allergy problem, but the test would zero in on it without any problem at all.

He came out, the technicians ran the test and took the card to Doc, who immediately went into the lab and made up a very simple thing that you could make up in any kitchen. He handed it to the nurse and told her to have him sip it very slowly for 30 minutes, but when the headaches stopped to come and knock on the door.

19 minutes later he knocked on the door, saw Doc for the first time, and said, "I'm the man that had the headaches, and I want five gallons of that stuff."
Doc said, "my friend you don't need any of it."
He said, "well it's the first thing I've done that's stopped my headaches."
I said, "I know, but your problem is tuna fish, just don't eat any more tuna fish and I don't think you'll have any more headaches".
He said, "I love it, I eat tuna fish sandwiches two or three times a week."
"You have an allergy to tuna fish so don't it eat any more. Also you may have an allergy to another food that is not showing up today, so call back in about four weeks and let us know how you're doing."
He did, and said he had no more headaches at all, just as simple as that.

Now let's see what the man and his numbers looked like:

- He's a 35 year old male, 5' 7" and 155 lb.
- He's well built, nicely muscled from a lot of exercise and there's no fat on him. He had a very well built, handsome looking body.

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- Now his facial expression was something else again. He had a squinty face because the pain caused a squint or a frown on his face.
- The skin looked too tight on his face. The pain from his headache made the skin look too tight, very tight on his face.
- When people get afraid, or they have pain, then they tighten their lips, make their lips thin, in other words they try and endure it, they're grinning and enduring it.

Other minor things that may be noticeable are:

- He'd be only a little nervous about the headache, not much.
- He's be a little sensitive to noise.
- He may be perspiring some, cold sweats from the pain. These were his numbers:

35, 5' 7", 155, Male

$$4.4 \qquad \frac{7.20}{6.90} \qquad 10 \qquad 4 \qquad \frac{7}{8}$$

He said that he had the migraine headache, so whenever you see a 4.40 sugar with a 7.20 over 6.90 and you put tuna fish in your stomach you're asking for allergy trouble. Now notice that 7 over 8 ureas there, that's 15. It means that he had a lot of energy but he wasn't drinking quite enough water, but the reason he didn't drink enough water is that he had so much of a headache that when he drank the water it made him feel like he was going to vomit as nature was trying to expel that which it was rebelling against and so he didn't drink much water. He's quite a healthy fellow except that he's allergic to tuna fish. When you look at the sugars and pH's and see:

$$4.4 \qquad \frac{7.20}{6.90}$$

and know he has a headache then you know that the headache is caused by a lack of oxygen to the brain. It's the whole pattern that shows the problem:

$$4.4 \qquad \frac{7.20}{6.90} \qquad 10 \qquad 4 \qquad \frac{7}{8}$$

All the numbers, the whole picture.

You need to test to determine the wherefore of it exactly because there's a variable

$$4.4 - 5.20 \qquad \frac{7.20 - 7.40}{6.70 - 6.90} \qquad 10 \qquad 4 \qquad \frac{7}{8}$$

Fish causes certain changes in numbers if it doesn't agree with your body, in other words it throws them in conflict with each other, in other words it short circuits your digestive system. Now he was given zest tonic in grape juice to drink and it cut that ptomaine-like substance. If you ever analyze a person with ptomaine poisoning and you've got a look at the numbers it's the craziest bunch of numbers you ever saw and you'd think that it's not possible for a person to be walking around with that kind of numbers but yet there they are and then you know it's an allergy and it's a temporary

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poison, but the thing about it is it took about 40 hours from the time he ate the tuna fish before he had the headache. It was too far away to connect it to the tuna fish.

So what I'm trying to say to you is that high stress foods for one is not high stress foods for another.

You're also going to find people who were, or are, on so many drugs that their system has stored so much in their body that if you release those drugs quickly it would kill them. Therefore you're going to have to put them on a diet and take them off, put them on and take them off, put them on and take them off, put them on and take them off, and sometimes you put them on a diet for 2 hours and take them off for 3 days, and then put them on for $2^1/_2$ to 3 hours then take them off for another 3 days, in order to wash out these drugs that have accumulated in their system.

The reason people get sick and need special care and special diets is because their choice of foods is often so narrow and so restricted until certain organs in their body are starving and others are overfed. Now the choice of what happens is entirely theirs, because:

- If they want to get well, they have to change their ways, or
- If they continue as they've done all along their body chemistry will not improve and they'll continue to lose energy and strengthen their malady.

Many times when you write a diet for people they'll say, "how did you know everything I don't like, how did you know?"

It's because if they had been eating those foods all along they wouldn't have been sick in the first place. They had too narrow a choice in foods, a lack of variety, and variety is the spice of life and temperance in all things. Sometimes we have too much of something and not enough of something else so then in a diet we want to decrease what we have too much of and increase that which we do not have enough of and one of the reasons that so many people are ill is because they are making their stomach a garbage can. For instance, feeding children a diet that is too rich for them will cause them to lose energy and become sick.

When you have a test result the first thing to do is to compare it to perfect, and if you subtract perfect and look at the remainder you'll see either:

- all plusses,
- all minuses, or
- some plusses and some minuses.

If you have a plus and minus in the difference to perfect then you generally have a conflict in your diet because the person has two maladies, and what's good for one is bad for the other, in diet. In other words, their body chemistry can get to a position where everything they do is wrong and therefore you have to put them on one diet for one day and the opposite diet the next, and switch them back and forth, back and forth, back and forth so they gain a little bit of energy.

After studying the problem there's thousands of ways you can solve it, and any diet that brings the numbers towards perfect is a correct solution, because the solution varies with the foods that are available in the seasons of the year, the vegetables, fruits and so forth. The main thing you need to know is what you need to solve the problem, but most people need lots of fruit early in the day, the big meal in the middle of the day and light food at the end of the day, maybe meat only twice a

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week and lemonade and water for at least a year. As long as the numbers are coming back to perfect they're getting well and the dietary program is working.

If your diet can change these numbers then you need help with your dietary program, because if your Reserve Energy is normal it will not change these numbers from normal. In other words, if you can easily bump any number off its mark then it's not a perfect situation, it's not a healthy liver or it's not a healthy pancreas. If by eating a piece of meat all of a sudden you become a little more acid then your liver is not a perfectly functioning liver. Although the urine pH is the one you're mostly concerned about, it's the liver calcium that you really want to take care of so there are times when you would actually administer both a calcium lactate and a Cal II and if the patient is a woman who has a tendency to have a low resistance to yeast then you might want to consider the calcium gluconate.

Now when you give someone a diet you're going to have to watch the numbers and the diet closely, and don't be in a hurry in giving people too strong a diet or you can do them great damage, even though their body chemistry is in Range 1, and the further the body chemistry is from Range 1 the more impossible it is for them to get well and the longer it will take to make any change. Now keep in mind that many people inherit poor dietary habits from their parents, for instance there is the classic tale of the woman with 7 children and a husband for whom white potatoes formed the bulk of their diet, yet a test showed that they were all allergic to white potatoes and the woman said, "what else is there to eat?"

Some men have a test and it shows a 13 over 12 urea, and one of the first things we do is tell them, "no more meat for at least 6 or 8 weeks because I want to make sure that gets completely cleaned out."
And the first thing they say is, "what do I eat?"
Which says that their whole life has been meat. They have meat and something else, meat and something else, they just think meat. They built their body to think meat.

So DO suggest alternatives, don't take something away from the client without giving them something in return. Now they'll generally ask you how much of the foods should they have, and tell them "a serving, what you normally have". Don't change their whole lifestyle because you'll put such tremendous pressure on them they're back at the weight watchers again. You want an easy life style, for instance when you prepare some greens have, for instance, asparagus instead of something else.

Sometimes when their sugars, salts and/or ureas are high you may want to set them up with a two stage diet:

- Stage 1 - The water down phase. Have a 6 hour water fast tonight, repeat again in 2 days, repeat again in 2 days,
- Stage 2 - Tell them you'll send them an interim diet (which is what you may normally have handed them except they're not in a position to start it yet because of the high numbers.)

In these cases it's basically a watering down, it's a cleansing, it's the beginning of a change to their whole system and we want to approach this slowly. Also you don't want to do anything else with them until you get those high numbers down into an acceptable range.

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After a retest, and when the numbers are in a more acceptable range, then you can start to work with a more detailed diet program.

In specific regard to the ureas, if the urea total on a first test is above 15 and you put a person on a diet, and if they don't burn up too much energy and can slow down just a little, it should drop below 12 for a day or two.

If you put them on a fast then they should be tested twice a day.
If they're not on a fast then they should be tested about the 3rd day for sugar and urea, and if the urea total is down around 7 then they should be tested daily on sugar and urea until the urea picks back up to above 12.

If a person continues to work very, very hard, or doesn't rest, then many times a diet will not take and many times people are in such a habit of eating certain foods, and they will not quit eating those foods especially the people that have a refrigerator full of cooked foods, so when they go on the diet they figure that they better eat up the foods that are no-no's first before they start on the program and many times it takes two weeks to get caught up on it. You told them to come back in two weeks and they're back and they've done everything you told them as far as mineral and vitamins are concerned but they certainly had to get that refrigerator emptied (of such things as shrimp, pork, pork chops, sausage and bacon that's stored up in there) before they could start on the diet program that you gave them. They're not about to throw that food out, diet or no diet, cemetery or no cemetery, they're not going to waste that food and then when they eat all of that they then decide it's about time to get on the program.

So, the problems in trying to interpret these analyzes are legion, and you just have to do the best you can with people. Remember the longer they disobey the rules the longer it's going to take and the longer they're going to need to come back for more tests, so it's up to them to do it. I don't ever scold a patient for disobeying, I simply ask them did they do certain things. "Did you do so-and-so? Did you carry out all the orders? Do you remember the no- no's?"
"Yes I remember them, yes I did them." "Didn't you have pork such and such a day?" "Yeah, how'd you know?"
Now be sure that you are going to get the answer you want before you ask the question and remember you just have to keep encouraging and encouraging and encouraging, but as long as they want to pay the regular fee for tests it's up to you how long you test them. Now this is what Doc used to do, if their body chemistry did not change by the second test he would tell them, "you have not followed the program, why did you come back for another test when you hadn't followed the program? Why didn't you call and cancel, start on the program and then come back?"
"I don't know. How'd you know I wasn't on the program?"
He'd say, "Your numbers are still the same. What's your hurry to get to the cemetery? (and that shakes them a little bit) You're taking every short-cut you know, you're using your stomach for a garbage can and how long do you think you're going to get away with it?" He wasn't angry with them, he'd just be talking, and remember this, if you show no anger or anything else and just talk with them in a normal tone of voice without really accusing them, or using sarcasm you can get away with almost murder of the Queen's English in asking questions, and certainly all your manners will be in the waste basket because you're asking questions that really aren't any of your business that you shouldn't have to ask. But as a tester it proves to them that you know what you're doing, and this is actually meddling, but you have a right to meddle as far as they'll let you meddle and when you begin to tell them two or three truths they get quite humble about it, so, in

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dealing with your patient try to think like your patient. You want to catch a fish you got to think like a fish. You got to imagine what kind of breakfast he wants, and supper he wants and dinner he wants. So you have to get your mind in thinking like the patient thinks.

There are some people, especially those that have a weight problem, who will have some difficulty in keeping the urea down low enough because the fat cells are being thrown out so rapidly until it keeps the urea quite high, but as long as those cells are visible with your eye you have nothing to worry about, but if those cells become invisible you better watch that urea, and if you're in doubt about it use a stethoscope, or if they have large veins or arteries especially you can also tell by the pulse on the artery or how much a vein stands up on the back of their hand. When you see veins standing very high on the back of the hand it means the 7th to 8th vertebra needs adjustment, there's pressure on that nerve and it causes the blood vessels in the back of the hand to stand up and be prominent.

There are a lot of people that you will find that could do their diet at home if they would do it, they half do it, they fool around and they think they are doing it perfectly but the numbers say otherwise. Now we say this to everyone, it's better never to start this than to half do it because many people do just enough to mess up everything and then their condition takes advantage of your body chemistry change that is taking place and so forth. I tell them this over and over and over, if you don't mean to go through with it don't bother with it, don't touch it, let it alone, shun it like a rattlesnake, either do it or don't do it.

Men generally get out in the open air more and actually men generally eat a greater variety of foods, especially the ones that travel and get around. At home they don't have any choice because the wife has the same food every Monday, Tuesday, Wednesday and Thursday, over and over and over, and sometimes you have the same thing on Monday as you have on Wednesday and again on Friday and the chicken on Sunday and that's it, and over and over and over and they don't know how to cook.

In your foods, anything that has a hot flavor is a source of benzene, so learn to eat hot peppers, horse radishes, tabasco sauce, etc.. for the benzene which will help clear up sinuses, aching feet and the other things that benzene does. Try to get it in your diet every day if you can and the best time I found is when we have soup at night. If it's real hot only use a couple of drops, whatever you can take. Also eat your radishes, onion and so forth.

Foods & Supplements

Algavim.
Algavim is a Norse word meaning sea kelp and it's Latin name is Ascaphylum Nodosum. Algavim is a bromeliad seaweed and a bromeliad does not have any roots, it has tubers. For instance, the following are not bromeliads:

- Orchid and moss are airplants,
- Waterlily has roots,
- Mushroom has roots, and
- Algae is different, it feeds like bacteria.

But a bromeliad is like the:

- Amarillo Lily,

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- Asparagus Plumosus Ferns, actually it's not a fern it's a bromeliad,
- Onion,
- Narcissus, or Daffodil,
- Cabbage Palm, Palmetto, and
- Iris.

They don't have any roots, those things hanging down are tubers. Now a tuber and a root is an entirely different thing. Now some plants have roots and tubers and they're not bromeliads, for instance:

- Carrot,
- Turnip,
- Beet, and
- Potato.

Bromeliads do not have roots, they have tubers, which are entirely different from roots or rootlets.

Algavim is a sea bromeliad, low in iodine, which comes from off the coast of Norway. It grows in waters where the temperature never goes above about 5 degrees and it's harvested every 7 years. Divers go down in rubber suits that cover the whole body and the suits have about three layers of water, warm water next to you, then water at room temperature and the water on the outside is water that's high in salt. Using this suit will keep the divers warm for three or four hours while they go down and harvest this bromeliad.

They put it in baskets and when it comes up it's a very, very green color. They allow the sea water to drain off then they throw it out of these baskets on the deck where the air temperature is sometimes 40 degrees below and it freezes instantly, turning snow white and the white powder is the salt and sodium coming out. Then with scrapers they push it in the hold of the ship, still frozen, and when they get to port they wash the white powder off.

In port they take the washed algavim, air dry it and then put it through a press. It's rather rich in an oily juice which is the part they want. They take the liquid and extract the oil from the juice, and the oil is used for pharmaceutical purposes.

The residue that's left over is ground to a fine powder, and it's the mineral in the residue that's left over after the pressing that makes algavim, and we buy it by the 50 lb keg. We take it and regrind it through a machine down to about a 400 mesh then we put it into capsules. Now this material will not go through an automatic capsule machine because it's so magnetised until it charges the capsule and the machine won't turn the capsules loose, you have to pick them out one by one by one. So we use a small machine that we use a certain kind of dust on and that keeps it from magnetising the capsule. The little machine is run by hand and does about 800 an hour and a person can run this small machine and then the part that's left over has to be dusted out and thrown away. Then we run the capsules through a blower, blow that dust off and then run them through a weighing machine and see that everyone of them weighs the same and then they're put into a bottle, and this is the algavim.

Algavim has minerals that make vitamin A available to the body, it's a catalyst, and so is good for:

- Skin problems,

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- Eye problems, including glaucoma, cataracts and things caused by mineral deficiencies, but it will not help anyone that's near sighted or far sighted or has an eye defect.
- Liver problems,
- Lung problems, and
- Leukemia. Leukemia is a deficiency of vitamin A and algavim is great for helping to assimilate vitamin A. Now children with leukemia that weigh less than about 25 kg only get 1 x 3, but over that they can take 2 x 3 and if they're a senior citizen they can take 2 x 4 a day.

Carrot juice is also an excellent thing for leukemia but if you know a person that has leukemia, or classified to have, they should be in a retreat because there's a lot more to leukemia than just a vitamin A deficiency however it is the primary cause of it but many times the body refuses to accept the vitamin A in any shape form or way and you have to go, as the old saying is, "all the way round Robin's Barn" to find a catalyst to make vitamin A available to them. So it isn't worth risking a human life trying to hunt and tackle a system that would work because you may not have that much time, and generally the more time you give a deficiency the more difficult it will be to reverse the trend of the deficiency.

The normal use for algavim is 2 x 3 a day but it's not until about the 5th or 6th bottle that you begin to notice any difference in it.

Even with a high pH and a dilute gastric juice the body accesses the minerals in algavim because it is very, very rich in minerals in a form that most body chemistries can accept. Even though everybody is allergic to something nobody has yet been found to be allergic to algavim, or had any reactions from it but that's not to say there won't be at some stage. One thing about algavim is that doesn't have any iodine in it because it's a bromeliad, so people do not have an iodine reaction to it.

Doc has seen people that could not see, completely blind and barely able to tell daylight from the dark, but yet from taking algavim for about two years could get to the place where they could read without glasses. It's a fabulous catalyst for making vitamin A available as well as having something for skin.

As Doc said, "I make no guarantees on this at all, but I have seen hair grow on bald headed men when they used algavim, some of them, but not all of them. However I've never seen a bald headed man whose head didn't remind me of heaven because there'll be no parting there."

Also practically all senior citizens over 60 need some algavim, because one of the processes of ageing is a lack of vitamin A. Also carrot juice is rich in vitamin A but you don't give carrot juice to anyone that is on sugar controlling medication.

With regard to kelp or even dulse, it's generally high in salt, and remember salt is salt is salt, period. If you can remove the salt and sodium from sea kelp it's much better for you, but when you're talking about sea kelp it's like talking about the vegetables in a garden, there's hundreds of different kinds and it matters which one you're taking about because some are rich in iodine, some have no iodine, some are rich in potassium, some aren't. Go by the numbers.

Asparagus.

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The arsenic in asparagus is for the heart and Doc suggests almost right down the line asparagus and beets for almost everybody. You just check it because most people are deficient in this and they need it. The asparagus is normally suggested about twice a week and they have a serve each time.

Banana.
The best way to get potassium to the brain is eat a banana or two a day because it's one of the richest sources of potassium that there is in a natural form for the brain. Also little bananas have more potassium in them than big bananas.

You can sometimes use potassium tablets but I prefer to use the banana for potassium, and also a little blackstrap molasses for iron and potassium.

Now if you take a banana that's all gelatine in the center, like a gello, brown cream, even almost to the point it looks something like prill that you use on your hair, you can take a stick and stick into that banana at the end, peeling and all, put it in the freezer and freeze it and then you got one of the finest popsicles for children to eat you ever saw in your life, eating a banana that had cancer.

Carrot Juice.
Doctor Reams quite often spoke about carrot juice as being one of the most perfect juices you can have, providing it comes from good, well grown carrots. Not only is carrot juice rich in vitamin A but it's also rich in minerals and iodine, if it's grown in good soils that have sufficient iodine in them. Carrot juice is good for many things like the liver and skin and is an excellent thing for leukemia and anemia.

The normal amount of carrot juice for an adult would be 8 ounces a day but you don't give carrot juice to anyone that is on sugar controlling medication (insulin, diabinese, orinate or diabinate, etc.) because it is high in sugars.
Sometimes people who drink carrot juice may turn yellow, but there's two reasons why people turn yellow:

- one is drinking too much carrot juice, which is harmless, and
- the other is yellow jaundice, or it can be any number of liver problems.

Name it anything you want to but it's one of those two things. There was a person come to the retreat in Georgia and he was tested and found to have a very severe anaemic condition, and among other things, he was put on a pint of carrot juice a day. About 4 weeks later he called and said "I think I'm dying with yellow jaundice".
He was asked, "do you feel bad?" "No, I feel wonderful."
"Well come down and let us check you out."
So he was checked out and it was found to be the carrot juice that had turned him yellow. So it was a perfectly safe and normal kind of yellowness, his eyes were yellow, he was yellow all over and that kind of yellowness is harmless.

Cayenne Peppers.
For all foot and sinus problems use "hot" foods, and anything that has a hot flavor is a source of Benzene, like cayenne peppers. If you will eat hot peppers you won't have any aching feet and if you'll eat them long enough you won't have any sinus problems. The long rams' horn peppers, called cayenne pepper, are delicious when they get red and they're hot then.

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Hot Nigerian cayenne pepper is reported as one thing that will reduce the level of hardened cholesterol in the blood vessels and, taking good amounts of it, it will do it in about 6 months. Even senility is reported to have been helped because the cayenne pepper cleared the hardened cholesterol from the brain's blood vessels which led to an increase of blood and oxygen. Start with about $^1/_8$ teaspoon in juice or nectar and work up to a level teaspoon twice a day.

True Nigerian Cayenne Pepper is about 60-70, 000 BTU and it's the BTU rating that's important. The heat in the stuff.

If anyone is involved in an accident where they have internal bleeding take two tablespoons full of cayenne pepper in a glass of warm water and force it down them. Count to five and the bleeding will stop but it'll only hold it for about 27 minutes - giving you time to get them to hospital. Remember people can bleed to death in about $3^1/_2$ - 4 minutes if they're bleeding internally.

Celery.
Celery has both iodine and vitamin A in it and the leaves are also an excellent source of fresh, raw chlorophyll.

Do not use pear and celery at the same meal, or do not juice them together, because they neutralize each other and you have nothing left but plain water. I mean they just cancel each other.

Chaparral.
The purpose of chaparral is to help the body to exchange cells more rapidly by getting rid of them. Chaparral is a very mild and excellent laxative with a healing agent in it but much of the commercial type has so much cellulose fiber in it until it's almost worthless.

When taken properly chaparral will help replace delta cells faster than any other substance because of the healing factors in it and it's the healing factors that act as a catalyst to make other minerals available to the body. I don't think it's any one substance because chaparral does something to the gastric juices of the liver, it ionizes the liver which causes it to extract more of the elementary energy for the various organs of the body than it would otherwise. I don't know just how it does but I do know that it does it.

In the chaparral that we use there is a great variety of some wonderful minerals that fit most of the organs of the body from the brain to the lungs to the liver, the feet, but it doesn't have much in it to fit the bones. It is one of the best substances to help with the whole body and the bowel in particular and if they have a bowel problem then quite possibly the chaparral would be an answer, subject to:

- they are not allergic to it, or
- that it does not cause such a loose stool situation to the point where they have to give up all of social activity and stay home. That hasn't solved their problem.

An allergy to chaparral effects different people differently. Some people it makes them very hot and they might wake up in the middle of the night just burning up, take them off of the chaparral and they'd stop burning and there are some people that it will give them a very severe case of diarrhoea and they can't take it. Where people cannot take the chapparal because of allergies or problems then ginseng is recommended. Ginseng is a natural Chinese laxative that contains

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cascara (also a natural laxative) and the purpose of ginseng is also to help their body exchange the carcinoma cells.

Now in the retreats we process our own chapparal and while we order only the leaves and tender shoots in ton lots we take whatever they send us. Now to get the best possible product we have to separate the cellulose out and to do that we first dry it, not to an ash but to zero moisture, then we grind it to go through a 400 mesh screen. Next we put the chaparral powder into a container that has a little neck on it something like an hour glass and then it goes down onto a fan that has little wings on it and it rotates around and around. Now the powder falls onto the blades and gets thrown out and when it settles it forms three circles, a small circle, a larger circle and then the way out circle.

The leaf and the tender shoot is a very light substance so therefore it drops into the first circle, the heavier one drops into the second circle and the very heaviest, crudest cellulose drops into the third circle. We only use that which drops in the first circle, then we sell the other to health food stores and try to break even on it. Therefore we get the finest quality of the chaparral available.

Chaparral tea is not as good as the chaparral capsules because one capsule would make about two gallons of tea. Take Chaparral capsules with the meal (in the middle of the meal) and it's recommended when either the urine or saliva pH is above 6.40 for 100 lb weight or larger:

- Adult 100 lb or larger, 2 x 3 times a day,
- Adult under 100 lb down to a child 10 years old 1 x 2 or 1 x 3 a day.
- Child 6 to 10 1 x 1 a day, and
- Child under 6 use Fletcher's Castolia as directed on the bottle, that's at the drug store.

On some people it acts as too much of a laxative, whereas on others it does not. If it acts as as too much of laxative then have them cut it down, say instead of having 2 x 3 a day, have them take 1 x 3 a day. Now the more numbers that are "out" the longer I give them the chaparral, for instance, if they're in pretty good shape I give it to them for maybe 2 or 3 months, and if they've got a whole lot of numbers in poor ranges then put them on it from 4 to 6 months.
Now sometimes people will say, "something's making me nervous", and they're all up-tight and they don't know what they're taking that could be causing it so we just take them off everything and start them back on one thing at a time, but usually one of the first things we'll pull them off if they have that sort of "extremely nervous" complaint is the chaparral or maybe the dolomite. They come off first.

Cheese.
Vitamins and enzymes are products of a living cell, and a living cell is a hormone, and a hormone is a product of a mineral. Minerals make hormones (living cells), and hormones make enzymes or vitamins and if you were to get some live hormones from the store you'd get things like cheese. Actually when you eat cheese you're eating little bugs, bacteria, and cheese is not any more milk than milk is grass. Cheese is actually a meat and when you're eating cheese you're eating a protein meat. If it's made from skim milk it has less protein than if made from whole milk.

Excessive cheese is very constipating, and for people with colitis or diarrhoea you take them off of all milk and wheat products and feed them heavy on cheddar cheese.

Chlorella.

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Chlorella is an algae grown in shallow ponds that are rich in mineral salts. It is a particularly rich source of minerals (iron and zinc), vitamin A and especially chlorophyll (10 to 100 times greater than vegetables).

Chlorophyll, Fresh "Green Drink".
Chlorophyll is carbon, hydrogen, oxygen with nitrogen and is a regulator for the manufacture of insulin. Plant chlorophyll and blood haemoglobin are very similar. Chlorophyll is $C_6H_{22}O_{12} + N$ where N is a variable, say N_4 or even N_6 would be a very good number. When green vegetables are juiced the liquid is green and is called "Green Drink".

Green drink is one of the most perfect things you can take in, and when it's made sip it slowly. Green drink is used for:

- It helps the pancreas make the right enzymes to regulate your insulin, which then regulates and stabilizes the sugar level. Green drink will normalize (raise or lower) the sugars but in cases of low blood sugar do NOT use fresh comfrey.
- It works almost as a super charger to the liver, and
- Not to be overlooked, it's one of the finest pain killers known. Now sometimes it takes a day and a half to two days for it to work, but it works. There are many people who need a pain sedative, one to mask the pain, but Green Drink doesn't mask pain as an aspirin does, it goes to the cause of what's causing the pain, cause and effect.

Do NOT dilute the fresh green drink because you'd have to take too great a volume with a sick person.

In the retreats they give Green Drink like they're trying to change them into little green people, but they're on top of the situation there because they can monitor the sugar level but you cannot do that easily at home. You are not in a retreat situation so test as often as you can and work steadily and go easy and go by the numbers. The chlorophyll in the green drink begins to work on the whole system and it's only after you've done a number of follow up tests that you will begin to see whether you recommended the proper amount or not.

Excellent sources of fresh, raw chlorophyll are the "greens", spinach, parsley, wheatgrass, celery leaf, silverbeet, clover, lettuce, escarole, romaine, endive and so forth and you can also use ordinary grass, like Bermuda Grass or Kentucky Blue Grass and so forth. You grind it in a food chopper, the old-fashioned sausage mill, or you can get an electric one and grind it and then put it through a centrifuge or juicer and sling out the juice.

Do NOT use green drink from cabbage leaves, cauliflower leaves, broccoli leaves, collard leaves or turnip green leaves because it's too strong, too rough.

For low blood sugar it's OK to give chlorophyll from spinach, wheatgrass, celery tops, onion tops and so on but do NOT use comfrey juice with low blood sugar because comfrey really tumbles the sugar down. Use comfrey with high blood sugar only and monitor the situation.

In regards to their pH and using chlorophyll:

- Use fresh, undiluted, green drink with any pH, high or low, but

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- With the bottled, liquid chlorophyll you can use it freely with all of your patients that have the pH over 6.40, but when the patient is under 6.40 you can use it in dilute form, but go easy because it's a little on the cationic side.
- Green drink may raise or lower the pH because it helps the system get back to functioning near normal.

Please remember that fresh, raw chlorophyll is one of the finest pain killers in the world. Now raw chlorophyll from different plants is used for different things:

- For "real" epilepsy use the juice of "Centipede" or "St. Augustine" grasses. Those are the ones that will do more for genuine epilepsy than any other grasses. Generally they're not in health food stores, you have to get them out of your lawn or get them where there's a lawn that has them growing in it.
- For Hodgkin's Disease, or cancer of the lymph glands, use the chlorophyll from wheatgrass juice because it has a low protein value.
- For MS we use spinach and comfrey, providing they don't have a low sugar.
- Zoysia Grass is different to Centipede Grass or St. Augustine Grass and is more in the class of Bermuda grass. It's good chlorophyll in there but it's also a very high protein grass.

Everybody that you make a diet sheet out for should be getting green drink and the amount depends on how much they weigh:

- If they're a big adult they'd get 6 to 8 ounces twice a day,
- If they're average they'd get 4 ounces twice a day, or
- If it's for kids you give 2 ounces twice per day. But the diet sheets usually says 4 ounces twice a day.

Coca Cola.

We usually keep Coke on hand because we've found that Coke is good for upset stomachs and it seems to work better than anything else.

Cod Liver Oil.

Cod liver oil is very good providing you've got a urine pH that's not too low. For instance pH 6.00 or below wouldn't necessarily be recommended because, as a general rule, it's very easy for them to take a chronic case of diarrhoea, so you just have to be kind of careful there, if it doesn't you're just fine.

Colloids & MinCol.

There's three branches of chemistry, organic, inorganic and colloidal. Colloids are particles of matter, so small that gravity has no effect upon them. In dry form they'll stay suspended in the air until they collect enough moisture to draw them down to the ground. Being so small they cannot be taken apart and even though you may also know what's in them you cannot even put them together. Now, there's two kinds of colloids:

- one kind is a measurement of size, e.g., colloidal iron, colloidal gold, colloidal manganese, colloidal silver, and so forth, and
- the other kind is a chemical colloid, where it's not only a measurement of size (because it meets that specification) but it's also a complete solar system within itself. Now a substance cannot be a chemical colloid and poison too, a true chemical colloid is not poison. For instance, the mineral for the heart is arsenic but only in the form of a colloidal phosphate of arsenic as found in asparagus. Arsenic of lead, or normal arsenic, is poisonous and will kill.

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A colloid is so fine and so small that one cubic inch of it would cover $7\frac{1}{2}$ acres and be a solid sheet and anything that small does not have to be digested and so it's immediately available to you.

The colloids are a peculiar little thing to work with and the only way you can test them is in platinum test tubes because other test tubes refuse to hold them. If you put 2 pounds of colloids in a clean, mason, glass jar and sent them around the world by ship, a journey of 6 months or more, you would be lucky if the jar was $\frac{1}{4}$ full when you came back and that's because they're so small they pass right through pyrex glass, like sand going through a sieve, yet if you were to ship 100 pounds of them around the Earth in a burlap bag you'd have about 99.99 pounds come back. Now you can ship them very nicely in a burlap bag and not lose any but if you put them in a pyrex glass jar you'll lose most of them because the atmosphere forms a dampness on the outside of the burlap bag and they can't pass between themselves, but in the jar it stays dry and they keep coming out through the jar.

There's just so many atoms in this universe and no more, and the chemical colloid is the "diamond in the dew drop" and without colloids there would be no life upon this Earth, there'd be no trees, there'd be no bones there'd be nothing as far as biological life. The colloids are necessary for life and colloids are to biological life (living plants, animals and people) what jewels are to a watch. You can make a very good watch with no jewels but it will not keep accurate time, but you put 27 jewels in a watch and it makes the watch more accurate. In living tissue, colloids are the part that builds the structure and hardness of the bone, the tone of your muscle and so forth, and the colloids in your body are so immensely important that without them the body deteriorates, especially the skeletal form.

Our bones are 3% colloidal substance and in a ton of bonemeal there's about 60 lb of colloids (3%), but we can only get out about 3 pounds of it, and that has to be done by hand. The process is a little expensive, but it works. Now MinCol is a mineral colloid extracted from bonemeal or soft rock phosphate (which comes from bonemeal) and has 66 different minerals all in chemical colloidal form. MinCol is only recommended for the bones because it is 100% chemical colloidal substance that is the essence of bone, and a little bit goes a long way, because it's the concentrate of the bone meal that you buy in the store and, being a colloid, it does not have to be digested at all in order to become available to the body. MinCol cannot do any harm, even if it doesn't do any good. Now if you were to take bonemeal tablets you'd have to take 60 tablets to get what you'd get out of one MinCol tablet.

According to the history of geology the original source of the soft rock phosphate for MinCol was during the Ice Age, when thousands and thousands of animals moved southward and died. They get sharks teeth and elephant tusks and elephant bones and so forth and if you're ever in the museum down at Bartow go through the museum of things they have dug out of these phosphate mines.

The colloidal minerals in MinCol are for:

- Bone problems like deterioration of the bone or bone cancer and so forth (the 66 minerals in MinCol are a bone builder). Anyone having lupus or bone cancer, which is the same thing so to speak, or senior citizens who fall over when their bone breaks, they use MinCol and the bone grows back almost as rapidly as a child's bone and much surgery on hip joints and the breaking of bones on senior citizens could be avoided if they start with MinCol in time.

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- Finger or toe nail problems like rough nails, brittle nails, thin nails or ingrowing nails, or
- Teeth problems like cavities, broken teeth and so forth. Teeth should grow out like fingernails and when you start giving MinCol to people warn them that their tooth fillings will probably fly out in less than 3 months because the tooth itself is growing out. When the fillings fly out they need them lightly filled again, and after two or three times the teeth will grow out without needing to be refilled. The only reason you have tooth cavities is a mineral deficiency and a cavity is actually a cancer in the tooth enamel itself. The decayed part comes out leaving the hole there and the enamel is so hard you don't have decaying substance in it until it reaches the nerve and then it gets down into the gum and then you have ulcers in your gum, and many other problems.

then what you need is the calcium phosphate in MinCol because it's very important in forming bones and teeth. Fluorine is also necessary but there's enough fluorine in our foods and through the ionization of it that comes directly into our bodies from the air. Now fluorine, chlorine, silicon and calcium phosphate forms the enamel that's on our teeth and if you look at teeth and see that they're kind of transparent toward the end it's a calcium deficiency, or you see little dents or saw edges in the end of teeth it's a phosphate deficiency. This is visible signs of calcium deficiencies that show up in the chart in your report. When children break a tooth off right at the gum and have been given MinCol, the tooth will grow back out to be full length.

The forms in which minerals are accepted by our body in the greatest amount are:

- Phosphates, and
- Colloids

and hydrogen and oxygen are not considered minerals because it's water. They are minerals, but we don't consider it as such.

If you were to take MinCol out of the capsule it may feel gritty because of the processing, but it's been rubbed into people's hands and in half an hour you could tell the difference. With babies it's often rubbed on the bottom of their feet and it goes right into their system, or put it in your bath water and a lot of it goes right into your skin.

Every human being ought to take 1 x 2 MinCol every day for the rest of their life:

- You can start a baby on say 1/2 a capsule a day and keep it at that till they're about say 6. Mix it into their food.
- A child from about 6 starts with one a day (1 x 1), that's enough.
- Every adult from about 10 years old takes 1 x 2 a day. This also helps them through the growing years.
- Every pregnant woman needs 2 x 2 a day from the time she knows she's pregnant until after the lactation period, and if she takes them she will not lose her teeth and the baby will have good bones at birth and an excellent start for healthy teeth.
- An adult taking MinCol for the first time will take 2 x 3 a day.
  - at 20 take for 30 days, then start again at 1 x 2 a day,
  - at 40 take for 60 days, then start again at 1 x 2 a day, and
  - at 60 take for 90 days, then start again at 1 x 2 a day.
- Where there is a particularly notable deficiency with obvious symptoms, say osteoporosis, then take 3 x 3 a day for a 6 months, then 2 x 3 for a 3 months then reassess the situation. Go by the numbers.

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This is calcium and colloids. Doc raised 6 children with no cavities in their teeth, and no days missed from school because of illness, and they had their physical checkups, dental checkups and everything else and the dentist said, "these children, their teeth don't even need cleaning they're so clean all the time." The toothpaste he used was lemon juice and salt, they'd squeeze lemon juice onto their toothbrush and dip it into a little bit of salt and this is what they use to brush their teeth with. There's no cavities, yet there're plenty of dentists will tell you that the lemon juice will ruin the enamel on your teeth. It will not ruin the enamel on your teeth, it will clean them and put them on edge but with MinCol it will rebuild those teeth.

In 1960 in a retreat we had a 32 year old girl whose spinal column was so near ruined that the picture was just terrible in the x-ray, and she was in a brace 24 hours a day and could only move one foot about one inch ahead of the other. She was put on MinCol and in just a year she was perfectly well. She married an optometrist and doing real well, she lives down Fort Walton beach and just doing a fabulous job of working among God's people, working with her husband and so forth and this is because of MinCol and a good diet. She gets around now like there's been nothing wrong.

MinCol came onto the market in 1934, and has been on the market ever since. When Doc was in Canada the laboratory called and said, "there's a man here from HEW (Health, Education and Welfare Department) and he has an order to "stop sale" on MinCol." and Doc spoke with him.
The man said, "we're putting a stop sale on it because it has too much fluoride in it, the fluoride is above the safety mark."
Doc said, "is that the only reason?" He said, "as far as I know, yes."
Doc replied, "my friend, I'm going to tell you something, this product has been on the market since 1934 and it's under the grandfather clause, it's never done anyone any damage and before you put a stop sale on it I'm going to demand of you to take 1 gram of fluoride out of it, and after you get the 1 gram of fluoride out of it, I will buy it from you for 1 million dollars, because this is how much 1 gram of colloidal fluoride would be worth. I would like to have it. Now, we will furnish you with the bonemeal to take it from and if you fail then you pay for the bonemeal at retail price, but if you get it out then we'll give you the bonemeal, and then we will give you 1 million dollars for the 1 gram of fluoride that you take out of it."
He said, "you're giving me a big assignment."
Doc said, "not only am I giving you a big assignment, but I'm giving you an impossible assignment, it can't be done because there are just so many colloids and you cannot take them apart. God knows how many He made to start with and He's the only one, and there's not any more nor any less now than when time began.

So, a colloid is a very fine protoplasm like matter for the sole purpose of building bone and teeth. There's no other product on the market that will restore bone as rapidly as MinCol. There's no other product on the market even remotely like it, and it is the essence of bonemeal and it's called phosphates. When you're deficient in MinCol nature draws it's colloidal mineral from it's bone.

Comfrey.
Comfrey is a dark green, broad leaf plant that has two main uses:

- The main purpose of comfrey is to lower a high blood sugar, and
- It is used for it's chlorophyll.

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Remember one no-no about low blood sugar, never give comfrey or comfrey tea because it lowers the sugar faster than anything else, but on all high blood sugars use it plentifully.

Now do not substitute comfrey tea for the fresh comfrey in the green drink, they can have the comfrey tea extra. If you cannot get the green comfrey to put in your green drink then the comfrey tea is the next best thing.

With cases of MS we use the chlorophyll from spinach and comfrey, providing they don't have a low sugar.

Corn Silk Tea.
Corn silk tea is a kidney cleanser and is used to rebuild the kidneys and you can use fresh or dried corn silk that you collect off the corn cob. It does the same as watermelon and watermelon seed tea but there is less preparation although you may have little swimmy wrigglies in your tea if you're not careful.

Cranberry Juice.
This is mainly for the manganese in it and it helps people with prostate and uterus problems, or general problems with the sex organs.

If they have a high blood sugar problem they needed to drink the cranberry juice before 2.00 pm and if they do not have a sugar problem they can drink it anytime they want to. If they get hungry before they go to bed, or they have a blood sugar that tends to drop then tell them to drink the cranberry juice before they go to bed.

If the pH is well below 6.40 then you'll want them to add a level teaspoon of Bi-Carb of Soda to neutralize the acid. Stir it in, wait 30 seconds and drink it while it's still fizzing but don't drink the sediment, leave that.

Cranberry juice that's recommended is Ocean Spray brand, and they can have it according to their weight and numbers, in general:

- Small frame - 3 oz per day
- Medium Frame - 4 oz per day
- Large Frame - 6 oz per day

If their pH is not too bad, and they're on the right program and their chemistry is responding then they can have a 6 oz glass of cranberry juice for the manganese without the bi-carb of soda because 6 oz is not enough to make much difference with the pH. If they were drinking nothing but that it's one thing but a 6 oz glass in a whole day is a bit like the lady whose son was in the Navy, and she heard that his ship was on a sandbar so she grabbed her pan of dishwater and ran down and threw it in the ocean and said, "every little bit helps". So a 6 oz glass of cranberry juice in a day is not going to make any difference in a case where the pH's aren't too bad, I mean it's not going to change it very much, and they do need some manganese.

Cucumber.
Now a little bit of cucumber in a salad, little bit of tomato is just fine but if you don't want to burp the cucumber leave the skin on it. If you'll eat the skin of the cucumber too you won't burp it later. Now there is a long cucumber that's sold on the market for anywhere from 65 cents to 95 cents that

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the skin thickness, the chlorophyll, goes all the way through to the seed and it's called a burpless cucumber, so it's a very good one also. The reason for cucumbers is it's very rich in vitamin A and cucumber juice is the richest source of vitamin A.

The key mineral for all the reproductive organs is manganese because it's the mineral of life, and manganese is followed by zinc. The food source of manganese is foods with seeds, cranberry juice is very good as are berries, squash, cucumber and so on and the zinc you get from the sunshine and air.

Dolomite.
Magnesium Oxide of Calcium is dolomite and remember the rules for magnesium:

- "Magnesium is the greatest enemy nitrogen ever had" because magnesium releases nitrogen, and dolomite is used to reduce the undigested protein (urea) in the body because it's not a purgative to most people like Epsom Salts.
- One **No-No** is never, never, never use dolomite when you have a 220 case, a brain tumor.

Be very careful in giving dolomite when you have a low pH because the acids in the body will often take the magnesium oxide and turn it to a magnesium sulphate (Epsom Salts) and then you've got a problem, and this is so for most everyone, but the effect is also exaggerated in pregnancy. So the dolomite effect is simplest when the pH is over 6.40 because you don't have to worry about the magnesium sulphate. If they do get diarrhoea or too loose a bowel then take them off the dolomite. Generally you'll find there's one person out of 300 that the magnesium oxide will cause chronic diarrhoea.

In taking dolomite you'll want them to have it powdered in capsule form, because many times the commercial dolomite tablets are so hard, and the gastric juice is so dilute, that they go right through like a buckshot without breaking down. You use the dolomite to bring down the ureas for everybody, both vegetarian or non-vegetarian alike, there's no difference.

Dolomite is a natural organic product with a 65/35 ratio, 65% calcium oxide and a 35% magnesium oxide and the minerals in it are not available to your system in the form of a natural dolomite, now or in the future. The body doesn't metabolise dolomite very well and doesn't use dolomite calcium at all. It is only used as a catalyst to cause the undigested protein in soluble form (ureas) to be thrown out of your system in order to prevent a heart attack. Remember, it is only used to lower the ureas. Now all dolomites are not the same and some dolomites are absolutely unadvisable to use at any time.

The dolomite used in the retreats is possibly prehistoric and comes from the Cuttersons in Death Valley, California. It's not known whether it was a seashell or dry land crustacean but it's from the fossil. It's taken from the ground with a stainless steel posthole digger about 4 feet deep, brought up, bagged, cleaned and then made into capsules. It's 99.99% pure dolomite with a 65/35 ratio (65% calcium oxide and a 35% magnesium oxide) that's linked at the smallest level. Now dolomites are rather plentiful and cheap but a lot of them contain lead, and/or mercury and so many of them are unfit for human consumption but the one from Death Valley is very, very pure and is highly effective.

The dolomite you specifically want is one where the calcium and magnesium are in ratio in the molecule through the whole substance so there is a chain reaction. For instance if you take

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magnesium oxide and calcium oxide and mixed it you would have a container with say red marbles and black marbles, but the dolomite we use has a chain reaction with each part in a 65/35 laboratory ratio, each part is linked into the other, it's a chelate so to speak and this ratio forms the molecules. Now in the chain reaction we find that it drops the urea but in the dolomite where the ratio is not right in the molecule there's not the chain reaction and it does not drop the urea. So just because it's dolomite doesn't mean it's all alike because there's many, many different kinds of dolomite and you get what you pay for.

Reviewing the Lamotte Scale, the ureas overstimulate the heart and cause it to beat too hard and the person is therefore asking for a heart attack. The ranges are:

- mild pectoris heart attack is 20 - 24
- major pectoris heart attack is 24 - 26
- fatal pectoris heart attack is 26 - 30
- crib death occurs at 30

Dolomite is taken only when the ureas are over 15 as follows:

- For an adult over 100 lb, 2 x 3 capsules a day,
- For a child under 100 lb, 1 x 3 capsules a day, and
- For a small child, 50 lb, 1/2 x 2 capsules a day.

While we're on this aspect of urea, many times mothers may say, "my baby's urine smells so strong of ammonia and it's really rough to change the diaper". In that case the diet is too rich in proteins for the baby and if she's nursing the baby then the mother herself should begin taking dolomite as follows:

- 1 x 2 a day, then
- 1 x 3 a day, then
- 2 x 2 day, and then
- 2 x 3 a day

so it won't upset the baby or give the baby diarrhoea.

If the body responds to the amount taken then leave it at that, but if it doesn't respond then up it to an additional one in the morning and at night. Go by the numbers. Do not give dolomite when the urea total is below 15. If the urea starts at 18 or above then give dolomite until it drops to 15, then stop.

Occasionally you will find a person for whom dolomite keeps them awake at night. Just have them take it in the morning and midday. Also there are some people who are allergic to it and it may give them a very severe case of diarrhoea. If this occurs just take them off of it and do the best you can with their water, low meats and so forth.

Dong Quai.

In China, women who've had a hysterectomy are sometimes put on the herb Dong Quai as a substitute for estrogen. Also other herbs that have been analyzed and are considered to have estrogen, or be a substitute for estrogen, are Gotu Kola, Black Cohosh and Licorice root. Although licorice is very good it's only for a minor estrogen deficiency.

Ferro Tonic.

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Ferro Tonic is an iron supplement and is for anyone who is anaemic and you will give them 10 drops in 4 oz of grape juice or fruit juice or water or something on that order. Ferro tonic is a natural iron that bubbles up out of the ground but it still has to be filtered.

Please note, if you have too much iron in the system it turns the stool black, and if you ever recommend to a mother to give her child Ferro then be sure to tell her it will turn the stool black because if you don't she's going to call you up because she'll think her child is already dying or dead. So be sure to tell them that iron turns the stool black.

One way to make Ferro Tonic is to use Ferrous Sulphate. Dissolve it in distilled water to get the same specific gravity as that provided by International Ag Labs.

Flax Seed Drink.
Flax seed drink is a strong natural laxative and is used to help clear the bowel of encrusted waste material ionically bound to the bowel wall. It is usually recommended 1 or 2 times per week and mornings are a good time. Steep $^{1}/_{2}$ Tablespoon of Flax Seed in $^{1}/_{2}$ pint of hot water. Allow to cool and drink.

Use flax seed drink:

- If Saliva pH is over 6.60 then twice a week,
- If saliva pH 6.40 to 6.60 then once a week.

Never take flax seed drink in cases of acute or chronic diarrhoea.

Formula X.
Formula X is an oil in an alcohol base and so you have to shake it up, you do not take it.

It's good for ear infections, ear fungus or any type of muscle sprains. For ear problems you put a couple of drops into the ear and then take K-Min on top of that internally and it should knock your problem out.

Garlic.
There's a lot of advertisement on garlic but I have not found it as effective as what is claimed.

Gin.
See also "Alcohol" and "Zest Tonic". The pancreas manufactures alcohol similar to 94 Proof Gin (47%) to keep the body warm and the digestion functioning properly. It takes one drop of this pancreatic alcohol per 100 pounds of body weight every 30 to 60 minutes throughout the day to maintain proper body temperature and if there is not enough alcohol the temperature will be somewhat lower than it should be.

If the sugar reading is too low AND the body temperature is on the cool side then alcohol may have to be added to aid in the maintenance of body temperature and digestion, and in fact acute indigestion is related to the lack of pancreatic alcohol. You may have to add alcohol when the sugar reading is 1.5 and lower:

- If gin is used then divide the pound weight by 10 and call the answer drops.
- If Schilling Pure Peppermint Extract is used then use 1/2 amount of drops figured above.

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Ginseng.
Ginseng is a natural Chinese laxative that contains cascara, which is also a natural laxative. The purpose of the ginseng is to help the body exchange carcinoma cells. Ginseng is recommended only if:

- people are allergic to chaparral,
- chapparal is causing problems, or
- chapparal is not available.

Golden Seal.
Golden Seal is a blood purifying herb that does a beautiful job. It's not a blood thinner in the sense that Vitamin E is, it's a blood purifier and it works by dilating the capillaries in the kidneys which lets larger particles of albumin (delta and omega cells) get out into the urinal tract. In other words, it helps the kidneys to flush and to take care of the extra load that's put on them during periods of tissue rebuilding and when the body chemistry is changing as these are the times when more cells are being thrown out of the body because of the extra amount of water and lemon juice the person is drinking.

So anyone having a total ureas of 16 or above would take Golden Seal because their body is throwing out an awful lot of ureas. When rebuilding the tissues the ureas will jump up to 20, 22, 24 and at that time the kidneys need all the help they can get in throwing out those waste cells. They need only go through one bottle.

Do NOT recommend Golden Seal when they have high blood pressure AND a low pH, but if they have high blood pressure AND a high pH it's alright, so it's only to be given when the pH is 6.80 or above, and when the pH drops down below 6.40 you do not give it but generally continue it till the pH drops to 6.40. One bottle of Golden Seal should also be used when the pH is over 6.80 and always take it with meals as follows:

- Over 100 lb take 2 x 3, or
- Under 100 lb take 1 x 3.

Occasionally you will find a person in whom it causes diarrhoea, or causes them to not sleep at night and if it does that then have them stop.

Sometimes if they have ulcers Golden Seal will burn the stomach, and if it does that also give them freshly squeezed cabbage juice but it must be used within twenty minutes from the time it's squeezed out or extracted from the cabbage otherwise it will start fermenting and it will be sourkraut. Now our Germans will like it but Americans can't stand it.

Gotu Kola.
Chinese women in China who've had a hysterectomy use the herb Dong Quai as a substitute for estrogen, but other herbs considered to have estrogen, or be a substitute for estrogen, are Gotu Kola, Black Cohosh and Licorice root. Licorice is very good but it's only for a minor estrogen deficiency.

Hominy.
Hominy is canned whole grain corn treated specifically (soaked in potassium hydroxide) and when you take this in the effect on the body is to change the potassium intake and you'll see it take place in the ureas. Use hominy, not hominy grits.

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You can have the hominy any way you want to, eat it out of the can, put it in a frying pan, put a little bit of Fleishmann's Margarine on it, eat it that way except don't be tempted to put salt on it.

The whole of the northern States are being inundated now with the purchase of hominy that they've never had before. We tell so many people that it's time to add some hominy to your dinner, or add it to your snack time, and they look at you like, "what is hominy?" You say that to the Southerners and they know exactly what it is.

Honey.
You'll see I have maple syrup, honey and other sweeteners here. Suppose a person goes into a coma because of low blood sugar then I've got to have something real quickly to help them.

There are many people who are allergic to honey, and an allergy to honey causes the pancreas to over flush and therefore it manufactures too much insulin, and the sugars go down. Occasionally there will be too high a blood sugar.

Honey isn't classed as a hormone, it's an enzyme.

Hot Sauce.
We make our own hot sauce for the retreats. You buy your fresh hot peppers and put them in the blender and blend them up, use a little bit of vinegar, lemon juice and perhaps a little bit of honey.

K-Min.
The "K" in K-Min does not mean "Potassium", it's "kyanite", which is a diatomaceous earth. K-Min is made from Kyanite Diatomaceous Earth and soft rock phosphate in the ratio of 3:1 although many people have had good results with the diatomaceous earth on its own.

Everyone can take K-Min except pregnant women, or pregnant animals, and one **No-No** on K-Min and the dewormer is:

- do not give dewormer to pregnant animals, and
- do not give K-Min to pregnant women or animals.

That is a no-no and don't ever forget it. Now the Kyanite does not hurt horses and cattle but research on guinea pigs shows it kills the young, and if you keep it up for the second pregnancy then it kills the young and the mother. K- Min demagnetizes the foetus in animals to where the ionization process cannot take hold any more, in other words it dies. So it's just a risk that you do not take. Do not give K-Min to pregnant animals or dewormer to people. That's a no-no. So if a pregnant woman needs it she'll have to wait until after she has the baby, then she can start taking it.

A diatom is a little snail-like animal that lives in dry climates up on mountains and and it looks something like asbestos. Asbestos is also made from a snail like creature. A diatom is the shell of this little mollusc so to speak and if you'd see the analysis of it you'd think it's worthless, but the thing about the kyanite (the diatomaceous earth) is that it carries an electrical charge from 30 ergs up to about 60 ergs, which is quite high. In other words it's a little battery. We break these diatoms down into a very fine powder and when you take these K-Min capsules one of these very fine particles touches the end of a worm and it shocks him, and he turns loose. Once he turns loose he

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cannot catch hold any more. (There's no contraindications in giving K-Min either in an enema or a colonic.)

The only problem when you give the straight diatomaceous earth is it goes through so rapidly, and it gets hung around some other undigested food and doesn't catch very many worms, but if you mix it with soft rock phosphate then it forms a very thin coat of a glue, about one hundred millionth of an inch thick, that sticks slightly along the walls and this glue then carries the particles that shock the worms and its much more effective. You will also find that kyanite deionizes parasites and worms, in other words, it takes them apart by deionization because it's got a greater magnetic charge than the worm, so it deionizes the worm, or deanions and decations the worm.

You use K-Min for any type of worm, parasite or fungus:

- Worms. Signs of worms may be the itching of the nose or the itching of the anus but the best way you can tell when they need it is they have no sheen in their hair, that's your visible sign. By the way, manufacturers have learned to put sheen in wigs and that can fool you.
- Anytime anyone's pH is outside of the 6.20 to 6.60 range either below it or above it you put them on K- Min because their digestive juices are too weak to destroy any of the eggs the body came in contact with. The digestive juices are too weak to kill any of the parasites. Anybody that's not perfect gets K-Min, anyone that has dull hair gets K-Min and it's also really good for women that have the yeast infections or fungus itch, usually in the summertime, and it really seems to knock that problem out.
- Anyone that has ringworm, make a paste out of it with oil and rub it on it.
- Anyone that has pets or is around livestock usually get it twice a year, once every six months.
- Anyone having an ear fungus, but we also use the Formula X because it has an alcohol base with the oil. For the ear fungus I use alcohol but the Formula X has an oil in it but it also has an alcohol and you had to shake it up real well and put a couple of drops in the ear and then you take the K-Min on top of that internally and it should knock your problem out. You take the K-Min internally and you use this other mixture externally because the formula X cannot be used internally.
- Arizona Salmonella. Has not cured the problem but has prevented further infestation and deterioration.

Now one bottle is generally enough, except if they're taking the worms in faster than they put them out and it is very important to have people that are twelve, or even ten years old and older, to take over a three week (21 day) period:

- 2 x 3 for 12 days (72 caps), then
- 1 x 3 with each meal until you take the whole bottle of 100 (9 days = 27 caps)

For children 3-10 years, take one capsule for 45 days, according to the directions. If they have animals, pets or that sort of thing then they take it twice a year at least.

When taking K-Min don't skip a meal, because these worms have a maximum incubation time of forty days, in other words, if that egg doesn't hatch within forty days it won't hatch at all so it doesn't matter how young that worm is it will get them out and all of them out of your system but if you skip a day or even just one meal it is possible that some will hatch out and in thirty minutes they're old enough to lay eggs again in the lining of the intestinal tract and after you finish your K-Min then these will hatch out and you'll have another series of worms again.

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Whenever you get into the colitis, funguses and bacteria many times you cannot tell, even under a microscope, which you're dealing with, animal or plant, and the only way to do is to pull them out and put them into oxygen or CO_2 chamber to determine which one you're got. Some of our finest and best and up-to-date books on parasites, bacteriology and funguses still don't make it clear, and there's some of the writers that are being honest enough about it to say, "we don't know which it is", whether it's an animal or plant. Now you have to treat the animals and the plants differently because if this were animals in your colitis the K-Min would work really well but there's certain type of funguses that it won't have effect on.

Now suppose that this was a case of paramecium or amoeba then the K-Min won't have any effect and you've got to go a different route. The finest thing in the world is get their body chemistry in Range 1 and it generally works it out for itself. Now if you ever travel though from Miami to Haiti on a French airplane don't eat the food that is in the islands down here because I have known more people to become seriously ill and hospitalized from riding on that French planes between Miami and Haiti, and on some of those islands there.

Kefir.
Kefir is a hormone.

Kelp.
See Also "Algavim". With regard to kelp or even dulse it's generally too high in salt for most people, and remember salt is salt is salt, period. If you can remove the salt and sodium from sea kelp it's much better for you, but when you're talking about sea kelp is just like talking about the trees and the grasses and the vegetables and everything that grows on the land, there's all kinds of sea kelp and some are a poison, some are very toxic, some are rich in iodine, some have no iodine, some are rich in potassium, some aren't, so you have to know what you're using when you talk about sea kelp and it matters which one you're taking about. Go by the numbers.

Lettuce (Head).
I've never heard of head lettuce causing constipation, I've heard it accused of it but I have never found it to be true yet.

Licorice Root.
Chinese women in China who've had a hysterectomy use herbs as a substitute for estrogen. Herbs that have been analyzed and are considered to have estrogen, or be a substitute for estrogen, are Dong Quai, Gotu Kola, Black Cohosh and Licorice Root. Licorice is very good but it's for a minor estrogen deficiency.

Lime Water.
Lime water is NOT related to the fruit called lime. The "lime" in "Lime Water" refers to calcium.

Calcium Hydroxide is one of the seven groups of calcium and is it's own group, it is also fatal to all biological life in that form. However calcium hydroxide is the calcium ingredient that goes into the making of lime water.

You use calcium hydroxide in water to make lime water, and when you make lime water it's not calcium hydroxide, or even in the form of calcium oxide any longer, it's a liquid calcium, or calcium

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in liquid form. In other words, the water has caught the ionization and the calcium is either on the bottom or it's in the water. The water picks up the ionized particles of calcium and it's not the same anymore, it's not calcium hydroxide after it's in the water. Do not drink the sediment.

When you put calcium hydroxide with water there is a loss of the hydroxyl, or the OH ion, which then makes the calcium ion available, and at that point it's no longer a hydroxide, no longer a poison.

The original lime water from IAL was made from a special sulfur water that came from a well in Florida, such that when the Calcium Hydroxide was added to it, it would not boil. Ordinarily if you add calcium hydroxide to a sulfur ion it boils, but this one didn't boil, and I must have tested 500 before I found one that wouldn't cause any boiling, or gases to be given up.

To make a saturate solution of Lime Water mix $11^{1}/_{2}$ grams of Calcium Hydroxide to 1 US gallon of distilled water. After the calcium hydroxide has been in there for 48 hours siphon the clear solution off it and if there's a little bit of the calcium oxide then it's not hydroxide any longer. It's calcium oxide gets into the bottle and it won't hurt anything. Remember, do not drink the sediment.

If the pharmacist does make a saturate solution then one lime water is as good as another, but unless he uses distilled water then again you've got a weakened product. The one that Bob Hoskins makes at IAL has a sulfur hydroxide ion in it and the one you get at the drug store may be made out of city water or whatnot, you don't know what it's made out of. But in this one it has a sulfur hydroxide ion in it and there's a world of difference in the result that we've gotten with it in most patients.

If you taste good quality lime water straight it tastes like something you dipped up out of the barnyard, it's the worst tasting stuff you've ever tasted in your life and if the lime water is practically tasteless then it's not much good. We use grape juice or skim milk to disguise the flavor.

Take Lime Water according to the lowest pH and do NOT use Lime Water when the lowest pH is 6.40 or over. Take Lime Water as follows:

- Babies. Put a little (teaspoon) in their bottle according to their age and numbers.
- Children (under 50 kg). Use the lime water 1 x 2 Tablespoon with children under 10 years old. Also use calcium gluconate on children say from 1 year up whenever the children's bodies are too acid.
- Adults (over 50 kg). When their pH is below 6.20 use 1 tablespoon x 2 in either grape juice or skim milk depending on sugars. Whenever the sugar is 5.49 or less use grape juice, if the sugar reading is 5.50 or above then you use skim milk.
- Adults (over 50 kg). When either the urine or saliva pH is 5.20 or under give Lime Water AND the Cal II. With the lime water give:
    - 2 x 2 Tablespoons full in 4 oz of liquid, depending on the sugar level, with meals, also
    - vitamin D 10,000 i.u. x 2 between meals (that is a prescription item so you have to know some doctor you can work through to get it) and this will start bringing that pH up slowly.

Also use the Cal II with meals, 1 x 3 under 50 kg or 2 x 3 for over 50 kg. For a person over 50 kg you use two tablespoonsful of lime water, but no more than that.

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Do not give vitamin C when the pH is below 6.40, that also is a no-no.

If you're taking vitamin D 10, 000 units then you stop whenever the pH rises to about 5.90 or 6.0, and then if it drops again start on 400 i.u. vitamin D capsules which you can get at the health food store. If it gets back down to 5.20 again, start on your 10, 000 i.u., but if it keeps climbing then don't do it.

Macaroni.
When everything else fails to constipate you just eat peanut butter by the wad, on bread, and if that fails, then eat spaghetti and macaroni or spaghetti and cheese, or macaroni and cheese, that'll help a whole lot to get you constipated.

Maple Syrup.
I have maple syrup and honey on hand because suppose a person goes into a coma because of low blood sugar, I've got to have something real quickly to help them".

Onion / Onion Soup.
Remember this, onion is the richest source of Vitamin C in all the world. Onion soup is recommended for cases of low vitamin C especially in acid systems. A person may not need it but it would not hurt them to have it. So, whenever they can't take Vitamin C in tablet form you can have onion soup twice per week, made with one pound of onion and a little water or cream or skim milk, a little mushroom soup if you want for flavor, do not over cook it, steam it only about thirty minutes and you've really got a wonderful, wonderful source of Vitamin C in your system.

What do you tell the people when they see that they're supposed to take a can of soup and add onions to it. Canned soup is pretty good and better than nothing. Fresh onions are still better. If they make onion soup for themself they can also make enough for the whole family. Put a little sprig of parsley on top, put some other things with it and they think they're having a feast of vitamin C.

Does cooking destroy the Vitamin C in onion soup? Not if you eat it right after you cook it but if you put it in the refrigerator for three days it would.

For onion soup have 1 lb onion soup 2 or 3 times per week. The onions can be taken raw but you can't take enough of them, because it's difficult to eat a pound of raw onions at one time and you've got to get pretty close to a pound (if you're body weight is 90 lb or more) in order to get enough to really do some good. You can juice the onion, and even combine the juice with other vegetable juices in order to take them in but they sure do create a lot of gas.

Peanuts.
Children cannot digest nuts before they're 8 years old because their gastric juice is too dilute, with the exception of boiled peanuts, coconut and pinolia nut, those three they can digest but they have to be pressure cooked till they're soft. Even peanut butter as fine as you can grind it, or nut butters, are too coarse for a child's gastric juice and you're only asking for problems that's going to cost you money in doctor's bills if you give meats and nuts to children. When everything else fails to constipate you just eat peanut butter by the wad on bread.

Boiled peanuts are one of the finest vegetable meats that there is and you want to start with raw peanuts. Now you can boil the green peanuts in about an hour or an hour and a half.

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If you have the dry, raw peanuts, in the shell then first rinse them until the water is very, very clean then soak them overnight in water. When you put the peanuts in the pot to soak them you have to put a weight on top of them or about a quarter of them will be above the water. You can use a lid from another pot that'll just fit the pot you use. Fill the pot with water, put in the peanuts and put the other lid in. I use a 12 quart container and for the weight I use a lid from a casserole that just fits inside this 12 quart container, just goes down and I put this lid on top of the peanuts and yet fill it with water and the weight of the water on top of the lid will hold the peanuts down.

Then I take them out the next morning and I rerinse them until the water is clean again. There'll be a slight brownness in the water the next morning which is tannic acid in the dilute form.

Now to three pounds of peanuts, boiling them in 10 quarts of water, add about a half a cup of salt and half a cup of brown sugar. You can also add some molasses if you like because if the peanuts are grown is soil that is phosphate deficient there's almost no flavor to them but adding the sugar and more particularly the molasses it puts back into the peanut what nature would have put in if the soil had elements in it that was needed. Then I boil them until they're soft, 8 to 12 hours. If they've been dehydrated by a dryer it takes about 12 hours, if they've been sun dried they'll be soft in 8 hours.

After they've been boiled they taste very, very good, they're very tasty and they're very nourishing and they're very satisfying. There's many different ways you can use them, you can make a sandwich with them, you can grind them and then press them into like a baloney and then slice them and add mushroom in a casserole with a little bit of peas and corn added to it. You can also buy them from the health food store called nutmeat, n-u-t-m-e-a-t, made from peanuts, then new meat is made from peanuts, soy bean and some corn flour and various things.

But you take the boiled peanut and then you can put it in the freezer and just take them out as you need them and they are excellent food. You can also add a few to a salad but boil them in the hull, the shell, because a lot of the ionization that's stored in the shell will land in the peanut during the boiling process. Now if you shell them first and then boil them they're not very good, or I don't care for them.

A crock pot may be hot enough to boil them for 8 to 12 hours. The temperature has to be about 180 degrees at sea level and the higher you are the longer you have to boil them. Now if you get up on a mountain, a mile or a mile and a half high they won't ever get soft, you have to put them in a pressure cooker.

Pear.
The pear is very rich in magnesium sulphate and is a form of natural laxative.

A proverb that may or may not be true, but it works with a lot of people, "a fresh pear a day will keep the colonics away."

Now one combination of foods or juices that you do not want to use at the same meal, do not use pear and celery at the same meal, or do not juice them together, because they neutralise each other and you have nothing left but plain water. I mean they just destroy each other.

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Do not use pears or pear juice, prunes or prune juice with diarrhoea or low pH because you'll only aggravate the situation.

Use pear juice when the pH is at 6.60 or above. Mix 50-50 with water and have first thing in the morning as a HOT drink. The hotter it is the faster it works. If it causes too loose a bowel then cut back on the juice but not the water.

Peroxide.
Please don't put hydrogen peroxide in the colon.

Potato.
The difference between the white and the red potato is that the red potato has a little bit more mineral in it, but the white potato is a heavier producer and therefore the farmer wants to produce as many tons or pounds per acre as possible so they make potato chips out of them, and whenever you make a potato chip out of red potato it is still very white, but if you put vinegar into the cooking oil while at 450 degrees you can come up with a beautiful golden brown tasty potato chip, much more tasty than the subago which is the white potato.

As far as mineral goes, there's a little bit more potassium in the red potato and that's what actually gives you the purplish color in the skin. They call it red but when you first dig it, it's kind of a purplish red tint more than it is red but after a few days and it kinda dries and it looks more red, but it's got a purple tint to it and that's because of the potassium.

Even plants have a way of talking to you, in fact if you look at an ordinary red potato it'll tell you two or three things in his own potato language. He can tell you that, "his eyes are sunken in the potato":

- If you took him to an oculist he'd say he needs glasses. See what I'm saying. In other words it's the wrong diagnosis because he's going by appearances, "squint eyed".
- If you take him to a neurologist he'd say he's nervous, he's squint eyed.
- If you took him to a historian why he'd say he's an Indian, because his eyes are sunk deep in his forehead.

You get the idea, the opinion. Now what is the real truth? The truth is that this potato come out of ground that was either deficient in manganese or phosphates. Now the deeper the eyes are sunken in a potato the more deficient the manganese, and the manganese can't get into the potato unless it's in phosphate form, just like it does in our bodies, phosphate of manganese. So if the potatoes we eat are deficient in manganese then we have a mineral deficiency which is going to effect our reproductive organs and the delta cells will accumulate. Here's that potato said, "now if you eat me I'm going to do something to you." You see how this potato talks to you?

You have to understand the language that this potato's trying to tell you, also he said "I'm not very sweet, I'm a sourpuss because the less the sugar the less the mineral." Isn't that wonderful how a potato can talk to you.

A sugar reading of 5.50 is a tendency to high blood sugar. If you have a tendency towards high blood sugar on the first test then you do not eat fruits or sweets after 2.00 o'clock in the day, or potatoes for about a year. You will find a lot of people that are completely allergic to Irish potatoes in that it makes them very ill.

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Quite often we tell people, "no more white potatoes, and let's see what you're equation does when you're absolutely free of white potatoes". However don't take something away from them without giving something back, we also tell them:

- have sweet potatoes, or
- yams, or
- spaghetti squash, so when you pull out the inside you have a plate full of what looks like spaghetti and if you can just trick their head to say that it is spaghetti you're doing alright.

Now you take that same potato if the eyes are sunk deep in it and you have to gouge them out you have a low manganese in it, but if the eyes are even with the outside then you have a high manganese in it. Squint eyed potatoes don't need any glasses, but they are deficient in manganese.

Prune Juice.

There's a number of good natural laxatives and prune juice is high in magnesium. For people who tend to be constipated Doc recommends 4 oz of prune juice in hot water first thing in the morning, and the body may even get to a point where you don't need the prune juice any more and you'll just have the warm water acting as a flush to the system. You use prune juice when:

- The sugar is extremely low.
- High pH

and you DO NOT use it when:

- The sugar is high.
- With diarrhoea or low pH, and
- When they have a high delta cell count in the kidneys.

Raisins.

Raisins are rich in iron and many other minerals and also have 75% sugar. If someone has a hypoglycaemic seizure remember there's no two seizures alike with their symptoms so just keep your cool and tell them to put a little honey on their tongue and in one minute they'll be back. Now a hypoglycaemic can use things like raisins to help keep the blood sugar up between meals and when it falls off.

If they have a low sugar, below 1.0, do not let them drive because they could blackout at any moment and have a serious accident, but when the sugar comes up then they're safe to go home.

Or if they're light headed or dizzy from over-reducing a high sugar then tell them to carry a few raisins with them so that they can chew them slowly and immediately the sugar will come back up.

Rice.

If people have low pH's and if they eat rice then many times it'll have a tendency to make them lower still. In addition to effecting the pH's, rice also effects the sugar reading and people who have a tendency to high sugars may need to avoid rice if it causes the high sugars to rise.

Royal Jelly.

The real Royal Jelly looks like raw honey, tastes like raw honey but in it is a pantothenic acid (vitamin B5) which is a substance the bees manufacture to feed the larvae to make a queen. Royal Jelly can also be made synthetically out of coal tar and soy beans and so forth.

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There's many, many different kinds of pantothenic acid, for instance, a bee sting might give relief to an arthritic patient because a bee sting is one of the richest sources of pantothenic acid (vitamin B5) that we know but it is so strong that if a person with high blood pressure gets it, it is seriously dangerous. In 1960 I ran some tests on 20 different brands of vitamin B5 and the one that's in Royal Jelly made by Whiddens is the only one I found that bees would eat, and they will go into a dark room to get it, and that's the only thing I ever found that bees would go in the room to get, and I have put it on their hive and everything else in every other form and I mixed it with other honeys and they paid no attention to it. But the reason I chose and use the Whiddens Royal Jelly from Florida is because the bees go for it, it's the only one that a bee would recognise. Do not put it in a refrigerator, and do not put it in anything hot.

Royal Jelly is given for the equal distribution of many different kind of calciums and for anyone that has arthritis, bursitis or any type of joint problem, and especially for soreness of the joints. The pantothenic acid in it helps the joints to retain their fluid and makes vitamin C available in cases wherein the calcium oxide is collective. It is an excellent product and it's highly beneficial in all leukemia cases along with carrot and cucumber juice.

The recommendations on your dietary sheet indicate 1 teaspoon twice a day first thing in the morning and last thing at night. However you do NOT take Royal Jelly if:

- you are a diabetic,
- you're on insulin, or
- your sugar is above 5.50.

If someone can't take the Royal Jelly because they have a high blood sugar the first thing to do is get the sugar down to normal and then give it to them. Just one step at a time. However if the person has a high blood sugar and you specifically want them to have it then have them take it in the morning and maybe at lunch time (if they're taking it twice a day). Just don't have them take it after 2.00 pm in the afternoon if they have a sugar reading of 5.50 or over.

Soy Bread.
People should not eat too many high stress foods, that is foods that send the numbers away from perfect. Although soy bread is high stress for some for others it is fine. Soy bread is not on my no-no list.

Spaghetti.
When everything else fails to constipate you just eat peanut butter by the wad, on bread, and if that fails, then eat spaghetti and macaroni or spaghetti and cheese, or macaroni and cheese, that'll help a whole lot to get you constipated.

Starch
Some of the most common causes of constipation, too much starch, too much peanut butter, too much spaghetti, macaroni, cheeses, those are constipating things.

Sweet Potatoes.
Sweet potatoes grown on soil that is rich in calcium and minerals have vitamin A and iodine in them.

Tofu.

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Tofu is oriental soy bean cake.

Turpentine.
Fingernail problems are from a phosphate of calcium deficiency. When the nail gets big and thick and fat it's caused by a bacteria that gets within side of the nail, it's kinda like the 126 Arizona Salmonella and very difficult to get them out. The finest thing I've ever found to get them out was turpentine on the nail. It'll penetrate it faster and quicker than anything I know of.

Vinegar.
See Also "Pregnancy - Determination of Sex" and "Stories - Racehorses". What is food for one is a poison for another and if you'll just read enough health books and do every thing that every one of them says, you'll starve to death, because every one is up on something and down on something, for instance, in one health books on vinegar and honey, if you read that book you'd think all in the world you need to be healthy and live to be 150 years old was to take vinegar and honey the way it's written, but suppose that you had a body that was extremely acid and you were also a diabetic with it, hyperglycaemia, so into this system you put more acid and more sugar, that's pure foolishness.

Apple cider vinegar can be used for the control of alkalinity but you have to dilute it about 5 times, but there's also a variable in that.

Ordinary Vinegar, say Brown or Malt and so forth can also be used to control alkalinity but you have to dilute it about 4 times, and there's a variable in that too.

We prefer and recommend the Heinz Sweet Pickle Vinegar and the little bit of sweetening that's in it makes it much more palatable and not only that, it seems to ionize into a realm that is more acceptable than the straight vinegar. I would strongly suggest that you always use Heinz Sweet Pickles because every batch is made exactly alike and you need to know exactly the strength of what you're giving so you'll know what the exact result to expect on the test and if you don't know then it really leaves you at a loss, that is in really ill patients.

Anyone having a pH over 6.60 can have Heinz Sweet Pickle Vinegar and Pickles and they can either eat the pickles or drink the pickle vinegar or have both:

Usually anyone with urine pH:

- between 6.60 and 7.00 gets one teaspoon twice a day on their salad,
- between 7.00 and 8.00 gets two teaspoons twice a day on their salad, and
- over 8.00 gets three teaspoons twice a day on their salad.

They can also have 2 or 3 pickles along with their dinner or supper, and anywhere from a teaspoon full to a tablespoon full of the Heinz Sweet Pickle vinegar right out of the jar, it tastes delicious, put it on your salad and eat your salad first.

If they're not too ill then they can eat their home made pickles or most any other brand but on people that really have a problem you want to know exactly what they're getting so that you can help them to get more energy.

There's an old rule that says, "pregnant women crave vinegar". Not all do, for instance, women who have a low calcium and are pregnant do not crave vinegar or pickles, but women who have

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an alkaline system will crave vinegar and pickles and acid things because it helps them get more energy out of their food. Many times young couples want to have a baby but the pregnancy can't start, it won't take place because there's too much calciums in the system, it's got to get down right before the pregnancy can take place, and so many times two or three tablespoonfuls of Heinz Sweet Pickle Vinegar a day on extremely alkaline systems will bring about a pregnancy in childless couples. Do not use the straight vinegar because it's too strong but if you must use a straight vinegar, then use only about one fourth the amount that I have just recommended. But I was speaking about the Heinz Sweet Pickle Vinegar it will generally bring about a pregnancy.

I usually recommend salad twice a day, so I just give them the number of teaspoon on their salad.

Watermelon.
Watermelon, watermelon juice and watermelon seed tea is for the kidneys. If the person has a high sugar then they're to have it before 2.00 p.m. It'll help rebuild kidneys faster than anything else and is for people who complain about their body retaining too much fluid:

- like many women, during certain times of the month their body retains fluid, then they should drink watermelon juice.
- If a person's legs, arms, feet and face begin to swell then you've got kidney failure on your hands and if that happens then cut the water for a day or two and give them watermelon seed tea in the winter and watermelon juice in the summer. Also sassafras tea and a little bit of coffee.

When watermelon is in season you may use the juice from entire watermelon and you start from the outside, use the rind, the white, the red, everything. Put it through a JUICER and not a blender. Now most people say its the deliciousness thing there is, very sweet. Remember, don't put it through a blender.

With watermelon seed tea, collect the seeds when you eat the melon and save them. When the melons are not in season then take the seeds, crack the hard shell somehow and then steep them in hot water. The dry seeds are so hard they blunt blender blades but they can be cracked with a seed mill.

Whey.
Whey is also a lactate and is nothing more than a bacterial liquor. Use it according to the numbers.

Wine.
One person come into my office and says, "Doctor do you drink? There's a bottle of wine here in your office."
I said, "no, I don't drink, but I have patients sometimes with a bleeding nose and they can't get their nose to stop bleeding and I have to have the wine quickly. We get them to sipping on about 4 oz of ordinary medium-dry Manichewitz grape wine and it stops the bleeding in a matter of fifteen minutes."

Also for pregnant women, keep the sugar level above 1.4 because miscarriages, or premature labor pains, are always caused because of low sugar and the finest thing in the world to do to prevent premature labor pains is to put the expectant mother to bed for a few days and give her 4 ounces of Manichewitz medium dry grape wine once or twice a day, and that will delay labor pains and bring

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the child on through to normalcy. Raise the sugar level with lots of fruit and honey every half hour and 4 oz of wine once or twice a day between meals.

To delay birth, when labor pains start you can give them a small amount of wine until you get them into a hospital. If it's a first child you won't have to give them the wine because the labor pains will be far enough apart that you've got time to get the woman to the hospital, but if the contractions start to come in at 3 minutes apart then you need to give them wine until they get to the hospital. Give 4 ounces of wine and then that will delay the labor pains until you get them in the hospital and then the baby can be delivered.

Also, you can use the Manichewitz medium dry wine in place of Zest Tonic but it's not as good, it's a very poor substitute. The difference in a regular wine and a dry wine is the sugar content.

Yeast.
People that are overweight should not have yeast (or Vitamin B1 or Vitamin B2), that's if it's just an overweight problem, because it makes you more hungry and you eat a lot more food. People who's system naturally manufactures too much Vitamin B1 or Vitamin B2 actually are hungry all the time and they eat too much. That is one of the causes of obesity but I don't believe in obesity as a disease in itself, it is the result of other body conditions.

Yeast is Vitamin B1 and B2 and if I were to ask you to go to the store and buy some live hormones, you should bring me things like cheese, yoghurt, yeast and so forth. Those things are living hormones that we eat.

Yoghurt.
You recommend yoghurt with either acid or alkaline pH because yoghurt's almost a neutral calcium. In other words it's a gluconate, the calciums in yoghurt is a gluconate. Calcium gluconate, and the different arrangements there are included in things like sweet milk and yoghurt as well as peas and the different soft vegetables. The orotate supplements fit here too.

Gypsum is calcium sulfate and the gypsum group includes the lactate, acetate and sulfates but it's calcium sulfate in many different forms in buttermilk, sour milks, things like that.

When people start a new diet program the new foods you are suggesting that they eat, and they do eat, they do not have an intestinal flora to digest it, they've either been in such an acid or alkaline condition for so long they don't have the proper base upon which to digest that food and it will take a time for you to establish that. Some of the things to help establish the flora quicker are:

- yoghurt,
- buttermilk,
- whey,
- kefir, and
- acidophilus.

Also, when anybody has a colonic it's recommended they eat yoghurt, acidophilus or some other culture to reestablish the flora in the bowel that's going to be disturbed. You can also give them one cup of plain yoghurt. Now many times I see people right here giving them yoghurt but not plain. Now if they have a diabetic tendency you'd steer clear of the flavored yoghurts and unless

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his sugar was dropping below 1.0 all the time and then he could have yoghurt with the fruit flavor like a peach or apricot or something on that order.

You should eat some yoghurt about every day, either yoghurt or acidophilus. Kefir is alright, it's an acidophilus. The difference between your acidophilus and yoghurt is they are a different kind of bacteria, the acidophilus is in the calcium lactate group and the yoghurt is a calcium gluconate, a neutral. We're talking about the lacto bacillus acidophilus and the other kind is the vulgaris, which is in yoghurt.

Viruses should not be in the blood, but some bacteria is normal in the blood. The aerobic bacteria and the ones you find in yoghurt, a number of families should be in there, even a minor amount of some of the salmonellas should be in there in order to ward off the other salmonellas (now the "Salmonella" group is a large group and Malaria is a salmonella, and a little of it can stay in the blood), but I have not found funguses any place because the salt would break down any fungus, but it would not break down certain bacteria.

Funguses are plants that require CO_2 gas and bacteria requires oxygen.

Zoysia Grass.
Zoysia grass is different to Centipede grass or St. Augustine grass and is more in the class of Bermuda grass. It's good chlorophyll in there but it's also a very high protein grass.

Foolish People.
Here are some of the things that people do, on their own, without seeking any advice what so ever:

- Some people have read a book where it would say use lecithin for a high cholesterol, so they dash down to the health food store to buy a bottle of lecithin, because the doctor's already confirmed that they've got a high cholesterol, and they start taking lecithin like it was going out of style. A great big piece of cholesterol turns loose and plugs up the heart and they're pronounced seriously dead upon arrival at the hospital. Now people do this, so do not take the risk, do not recommend lecithin or anything like it.
- Some people have recommended someone start on a diet when they ought to have been in a retreat because they've had a high cholesterol, and when those arteries and veins start to rebuild themselves (because they have lost their ability to expand and contract) then the cholesterol forms in there. Since nature doesn't heal them equally all over, it heals them in some spots more than in others and consequently they end up with a case of phlebitis that could be fatal.

So you have to be very, very careful with people that have had a high cholesterol for a long period of time.

Forgetful or Absentminded.
If you are forgetful you can't remember, it's gone forever, but if you're absentminded you're a genius, you can remember it later. You can recall it. You've got it filed and can't find it. Absolute forgiveness is absolute forgetfulness so everybody needs a good memory and also a good forgetter, but please don't use it here.

Freckles.

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Freckles on a child is a malfunctioning liver and I've never seen a case of freckles on a child when you correct their diet that the freckles didn't leave, or an adult either, and that includes redheads. Red hair doesn't make any difference.

Frequency.
Frequency is the number of vibrations per second. It's how much time it takes one electron to make one cycle around one molecule or mol.

The frequency determines the "kind" and the sexuality, and the frequency also determines the diet. Once you know the frequency you know the diet, mathematically speaking. Now the lower the frequency, the cruder and larger the cell and the less food variety it takes. The higher the frequency, the more delicate the cell and the greater the number of elements that it takes to maintain life.

Friends.
Thank you for giving me friends, Father. They are my most precious treasure. Help them climb the ladder of life, help them to be eagles, to fly above the potsherd and the carrion eaters.

Fruit.
Depending on the blood sugar levels they can have fruit during the whole day or only in the mornings and before 2.00 p.m..

Frustration.
Lack of calcium is one cause of frustrations, as is low blood sugar, high blood sugar, high ureas and so forth.

Fun.
If you haven't learned to appreciate the fun in all problems you need to grow up. Even math is lot of fun.

Funeral Expenses.
One thing that you can expect to happen, often a person comes to us and they half do what we say and half don't. In a few weeks they write and say, "please give me my money back, I'm still not well". We give it to them. We give it to them so they can have some funeral money. I wouldn't want to rob their family of funeral expenses.

We send it back to them with a note, "Contribution for your Funeral".
We've had one person that send it back said, "I don't want it under that pretence."
Anyway this is the way we handle the situation, we send it back and we feel real good about it because if they feel like that we've robbed them we don't want their money. If anybody ever dies we don't want to be a part of it. Not at all.

Fungus.
A fungus is a plant. Many times when you read a book you don't know whether they're talking about funguses or bacteria, they'll talk about a fungus with all the descriptions of a bacteria and a bacteria with all the description of a fungus and people that are troubled by viruses, funguses and worms have a dilute hydrochloric acid in their stomach produced by the liver, and both a fungus and bacteria manufacture mucous.

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Now it's a very good idea to get a medical book on parasites and funguses and bacteria and there's a lot of books on it but whenever you read the first book you'll think you know it, get your second book and it contradicts the first one, get your third book and it contradicts the first two and then get your microscope and go to work on it if you really want to know something about them.

Now whenever you get into the colitis funguses and bacteria you're really into something and many times you cannot tell even under a microscope which you're dealing with, whether you're dealing with an animal or plant, and even today some of our finest, best and up-to-date books on parasites, bacteriology and funguses still don't make it clear, and there's some of the writers that are being honest enough about it to say, "we don't know which it is", whether it's an animal or plant.

It's kinda like a blind man describing an elephant, and you'll find bacteria and funguses that's in the wrong classification but that's the name they were given to start with and that's the ones that stuck. So just don't get excited about the confusion.

The difference in one-celled animals is whether they use oxygen or not and sometimes the only way to do it is to pull them out and put them into oxygen or CO_2 chambers. If they use oxygen they're animals and if they use carbon dioxide they're plants and knowing what it is makes a lot of difference in the food and the diet that you are working with because you have to treat the animals and the plants differently.

If your colitis was caused by animals the K-Min would work really well, but there's certain types of funguses that it won't have any effect on. Fevers are mainly brought about because of a fungus or bacterial chemical action and normally it's chlorine and boron that become the agents in our system to keep the bacteria and funguses from eating us up. Funguses should not be in the blood because the salt in the blood would break down any fungus, but it would not break down certain bacteria. Just remember, funguses are plants that require CO_2 gas and bacteria requires oxygen.

G

Gallbladder.
One of the weak points about the test concerns a stretched gall bladder because when a gall bladder is stretched the lining is so thin and it doesn't give off much energy, and it can be very difficult to pick up with a first test, but by the 3rd or 4th test it will really manifest itself.

The next thing that you need to be aware of is gallstones. At Urine pH 7.2 and above you're in the gallstone area. In the very early stages, or before the tube is crimped, gallstones can easily be dissolved by a tablespoon full of olive oil on a salad twice a day for just 2 or 3 weeks. Ordinary olive oil will dissolve almost any gallstone because it is the opposite ion to a gallstone, and they dissolve beautifully, provided the gall bladder is not stretched out and loaded down with gall stones as to weigh itself down and crimp the tube that lets the hydrochloric acid from the liver flow into the small intestine just below the stomach.

Doc has seen gall bladders stretched so much till they held about 2 quarts, and the weight became so great that it crimped the Cystic Duct (the tube that carries the bile away from the gall bladder).

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On it's journey from the gall bladder to the duodenum the bile goes through the following ducts:

- From the gall bladder through the Cystic Duct, then
- The Cystic Duct links with the Common Hepatic Duct from the liver and together they become the Common Bile Duct which goes down through the Pancreas, links with the Pancreatic Duct inside the head of the Pancreas, and both join the Duodenum at the Duodenal Papilla.

When the weight of the gall bladder crimps the tube nothing will fix it but surgery, but before you try surgery there's 2 or 3 different things that you may be able to try and have them do:

- You might put the patient in bed, generally laying on their back, for a couple of weeks, but they can turn to their right side a little bit but NEVER to the left, and give them 2 tablespoons full of olive oil on a salad every day, and a light diet, and lemon water and sometimes it will shrink the gall bladder down. If it doesn't shrink it and they still have their sickness then it takes surgery.
- You might try the bed with the feet up just a little bit so the head will be down and a very low pillow. They can have a low pillow so that it will not lift their chest up and sometimes it will go down, but sometimes it won't go down so then you're just going to have to do the best you can, so there are times for surgery but get the person physically strong enough to stand the surgery before you recommend it, or suggest it.

Using olive oil daily on your salad will reduce the possibility of getting gallstones. If you already have gallstones the olive oil will soften them over a period of time and then they will flush out.

Doc ran a test on a woman in Canada and she was slated to go in for a gall bladder operation because it was so loaded with stones the doctors said they've got to do something and do it right way but they had another problem, her heart was so weak, and she was also a 220 case, and she could not be operated upon immediately. So Doc said for her to have olive oil, put it in the salads, give it to her any way she can get it and I think it was 4 or 5 weeks later that she went back to the doctor for a check up, and they could not find any gallstones.

Now the olive oil does not need to be cold pressed, just so it isn't strong. You use a tablespoon full for a hundred pounds or over and a half a tablespoon for under 100 lb and use it twice a day. The easiest way to have it is in a food, on a salad, as opposed to just trying to drink it down. Doc did not seen gallstones on anyone under 75 lb.

Many times it's good to ask questions about the stool, particularly if the numbers are almost perfect, or in Range A and the person doesn't look healthy, ask this question, "do you pay any attention to the stool or are there any little ashy looking white flecks in the stool?"
And if they say, "yes", then it's a gall bladder problem.

At 7.2 and above you're into the gallstone area, and when you really learn to go by the numbers you can really see if a gall bladder is in pretty rough shape, it will show up, but sometimes if it's just starting it takes 3 or 4 days to zero in on it, so these are factors that you need to remember.

Garbage Can Guts.

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One of the reasons that so many people are ill today is because they are simply making their stomach nothing more than a garbage can, and they only eat the thing that tickles their tongue. Unless the tongue demands it they won't eat it.

This young boy had come in for a test but then did not follow a program. About three months later he came in for another test, he hadn't eaten that day, he was very sick, throwing up and had chest pains. His ureas were 26 and his sugar was way up over 9, yet on the first test it was normal.

This boy had just about broken all the rules, he'd made his stomach a real garbage can and his whole system was in rebellion and when you do that anything can happen.

Gas.

When some people go onto a diet program, after they've been on it for a short time they'll contact you and say, "boy, I started the diet and am I just so uncomfortable, I have so much intestinal gas I just don't know what to do."

So, make sure you prepare them by telling them **BEFOREHAND** that there will be times and days when they will be uncomfortable and have gas. Make sure they are prepared and if you let them know ahead of time that this is one of the things that will probably happen then you have set the stage and they feel much more comfortable. Prepare them for what will happen, let them know you know so they understand you know what you're doing. If you just let it happen then they call you and if you have to rustle through some pages to find the answer then doubt begins to creep up in their thoughts. So set the stage and prepare their thinking.

Now what's happening is this, when you eat the same foods for a long period of time (in other words your diet is in a rut) you literally develop the internal flora to digest that material. In other words, your body has adjusted to the way you're taking care of it. Now you introduce to them a whole new line of foods and all of a sudden they have all this new food in them, especially even the green drink, and within a few days time their bodies start to react and they want to talk because you have made them feel worse than they've ever felt before.

What's happened is that the new foods you're are suggesting that they eat, and they do eat, they do not have an intestinal flora to digest it, and they've been in such either an acid or alkaline condition for so long they don't have the proper base upon which to digest that food and it will take a time for you to establish that but in the meantime some of the things to help establish the flora quicker are the cultured products like:

- yoghurt,
- buttermilk,
- whey,
- kefir, and
- acidophilus.

but remember, in your choice of these particular things go by their numbers. Now, when the saliva coats the foods it is the differential between the pH's of the saliva (and gastric juices) and the foods that also determines how much gas is produced, and if the digestion is gentle there will only be a little gas which is normal, good and necessary, but if the digestion is very eruptive then a lot of gas is produced which is undesirable and shows a loss of energy. In line with this, the greater the difference between the anionic and the cationic substances, the greater the amount of gas is formed down to

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the caecal valve of the small intestine, after the caecal valve then gas is passed out through the rectum. If the food lies too long in the colon it gives off CO_2 gas and creates cramps and pockets and difficulties in the colon.

Gastric Juice.
See also "Liver". The liver is the origin of the gastric juice for the system, not only the bile in the gall bladder but the hydrochloric acid in the stomach as well. The stomach has storing up sacs, capillaries, that are filled with gastric juice made in the liver. The liver makes the gastric juice ion by ion then moves it to the storage sacs in the stomach in the same way that electroplating is done.

There's two major causes for a dilute liver bile:
1. Lack of calcium in the liver is the major cause, and
2. Lack of oxygen for the liver is the minor cause.

There are also two other causes for a dilute hydrochloric acid:
1. Brain tumor that prevents the message going to the lung so it can't perform, and
2. Damage to the Vagus nerve.

Alcohol is the greatest enemy that calciums ever had, and some people's own system can even manufacture too much alcohol. Excessive alcohol in the system oxidizes the calcium in the liver, which means a lack of calcium available to the liver, which then causes the gastric juice to be too dilute.

A deficiency of oxygen can occur if there are lung problems (like mucous on the lungs, asthma, emphysema, cystic fibrosis, and even smog and pollution can effect the oxygen availability to the liver) which then causes the gastric juice to be too dilute.

A low reserve energy also means that the gastric juice is dilute, that there is a lack of mineral content in our diet or a lack of mineral available to our system. So in a child the gastric juices are more dilute than in an older person and in an older person that's very ill the gastric juices are as dilute as in a child. So when you begin to think the whole round picture you come right back to how much, what kind, which one and when, or how, when and where. A strong gastric juice has a greater specific gravity than a dilute or weak one. The amount of gastric juice depends on water and your weight and your age, your height, your sex, your race and so forth and this is why it makes energy difficult to figure because you got so many factors.

You can have numbers that are almost perfect looking, they seem to be only a little bit out yet the liver is in very bad shape and the liver bile is very dilute.

Male, 42, 5' 11", 180 lb.

$$1.5 \qquad \frac{6.40}{6.80} \qquad 10 \qquad 4 \qquad \frac{2}{8}$$

The very fact that those ureas numbers were way out, 2 over 8, means that the liver bile is very dilute. The more dilute the gastric juice the greater the loss of energy, or the slower the gain of energy, which means that sick people should not live on a log roller's diet. Sick people should not have even the clean meats over about twice per week, and very little then. Mostly steamed

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vegetables, vegetable or fruit juices, raw salads, green drinks, skimmed milk, goat milk and so forth.

The higher the number of electrons in orbit, or the greater the atomic weight, in any substance the stronger the gastric juice of the liver has to be in order to put them into a usable particle of energy that can be ionized on the log frequency of your body.

In your diet you should mix acid with alkaline if you're healthy, but if you're sick then go easy because the more dilute the gastric juice the more careful you have to be with your diet.

Now the cause of indigestion is only the gastric juice is too dilute to digest your food for whatever age you may be and the major cause of indigestion is not combining the wrong foods or drinking water with your meal, the major cause of indigestion is strong destructive emotions like hate. Hate is the finest cancer seed on Earth. If you want cancer just hate people and you're on the right track.

The more dilute the gastric juice the weaker it gets; the weaker the hydrochloric acid then the liver is unable to split the salts that come in, is unable to ionize them, and therefore the body accumulates the salts because there is generally insufficient water to wash them out. When the liver splits salts it takes the chlorine and uses it as a germicide, a cleanser, in the body and it's that that keeps the bugs and worms under control. The chlorine keeps us from having too many worms.

Genetic Conditions.
The nutritional program will not always help much in those cases which are of a genetic origin, for instance:

- genetic retardation
- genetic overweight
- genetic defects, and so forth

But above all, remember this, go by their numbers and you'll do the best possible for them.

Genius & Moron.
It's sometimes very difficult to tell the difference between a moron and a genius while they're still living because there's a very fine line that separates them. The only way to tell which is which, the genius will leave his footprints on the sands of time and the moron won't. So sometime it's hard to evaluate people in their lifetime whether they're good or bad. For instance, Newton was criticized, taken to court and had to revoke many of the laws of physics that he made, to say that they were untrue in order to keep from going to jail, and yet today those very rules are the basic rules of light and some of them are laws of aerodynamics. Doc's definition of a genius is anybody who's two blocks away from home carrying a briefcase.

Geometrical Math & Signposting.
Now, there's 16 things that you can actually prove in geometrical math, and Pythagoras' Theory is the 16th one in which all the other 15 principles are bound into that one principle. Now plain geometrical math lets you know when you get the answer, otherwise you'd just keep on going. Did you ever start to go to a city on these big highways, and pass it by and didn't even know you passed it? Well, you didn't know when you got there because they lacked some signs. Poor signs in geometrical problems. Somebody left out a sign or it was taken down.

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A few years back the teenagers got a great idea of moving signs from one way to another to confuse tourists. Then they formed a signboard club in which a stop sign brought 25 dollars and so on, and now they've got a sign collectors club in the United States in which they collect sign boards, and they think it's great to collect these signboards but actually their parents don't tell them that that's wrong, that it's stealing, but it's a club and it's in existence. So learning what is yours starts with youth.

Learning what you need and supplying it is education. So supply and demand is what this course is about. Supply and demand, in other words know what the demand is so the supply and demand then becomes the base for cause and effect. Isn't this easy, isn't it logical, doesn't it make sense?

Getting Well.
Some people are lazy and they won't use what they've got, and some use more than they've got, and this is a factor that has about as much to do with vim, vigour, vitality and enthusiasm of life, their returning in life, what they expect, and there's whole lot to that to what you do. Most people don't want to get really well, they just want to get almost well.

Gland.
The difference between organs and glands is:

- Organs manufacture things. It's very seldom that an organ completely manufactures something, it only lays the framework for later, and
- Glands only complete things, or try to complete, the amino acids.

Glands do not manufacture, organs do manufacture. For instance, the thyroid is not a gland, it's an organ because it manufactures something.

Within the body there are 284 "Transformer Glands" (most haven't even been named yet) that can enter into ionization, and there's a number of different forms:

- It can be a like a swelling in the bloodstream. In other words, as the blood goes through that gland it divides into all those little tiny capillaries where the incomplete amino acid gets ionized, or added to, within those capillaries, and then as the vessels come back on the other side again they unite into larger vessels, and
- It can also be like a little baby syringe with a tube on it. The blood goes in there and mixes around, and as it circulates it picks up ionization and the amino acids floating by in the blood are changed by the ionization because of the minerals that are added to them to further complete the amino acid.

In other words, the amino acids enter the gland, are added to, and then go out in a little bit different form than when it went in. The gland is there to add something to what is already in the blood. In other words, one of the basic functions of the liver is the process of ionization and the commencement of the manufacture of the amino acid building blocks, but only part way, to about 60% to 70% complete. It only starts it but doesn't finish it. The transformer glands have the job of finishing the ionization of amino acids for specific cells, and there is a specific transformer gland for each part of the body from the brain to the testes and the ovaries and so forth.

If the transformer glands are producing what they're supposed to, like adrenaline or thyroxine (thyrotoxin is the worn out cell), the enzymes or amino acids in the blood will then accept and use

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a part of what's produced, in other words, the substance secreted adds to the amino acids in the blood, in other words it finishes them off. The gland plates its substance onto the unfinished amino acid until it is completed and returns it to circulate in the blood, then as it passes the various organs it's only a small building block that fits in, it does not fit in as a whole cell. In other words, it's an enzyme that's easily put together and easily taken apart.

The blood is like a little wagon loaded with cations and anions that fit the various parts of the organs. The enzyme or amino acid has something like a platelet added to it that makes it attracted to the respective organs in the body and whichever organ has the greatest pull for that building block it snatches that amino acid off, unloads it off of that wagon, and 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. For instance, a child's liver has less iodine and iron in it than an adult, and a very, very ill person has less iodine and iron and calciums in the liver than an adult.

So there are these 284 glands in the body that as the body reaches maturity, they will add to the amino acids formed in the liver what it should have in order to make what you might call a complete, perfect, amino acid. In reality there isn't any such thing because before the amino acid molecule is complete each organ is beginning to snatch off what it needs to replate, or to ionize the stole on the end of the nerve where the cell is being replaced. In other words, cause and effect.

Now, if you want to know where the transformer glands are you could check the acupuncture points, but they're not in the same place on every person. Also there are many more acupuncture points than 284, but a lot of transformer glands are on the acupuncture points. Acupuncture has nothing to do with increasing the reserve energy it just makes the transformer glands work a little bit better, a bit more efficiently.

Glaucoma.
The cause of glaucoma is a mineral and vitamin A deficiency and is very closely connected with anemia or leukemia.. The body is also retaining too much salt and it's a cholesterol that forms in the eye. You can also have glaucoma and not have high blood sugar

For people with glaucoma they take their lemon juice in water as per normal because the lemonade and water do not effect glaucoma to make it worse, it actually helps it, it improves it.

Now with glaucoma, an elderly woman came down to the retreat and she went through the program but her glaucoma kept getting worse as far as the pressure was concerned, and her doctor was concerned that she had increased her fluid intake. Now she may have a diabetic condition, be on insulin, orinate or debenese. If she's not then she may have pressure on the 2nd and 3rd vertebra on the back of her neck because that can cause it also. So you need to know about the 2nd and 3rd vertebra in the back of the neck whether there's pressure there or not.

Goal.
In life, set yourself a goal. You may set it way out yonder, but set it in stages, so that every so often you can pass a mile post in life, that you can accomplish something, and say, "well done" to yourself, that "I did what I intended to" and "I met this goal on time".

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People don't live any longer than they plan to live, so your job is to help them, to teach them, to educate them and begin to put a goal before them. This is the first time that I know of in history at all that anyone has planned on his patients living to be a hundred and still in good health.

In our studies, "seek to know the truth that the truth may make us free". This is our purpose, this is our goal and this is what we're doing. Doc always said, "I have no way of healing anybody, I have no cures whatsoever. Jesus is the great physician. God made the laws of physics, He made the laws of biology, He made the laws of diet and he can change them any time He wants to for His glory, that if we obey them there are great rewards and if we do not obey them then we have the punishment of illness, of early death, of all kinds of problems that can easily become worse. Always remember that God made the laws of physics, of chemistry, of biology, of mathematics and all we're learning is to learn absolute obedience, and to follow them. God is a God of mathematics, He is a God of science, He made it all and He made it by math and He said, "even the hairs of our head are numbered."

When you set a goal then plan your time to achieve it. For instance, if somebody makes a simple request, how many times have you said, "let someone else do it, I don't have the time." If there's talk of a thing that can't be done, then you do it, work at it, and give it everything you've got. A pastor once said that when he wanted something done he got the busiest man in the Church to do it because he always had time. Do you allot your time? Do you plan your time? Do you really have time to do what you want to do? I know that there are times that it's impossible to do all that people expect of you but that's not very important, the thing that is important is what do you expect of yourself. What is your goal? So set your goal and plan your time.

Do you really want to accomplish something or do you just want to make excuses? There was a student in college that asked the dean, "do you have an easy course."
He said. "oh yes, we have some easy courses, but remember this young man, when God made a pumpkin He made it in three months, but when He made an oak tree He took a hundred years."
So what do you want to be? What are your goals in life?"

If you don't have a goal then sit down and make one, then work diligently towards that goal. (Doc's goal was to make America the healthiest nation on Earth. He could have gone to other countries and practiced without molestation by ATW, by the American Medical Association, by the drug syndicate and the pharmaceutical society, but he believed America was worth fighting for. He fought for it on foreign shores and he fought for it on American shores, and he was willing to pay any price for America to be everything that's sung about in "America the Beautiful".

We can be what we want to be, but we're going to be what we look at most because our face is the mirror of our soul, and the eyes are the windows of the soul. So are you looking for the best or the worst in life? What are you looking for? What is your goal in life? You know some people are so heavenly minded until they're no earthly good. So what are you really looking for in life?

- Are you here to make somebody else's load lighter, is that your goal?
- Are you here to do something to leave your footprints on the sands of time?
- Are you here just because you're here?

So take stock and find out what your goal is, what are you working towards?

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So, I'm challenging you to set a goal for yourself, and reach it. There's one sign of an educated person, they never blame others. There's also a sign of a lovable person they will help you by answering a question or giving you a smile or lifting you up. So just think deeply, "what do I wish to accomplish?" and "how am I going to go about it?"

You know children need help and they complain a lot about "they can't do this", and "they can't do that", and they need encouragement and when one says that we can't do this or we can't do that, try to encourage them that they can do it. At least how do you know until you try. You've got to try, you've got to dare.

Now the urine and the saliva test is denoting the presence or absence of mineral, in other words, it's actually measuring energy loss. Our goal in using it, and what we're trying to find, is what caused the cause of cause and effect. What caused those numbers to be there in the first place, and the cause of cause and effect is lack of mineral. So what we need to do is find out what's missing and put it back in. Fix the worn out car tyre. If the person comes to you with a flat tyre don't go looking under the hood for the carburetta, the problem's not there if they had a flat tyre. Fix the flat tyre.

You've got to try, you've got to dare.

Goitre, German.
Doc always said he was thin until he was 50, that he didn't have a German goitre 'till he was 50. When he said that he was talking about his tummy. His German goitre was his big waist.

Gonads.
The gonads are the ovaries in the female and the testes in the male. The gonads need manganese for health and proper function because manganese is the mineral of life.

Gossip.
In every community there is what's called "the gossip group" and they are time wasters because they accomplish nothing.

Early in our married life, my wife and I learned how to solve that problem. When a gossip came into our home (and we didn't know they were a gossip) and as soon as they sat down and let the gossip spew out we'd simply stand up, motion for them to follow and walk to and out the door. Of course they followed and when they were out we'd walk back in and close the door. They got the message clear and plain. We never permitted gossip in our home, never, and the children were taught not to be gossips, but they were taught to be tattle tales. There's a lot of difference in a gissip and a tattle tale and we wanted the children to tell what the other child did so that we could correct them, and we told the children that any time somebody said, "Don't tell your mommy" or "don't tell your daddy .." then you tell them as quickly as you can get to them because there's something evil about those words, and we wanted our children to know that they could depend on mommy and daddy when everybody else failed them, and this is what God wants us to do is to take our problems to Him and not to the neighbors.

You know with gossip there's just one fact that they leave out, and if you'll search for that one fact you won't have any gossip, and if there's no money in it then don't search for it because you're wasting your time and one reason that so many people are so poor all the time is they spend all their

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time on gossip and there's no money in it. You can't earn anything while you're gossiping or listening to it. So if you want a better living don't spend so much time gossiping or listening to it. It's the way the devil robs you and causes your grades to go down on your financial report card. In other words, "if they speak not according to the law and to the testimonies have no part with them."

Grandma's Soap.
See also "DES". Your liver manufactures a substance called glycogen which goes over to the pancreas for the pancreas to makes thyroxine. The thyroxine then goes up to the thyroid "organ" which then mixes potassium with it making a type of "old fashioned grandma's soap", and when this process is working properly it will dissolve the exact right amount of fats and oils in your food and your diet and your body and your weight under control and "normal" according to your genetic structure, the size of your feet, the size of your heart, the size of your bones, and so forth because "normal" weight is not what you want it to be, it's what nature determines it to be.

The reason that people don't lose weight is due to a malfunctioning pancreas because the pancreas manufactures three major, primary things:

- Alcohol,
- Insulin, and
- Thyroxine.

When the pancreas manufactures too much thyroxine then the thyroid manufactures too much old fashioned grandma's soap, and that's ONE cause for underweight. When the pancreas manufactures insufficient thyroxine then the thyroid manufactures insufficient old fashioned grandma's soap and you're overweight.

Not enough thyroxin AND also not enough insulin go hand in hand when there's an overweight problem. Now the body can have enough insulin or too much insulin giving a low blood sugar reading and have not quite enough thyroxin and that can cause them to be overweight.

You need to be clear and remember that although the emulsifying enzyme for the handling of fats and oils comes from the thyroid, it is the liver which initially manufactures the glycogen and the pancreas which manufactures the thyroxine.

When people are too thin and their body makes too much "old fashioned grandma's soap" the thing to do is to slow them down, and have them rest. You need to see the numbers first and always get their calciums right, then have them slow down and rest. Now sometimes a case of underweight may be from a case of worms, so go by the numbers. Whenever it manufactures too much "soap" then you cannot put on weight because it dissolves too much of the oils. Your system should retain some the fats and oils, especially the fat lining which holds your intestines together, and many times when this doesn't happen they have what you call intestinal drop.

All thyroid problems begin with a malfunctioning of the liver, and then the pancreas doesn't manufacture enough thyroxin and therefore the thyroid becomes irritated because it also supplies the material to rebuild itself, and if it doesn't have that, then you can have all kinds of problems. Hypothyroid or hyperthyroid just means a malfunctioning of the liver, or put another way, a malfunctioning liver is the cause of the malfunctioning thyroid, and it doesn't matter whether it's hyper, hypo or any other kind.

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Gravity.
Cationic attraction is gravity, providing there's something rotating.

Ground Itch.
Ground itch is a worm, it gets under the skin and crawls all everywhere but it doesn't make round circles. If you haven't had ground itch you missed about half your life. It's a benzene deficiency and a liver malfunction.

Grow.
The usable particles of food for your body have to be very small, as small as the usable particles in a silver plating, nickel plating, chromium plating, copper plating tank. As small as particles of energy. They're very, very small and this is the way that we grow and we're made, and unless those particles of energy are put on our frequency and fit the patterns down to the milli-micron they do not become a part of us.

So this is what we do in order to create enough mineral in our system on the frequency that we need in order to restore the worn out parts.

Grow Up.
It's a difficult job to grow up because growing up is the hardest job on earth.

Guess.
If you ever have to guess then send your patient to somebody else. Don't try it, send them to somebody else.

Everything you do is to be perfect, "be ye perfect". You can never be perfect and guess, because no guess is ever perfect. An answer is not perfect unless you know it's the truth and because "ye shall be known as ye are known".

Gum Recession.
Gum recession on the teeth is a lack of vitamin A. It could also be anemia, a lack of iron, or vitamin B12, or vitamin B6. I need to have all the numbers to really zero in on it, but supplements like MinCol cannot cause the gums to recede at all.

Gypsum.
If you take calcium sulfate in a test tube is cationic, and the formula is Ca_2SO_4. Now the atomic weights of the atoms involved are:

- Calcium - 1 cation and 40 Anions,
- Sulfur - 1 anion and 32 cations, and
- Oxygen - Isotope, here is 1 anion and 16 cations.

The formula is Ca_2SO_4 so in each molecule there are:

- 2 x Calcium = 80 anions - 2 cations
- 1 x Sulfur = 1 anion - 32 cations, and
- 4 x Oxygen = 4 Anions - 64 Cations.

Tallying the ions, there are 85 anions and 98 cations for which the MHU is:

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- Anions - 85 x 250 = 21250, and
- Cations - 98 x 750 = 73500.

Now the Gypsum molecule can be either:

- $CaSO_4$ or
- Ca_2SO_4 or
- Ca_3SO_4 or even
- Ca_4SO_4.

so in a test tube the calcium would appear to be a sulfate, however the anion in the calcium molecule is still rotating in the same clockwise direction. Now all these forms would still be gypsum because there wouldn't be enough anionic Ca energy (even with a Ca_4) to be greater than the cationic energy.

The way Doc learned it you got 4 sulfur and 4 oxygen, your last number represented your total numbers up to your last number. In other words, you could have S_2O_4 and figure the individual atoms but in the case of Ca_2SO_4 I'd figure 4 of each.

Count your anions and count your cations either way. Make it Ca if you want to, and make it SO_4, count your cations and your anions and see what it comes up, but which ever one has the greatest number of Milhouse units of power is the one that it will give you the appearance of being in the test tube. This is what I'm trying to demonstrate, regardless of how you were taught or how I was taught, it's which ever one is the most. If you got more anions than you have cations in Milhouse units, you got a stronger anionic pull, if you got more cations than you have anions you got a stronger cationic pull. In other words, it's magnetic attraction but the very fact that the test tubes said that calcium was a cation didn't make it true at all because if calcium was a calcium it had to rotate in the same direction right on and on and on, it couldn't change at all. If it rotates in the same direction it's still calcium. In other words, you have to change the calcium itself, make the electron go in a different direction and if you did then we'd have an element that hasn't been named yet. Remember, everything that appears to be something in a test tube isn't always like it appears to be.

H

Haemophilia.
People who have haemophilia we use Vitamin K, which you'll find in alfalfa sprouts, alfalfa tea and alfalfa tablets is a natural, excellent rich source of Vitamin K and no prescription is required. Vitamin K causes the blood to thicken, to coagulate.

Vitamin E thins the blood, that is the purpose of it, people with haemophilia should never have Vitamin E. Too much Vitamin E causes haemophilia, or bleeding that you can't stop, a bleeder. I seldom ever give Vitamin E and Vitamin K at the same time.

Hair.
Hair is a covering for your head and it's made of a natural cellulose and minerals that are drawn together by nitrogen, and it's the excess protein that actually brings hair into existence. Hair wouldn't exist if it didn't have some nitrogen in it because nitrogen is the basic substance that pulls

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the molecules together to make the substance called "hair", and the basic cellulose for your hair comes from casein.

You can always tell when pets have worms, or when people have worms or parasites, is because they have dull hair, their hair loses it's sheen. Now if they've got a wig the look of it can fool you because some wigs have no sheen in them, and some wigs do have a sheen in them and the person is full of worms. You'll very soon learn to go by the numbers and not pay any attention to the wig because I read the numbers clear across the nation when I can't even see the person and I know whether or not they have worms or not by the numbers. You will eventually be able to do the same thing I hope.

Hair loss is caused by a vitamin A deficiency and also the skin is not absorbing enough oil from the diet causing a loss of oil in the scalp, but once in a while hair loss is caused by an increase in the size of the scalp cells. Sometimes there are genetic problems wherein the cells enlarge in size, and the pores reduce in number, and he may have six hairs on top of his head and yet there's only six pores up there. That's an exaggeration, but a hair can't come out just anywhere, it has to come out through a space between the cells, a pore, and when the cells enlarge on certain people then their hair thins because you can only have one hair coming out of each pore, the little corners between the cells. He might have 6 hairs per square inch, or 10, or 12, or 50, but if there's a hair in every pore there's nothing you can do about it, but if there's a lot of pores without hair in it then it's well and truly bald-headed, then you can do a lot of things about it. But remember, grass never grows on a busy street, and I've never seen a bald-headed man whose head didn't remind me of Heaven, "there'd be no parting there". So there's advantages to most all situations but you need to look at the scalp under a 20 power magnifying glass and see whether or not there's a hair in each pore or not, and if it is that's the maximum number they can have.

Now for patients with no hair, put them on the proper diet and God does the rest. I don't make any promises at all but I have seen hair grow on bald heads that have been bald for forty years. Just put them on the proper diet and I don't know what happens but I've seen little fuzz grow. Now when this little, tiny, fine hair comes out it's almost white, and it's very brittle, if you bend it very quickly, or very sharp, or rub your hand over it it'll break it off, so what you need to do is keep your fingers off of it as much as possible and to use a very soft cloth and a very soft brush and also use Johnson's Baby Oil, or any kind of fine oil will work, and massage it with the very, very soft brush, rub the oil very gently into the scalp each night for about 15 minutes with a very soft baby hair brush, never use a stiff brush on it because the young hair that comes out is very brittle and it will break off, so use a very gentle brush on it providing that there are a great number of pores without hairs. After about ten weeks of this fuzz then it begins to strengthen itself, but when it first comes out it's very brittle, and just be gentle with it because it breaks easily. But don't make any promises about growing hair on bald heads. That's just heaped up measure and running over if it should happen.

It might be interesting for you to know that, as far as I know, I did the first hair analysis that was ever done. I discontinued it very quickly because it's of no great use because you'd have to shave your head every day to be up to date and hair also has a way of ionising itself, it's like an antenna, it'll pick up certain particles that's in the air that would be fatal to you if you had it in your system. So it ionizes, it picks up the radiation from the air and you can't wash it off it's ionized onto your hair.

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Joe does hair analysis and compares it to the Reams analysis because otherwise you can't understand it because some of the calciums are way high yet their urine pH is very acid and that says their body isn't utilising the calcium and it's being kicked out. The hair analysists have been asked, "what are you measuring in that hair analysis?"

In a typical form that we get back from the hair analysis company it's got the level of calcium, magnesium, sodium, potassium, zinc, copper, and so forth, but see, there's a point that they found to be average or normal, and then they say something like, "after comparing the results with our research you've got too little of this because it's under normal, or you've got too much of that because it's above normal."

Where the hair analysis has shown a high calcium they've been asked, "what are you actually measuring?" And the answer has been that they're measuring elemental calcium. See while there is a calcium imbalance the higher calcium is moved into the hair to try to reduce it.

They need to look at the Reams approach and look at the whole picture, because if your body is high calcium, and you've got an acid pH, you may have too much calcium lactate which is driving that pH low so you've got to start using more calcium oxide, vitamin D, etc to help bring that urine pH up.

There may be another special time of hair loss, and that is during withdrawal. It's a change in their body chemistry and it's the metabolic poisons and toxins coming out of their system. In other words, their system is beginning to restore itself, it's beginning to rebuild, and not only can it be a shocking experience, but many times they may have hair and skin loss during those changes, especially if they're an older person that has ever taken a lot of Calomel which has been stored up in their system and has never come out. That stuff will really make your hair shed out. Calomel is mercurous chloride and used as a cathartic (strong laxative verging on a purgative) and about the 1940's it was something that the doctor's thought you couldn't live without.

Hands.
When the hands and feet are numb, and warm, it is a vitamin B6 deficiency, whereas if they're cold it may be an alcohol insufficiency. If you have cold hands and feet all the time it's NOT poor circulation, it is because the pancreas is not manufacturing sufficient alcohol to warm their whole body, and you can usually tell if a person has cold hands by when you first meet them, if you shake their hand.

You can tell the difference between whether the patient is having a heart attack or whether they are having acute indigestion because with acute indigestion they have cold hands and cold feet and these are a symptom that lets you know it's acute indigestion, is cold hands and cold feet.

If the the liver does not manufacture enough pantothenic acid it causes soreness in the hands and the joints, and this is the beginning of arthritis, is the lack of pantothenic acid.

When there is a tingling sensation like pins and needles it's a sign that there's a change taking place, but it's generally the circulation that's causing it. For instance, if your hand or your foot goes to sleep then as long as it's asleep it doesn't bother you, but when it starts to come awake then there's pins and needles. The tingling pain is a reflection of the nerve impulse back to the brain, and it happens because of the lack of complete arrangement of the tetragonal "V" or "L" shaped, paired-

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carbon insulation structure in the cell. For instance, consider the lack of the tetragonal, paired carbon insulator, the nerve impulse would come down the nerve and without the insulator it'll reflect back to the brain and it'll also travel out into other cells until it comes in contact with a carbon atom. Now physiology does not act so fast that when you put your arm to sleep sitting on it for ten minutes you rob those cell stoles of their carbon and then ten minutes after the pressure is off you created a whole new set of stoles. The common reason that it's asleep to start with is the circulation, the blood and the oxygen are cut off and the cells have started deteriorating, but not enough to measure. Later when the oxygen starts to go back into those cells it gives a tingling in the cell like lighting a jillion candles.

When you see veins standing very high on the back of the hand it means the 7th to 8th vertebra needs adjustment because pressure on that nerve causes the blood vessels in the back of the hand to stand up and be prominent.

Harmony.
The word harmony might help you understand the word synchronize. We normally think of harmony in regard to sound, but there's beauty in the synchronization, or the harmony, or the levelling off, of energy between two opposite poles (or two opposite anionic or cationic values) in the manufacture of one cell.

Harmony is working together, working the Line of Least Resistance and whenever you have a greater resistance, or dissension of any kind then you're going to get nowhere.

Hate.
(Proverbs 3, 1-3) ".. but let thine heart keep my commandments. For length of days, and long life, and peace, shall they add to thee. Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart.." This is directly dealing with your health.

"So shalt thou find favor and good understanding in the sight of God and man." You need to empty yourself of all the tragedy, of all the bad things, all the hate, all the malice that you've had in your life and also your parent's lives, and your uncles' and aunts' lives and everybody else. Empty yourself and let the Holy Spirit fill you. You can't keep malice and I don't care how fresh it is, or how stagnant it is, or how old it is. You can't keep hate without letting it leak out now and then and you'll never find favor with man and God if these old sores are still erupting because they stink, so get rid of them. Empty yourself of the tragedies of your life, of the things that people have done to you, forget them and forgive them. Absolute forgiveness is absolute forgetfulness.

Hate, or lack of love (and other destructive emotions) is the major cause of indigestion (which is only the gastric juice is too dilute to digest your food) and remember, you cannot hate anyone else without first hating yourself. Hate switches off your digestion and prevents your body from getting the minerals from your food. Now if there is plenty of calciums, or almost enough calciums, then any loss of energy due to an increase in the total ureas can be caused by emotional causes like:

- hate,
- revenge,
- worry, or
- not living the golden rule.

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In other words these things can be the beginning of your liver not accepting enough calciums which causes a dilution of the gastric juice which causes a mineral deficiency, and a mineral deficiency is the cause of all diseases, and there's no exception to that rule. It was your mental attitude rather than the food which was the cause of the mineral deficiency, and it shows up at the earliest stage in all of the numbers as a loss of energy. In other words, from perfect, the higher the ureas go the greater the loss of energy, or the more rapid the loss of energy. When all numbers are perfect the urea is the very first indication of a loss of energy, but it's very seldom that you'll ever find this kind of a case.

One thing that you need to do to help sick people (especially in regard to their thoughts that are necessary for rejuvenation) is to get the hate, or malice, or revenge, or evil out of their heart because hate is the finest cancer seed in the world. If you want cancer just hate people and you're on the right track. When everything else fails to give you cancer just start hating and you will have the key then. You'll have a seed that will germinate, and this is what hate can do for you, it can rob you of your life, it can keep your food from digesting, it can give you ulcers, it can give you cancer, it can tear you down, hate only hurts the hater not the hated. Only hurts the hater.

If you find that there are things that you "hate" and make you apprehensive, if you will spend some time each day, an hour or an hour and a half, and work at things that you hate, that you dislike, then the first thing you know you'll begin to like them and understand them. People hate the thing they don't know anything about and the thing they know least about is sometimes the thing they express their opinions most about, because the less you know the easier it is to solve the problem, in your own mind.

I had a lady brought to me by two pastors and their wives and this lady was a member of their church. She'd been operated on 3 months before and told that she had 90 days to live. When they brought her in she had only 30 days of that left and it was also at the time in which the law would not permit me to do any testing at all. I told the Courts that I wouldn't do any testing until the case was settled in the Supreme Court and I didn't, I obeyed the pledge that I'd given to the court but I said to her, "I cannot test you, but if I had your problem these are some of the principles that I would follow .."
and after finishing the principles of diet that I would follow, about drinking so much water and eating fruits in the morning and the big meal in the middle of the day and your light meal at night and a lot of resting, hot bath, and so forth and so on, I said, "Now tell me about your childhood, who did you like most?"
She said, "I loved my father more than anyone else in the whole world."

"Who did you hate most?" "I hated my mother." "Why?"
"When I was 13 my mother divorced my father, and I have not been able to forgive her for it."
I said, "You're dying, and in just 30 days now you'll be meeting your maker with hate in your heart. I think you're going to meet somebody else other than your maker because if you don't love your fellow man whom you have seen, how can you love God whom you have not seen? To me you're a liar and the truth isn't in you", and I said that right across my desk. I said, "you're fooling yourself. You can't go to heaven with hate in your heart, it's not possible. Now if you want to get well you've got to forgive your mother."

She said, "It's never been put so plainly to me, but, I guess I'll forgive my mother." I said, "Do you know where your mother lives?"

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She said, "yes"
"Do you know her telephone number?" "Yes"
I said, "Give it to me." and I wrote it down, and then I turned around to phone, and she said, "What are you doing?"
I said, "I am going to invite your mother to come and spend two weeks with you." She said, "Oh doctor. I'll die if you do that."
I said, "You're going to die anyway." See, you just now said you forgive your mother and you haven't, now I want you to take these two men of God and I want you to settle that account today. I want you to settle that before this day is over."

About a week later one of the pastors called me up and told me her mother was spending two weeks with her. She's well today, still well. So this is what hate can do for you, it can rob you of your life, it can keep your food from digesting, it can give you ulcers, it can give you cancer, it can tear you down, because hate only hurts the hater not the hated. Only hurts the hater. So these are things that you need to get out of your way and most time today busy doctors are too busy to take time to doctor the whole person. If you think that diet is the whole thing you need more training, if you think drugs is the whole thing you need more training, if you think Theology is the whole thing you need more training, if you think that any one thing is all you need more training.

Head.
Why does a vine crawl along on the ground until it finds a tree to climb counterclockwise? Why does a tree stand up? Why do you walk with your head up instead of walking down on all fours like a dog? The biological law that determines these things is the law of polarity. Anions attract anions and cations attract cations.

There is an anionic belt that circles above the earth called the Van Allen Belt and the anions on the Earth are climbing up all the way, pushing us up and because of this not only do they let us know which way up is, they let a tree know which way up is, and a vine which way up is.

When we stand on our head we fall over because of gravity, the cationic pull to earth through the feet and the anionic pull up through the head. The feet have more cations than the head and the head has more anions than the feet, so the head pulls us up and the feet pull us down. Your brain is in your head because it's anionic, and one of the miracles of nature is that the liver is cationic yet it manufactures anionic substance for the digestion, bile and so forth.

God put a knot on your shoulders called your head, use it and see the cause and effect, always cause and effect. For instance, one of the strange wonders of the world is that we have a cationic liver manufacturing anionic substance for digestion and the bowel and out of that anionic hydrochloric bowel comes cationic amino acids that become a part of our various organs. You are cationic substance and therefore what you're made from has to be cationic substance. Use that bump on your shoulders and the knot between your ears. This is so easy, there's nothing complicated about it and you're trying to make something hard out of it, and it's just so easy. It's just like putting wood on the fire to get warm. Every step opens up the next step. Get those medical books out because they have the simple answers in them and learn your anatomy. Learn your anatomy and use that knot on your shoulder called your head. It'll work if you'll just give it an opportunity.

Headache.

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The cause of all headaches is pressure. A headache is the direct result of pressure, and some kind of pressure is giving a sensation that we call headache, but there's about 150 different reasons for this pressure. For instance, if the pancreas is not manufacturing enough insulin (and the sugar reading is below 5.49) and it suddenly starts to flush up an oversupply of insulin then the sugar level will drop quickly, causing headaches.

Now, in this following pattern you've got someone that has headaches because he has low blood sugar and the sugar number fluctuates (downwards), and as it drops quickly they have headaches. If it should drop slowly they don't have headaches, if it goes down quickly they do. So in this case it would denote headaches. Also it is important that the urine pH factor be in an alkaline range to cause headaches.

$$5.4 \qquad \frac{7.40}{6.40} \qquad 7 \qquad 4 \qquad \frac{3}{3}$$

Low blood sugar is one of the most difficult things in the world for a medical doctor to detect because for 6 days, 23 hours and 45 minutes the sugar may be behaving excellently, but during the other 15 minutes it drops and the person thinks they're going to die. They dash to the doctor as quickly as possible and by the time they get there the low blood sugar has corrected itself and the doctor can't find anything wrong. It's a thing that'll drive a doctor right up the wall, then he says, "it's all in your head". He's right about it, there was not enough oxygen for the brain, but he didn't know how to correct it because the symptom didn't exist when the patient got in to see him and the patient misunderstands what the doctor's saying, he thinks the doctor means that there is something wrong with his thinking. Now this can sometimes happen two or three times a day, and low blood sugar is the cause of motion sickness, low blood sugar is also the cause of about 50% of the automobile accidents.

Whenever you have a person that is 7 or above on your sugar level and you lower it down to 5.50 they get along very fine at home down to 5.50, but from 5.50 down to 2.0 on your sugar reading is called the Zone of Misery and one of the things that people often do is get their body chemistry in that zone of misery feeling like something the cat's dragged in and couldn't eat and they're just simply miserable, and first thing you know misery loves company and their favorite song becomes, "Nobody knows the trouble I've seen .." because their body chemistry is out they're simply miserable. In this case the finest thing in the world is to let them suffer through because if you add any sweets it only prolongs their misery. Now their head hurts and they can take their favorite headache remedy for it and it doesn't effect it whatsoever so they may choose whatever headache remedy they like to bring them through it.

Your body doesn't change from one pattern to another pattern very easily, it resists the change, and it's that resistance that makes them have headaches and sick stomach and nausea and they'll just swear and affirm that the diet you gave them is about to kill them. That's the reason we send them to a retreat, because if you don't, they're going to throw you and their diet over the sandybank and say, "you don't know what you're talking about, you're making me worse instead of better". So it behoves you to tell them simply and plainly what to expect when they start a diet, and some of them have no place to put it, they won't remember it and therefore it's better to have some people in a retreat.

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Headaches are quite a common thing when you start to deprive the brain of the oxygen that it needs. When the sugar is high you've got all kinds of sugar up there, but you don't have an awful lot of oxygen, and headaches will occur. People will complain about dull headaches for years, they'll come in and say, "I don't know why I have headaches, I feel pretty good except I have headaches all the time," and quite often when you test them you'll find their sugar level is extremely high. Get the sugar level down. When their sugar level comes down they phone within a short period of time, "my headache's gone", and then they call us back in a couple of weeks, "it's still gone, we've never had this happen before", and all we've done is a rather mechanical thing and that is lower the sugar level.

If people have too much alcohol in the system, one of the maladies they'll complain about especially in the earlier part of the day, is hot flushes. They're too hot (hot extremities, hot feet, hot hands, and so on), also in the morning hours they'd have a slight headache, a hangover, and that's even from potatoes. I've had people come in who had this problem, which was their major problem, and I'd say "you're an alcoholic".
"Well doctor I've never touched a drop of alcohol or wine in my life".
I said, "I didn't say you had, I just said you're an alcoholic, and it's your own pancreas manufacturing too much alcohol".

If they complain about getting up in the morning with a headache, the way to tell whether it's from too much alcohol or from something else is to ask them to drink a glass of water immediately when they get up. If the headache goes away it's because they've had too much alcohol in their system and it's going to come back later on, plus they're going to have a little bit of dizziness, but if it doesn't go away from drinking the water then the headache's from some other cause of which there's many and one could be constipation.

Now sometimes the headache will go away about 10.00 or 11.00 o'clock in the morning if they do nothing, then if they drink a glass of water it'll come back, or it could be a different hours. Now the water does that because it reactivates the alcohol that you haven't drunk enough water to wash it out of your system. Remember about the alcohol, if you take a glass of water and fill it to the top and then pour pure alcohol in it it's going to slide in among those water molecules.

Healing.
Anywhere in the 7's the person heals slowly, cuts, bruises, nicks, whatever because of the vitamin C deficiency.

Healing Crisis.
See Also "Withdrawal". The withdrawal is what's also described as the healing crisis that people go through. The ureas tell you when a person is in withdrawal and when they come out of it. Go by the numbers.

Healing, Spiritual.
God wants us to have whole physical bodies and whole emotional bodies. He wants to heal our minds and our memories. He wants to go all the way back and get rid of all that crud, get rid of all that gobbledegook that ever there was.

Healing & Tissue Repair, Natural.

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Many times what is most predominating today, 3 or 4 weeks from today won't be the predominating factor because Nature doesn't get you well evenly all over at the same time.

I'll tell you something about how nature heals, it does the strangest things that you've ever seen, for instance, a tumorous area in the colon may follow the seam down the colon and I've seen one about $5^1/2$ feet long, and following down the seam of a colon. I often see short ones, but that was the longest one I've ever seen, it almost covered the whole colon. Understand that this tumor is solid and they go in all kinds of ways when healing:

- Sometimes they'll heal a spot here, and a spot there, and then slowly go over the area until they heal and maybe they'll even have a slow spot that'll hang on, and hang on, and hang on, and hang on before it ever decides to heal.
- Sometimes another one will begin to heal on one side only and then it'll break through, and then it may start to heal down lower on another side and then finally it'll break through, and it'll break through in another place, then another, then another, then another until it no longer exists.
- Sometimes they'll start healing at one end and it'll climb right on up, or down, until it no longer exists.
- Sometimes they'll heal a little bit in one spot, then a little in another spot, then a little bit in another spot and so on until it no longer exists.

Now if you'll imagine a prostate gland that's not completely cancerous, it too will heal in all kinds of ways:

- Many times they'll heal all on the inside first until you've got nothing but the outer shell left, and then finally the outside will heal until the cancer no longer exists.
- Sometimes they'll do it a little differently, even for benign tumors anywhere, you'll see them begin to heal round the edge and the healing nibbles away at the edges until it no longer exists.

There's no rhyme or reason or way to know how they're going to heal. So it's quite interesting to watch how they heal, how they repair themselves.

Health.
The whole thing of health is cleansing the temple, that's all health is about, and it takes energy to do the cleansing. You know it's very easy to be healthy, you've got to work at it to be sick. You've got to break all the rules.

It's often the case that staying healthy is a lot cheaper than trying to get well, and America is 57th down in the list of nations of health.

Health Books.
I haven't been able to back most of the things I find in a health food book except that it was profitable to the writer.

Remember, what is food for one is a poison for another and if you'll read enough health books and do everything that every one of them says, you'll starve to death, because everyone is up on something and down on something else. For instance, if you've read the health book on cider vinegar and honey you'd think that all in the world you need to be healthy, and live to be 150 years

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old, was to take vinegar and honey the way it's written. But suppose that you had a body that was extremely acid and you were also a diabetic with it, hyperglycaemia, so into this system you put more acid and more sugar, that's pure foolishness and a shortcut to the undertaker.

In reading those type of books every cure-all would have to be extreme in order for it to suit everybody, and it'd be just like cutting off your head to get rid of a headache. Do you understand?

What we're doing is taking the fads out of your diet and lifestyle and putting your health down in mathematical numbers, and we're going to go by the numbers.

Health Message and Teaching.
I want you to take this and carry it to the ends of the Earth, but first carry it to our children in the school room, they're sick babies and take it to our children. Tell it to the PTA till it rings around our country, not for my benefit but for the benefit of our children.

Heart.
See also "Arsenic". The mineral for the heart is arsenic, but in the form of a colloidal phosphate of arsenic. Arsenic of lead, or normal arsenic, is poisonous and will kill.

Colloidal phosphate of arsenic is found in asparagus, and it's suggested almost right down the line, asparagus and beets for almost everybody. Mark it on your recommendations for about twice a week, a serve each time, because most people are deficient in it and they need it.

You've probably heard about people having surgery on their heart valve and having an artificial valve fitted or some other thing put in. Now the classical medical teaching for the cause of that is either:

- congenital, or
- bacterial action on the valves from damage, or
- roughening of the heart which normal blood bacteria built up on, like a rheumatic valve.

Doc maintains it's the lack of arsenic, simple as that. The lack of arsenic caused the heart valves to deteriorate, and remember, you get your arsenic from asparagus. Now it is also true that the skin around the almond, the husk, contains some arsenic just like the husk of peanuts or any other nut having a husk, but it's a very minor amount and it's very hard to digest in that form.

The lower the Urine pH the more work the heart is called upon to do, and the greater the pressure on the heart. Now, if there's a change in the blood pH there'd be also a change in viscosity. In looking at heart problems, there are three types of heart attack:

- Angina,
- Pectoris, and
- Genetic.

The first and second can be simply avoided and prevented anytime the people demand it, but the third you cannot do anything about.

The first type of heart attack is the angina heart attack, and it's caused because of the high salt. A high blood salt level causes:

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- The blood to thicken which then causes the heart to beat harder. Thick blood also reduces the availability of oxygen which also heightens the stress on the heart,
- Cholesterol to be deposited on the inner walls of the blood vessels, and
- Hardening of the blood vessels.

and note this, while a high salt level causes cholesterol to be deposited on the inside of the blood vessel walls, it may not necessarily lead to an increase in the blood cholesterol level. For instance, many autopsies have shown the blood cholesterol to be normal yet the arteries and veins are clogged with it and you may also have phlebitis and still have a normal cholesterol in the blood.

The salt ranges that indicate developing problems are:

- **18-35** At 20 you duplicate some of the same symptoms from an acid situation, like bruising for no apparent reason, and the heart is having to work harder and it doesn't have as much oxygen as it should. At 30 you're beginning to have the chest discomfort and cholesterol is forming rapidly in proportion to 35.
- **35-48** At 40 you've got the angina pains, and at 45 you're entering the cholesterol danger zone.
- **48-80** At 50 you're looking at a person that's almost dead and they're in the fatal heart attack zone for cholesterol to turn loose.

Those are the salt levels, and remember the further away from perfect the greater the loss of energy, and cholesterol forming in the blood vessels shows as a loss of energy.

The second type of heart attack is a pectoris heart attack. "Pectoris" is the Latin word meaning "pain in the chest", however, the word "pectoris" here means "a heart attack brought on by undigested proteins", which are the ureas.

Now let's see what happens whenever the ureas numbers begin to rise. What's happening inside that makes them so tired? When I was in college I learned the cause of it by accident.

There was a professor in the college who decided that he was going to go organic so he bought two milk goats, and that was when automobiles had canvas tops. He had them tied to the automobile when a thundercloud come up, scared the goats, they climbed on top of the car and poked the canvas top full of holes, and a new top then cost about US$35.00, and that was like US$500.00 today or more.

A mate and I were in college and we had a farm to get our way through school because work was almost impossible for your freshman and sophomores, but this professor came out to where we lived and he said, "Do you want two goats?
"Sure, why not", food was hard to get so we then had goat milk. We also had a garden and one afternoon we were putting in some young plants and we were also putting out some nitrate of soda, which is a form of urea.

Now with goats you only tie one at a time, and then the other one won't leave, it would graze all around but won't leave. So we'd tied one goat for a couple of hours and let the other graze and then

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we'd tied the second goat to let the first one graze and he got into the bag of nitrate of soda and ate enough so that a couple of hours later he was a dead goat, it killed him.

So I did an autopsy on the goat and found out he'd died from a heart attack. That high urea caused such a massive heart attack that he had a ruptured heart, it was torn all to pieces.

After I began to do these tests I thought of this thing that caused the goat to have a heart attack and then I noticed that as the ureas begin to climb the heart begins to beat harder each time. Harder, not any faster, but much harder and you can hear it in a stethoscope. Whenever I heard doctors say, "you've got a heart as strong as a horse", all they were saying is this, "that you are a candidate for a pectoris heart attack caused by the ureas being too high." Now as the ureas go down, or the cellular form of the ureas change, then the heart begins to beat softer and the people are not tired anymore. But when the ureas are high they're just as tired in the morning as when they went to bed at night because that heart has been beating too hard all night. It's simply tired.

The pectoris heart attack can be blotted out in two weeks at the most, any time the people demand it. It can be stopped dead in its tracks. It is now known what causes pectoris heart attacks and they can be stopped by dropping the ureas and the only thing you need to do to drop those ureas is to drink the right amount of water every half hour for 10 hours a day. The high ureas cause the heart to beat too hard and it increases the stress on the system, causes tiredness and wears the heart and the body down.

When babies' urea levels are too high from not drinking enough water it causes cardiac arrest, the baby's heart gets so tired and overburdened it just stops, and they call it "Cot Death", or S.I.D.S.

The first test urea ranges which indicate developing problems are:

- **18 – 20** You're very tired and irritable all the time.
- **20 – 24** Entering the minor pectoris heart attack zone.
- **24 - 26** The major pectoris heart attack zone, but there's some exceptions too. It's also possible for 26 to be in the fatal heart attack zone.
- **27 - 30** Any numbers that are greater than 26 is the fatal heart attack zone. At 30 babies die of cot death.

Now when the left side, left arm and so forth have aches and hurts then that's an indicator for a pectoris heart attack. If you also look at the sugars, it is not normal for the blood sugar to go way up high with a heart attack.

There is a ratio between your salt and your urea so that the higher the salt goes the lower the urea can be for a heart attack. In other words, the higher the total salt reading the lower the urea reading has to be for it to bring about a heart attack. In fact, the major pectoris heart attack range could drop into the 20 to 24 range with a saline reading at 47 or above, and the fatal range would then be 24 and above. In other words, you can be in either the "major heart attack" range or the "fatal heart attack" range because you have a weakened heart from the high cholesterol. In other words, the heart's already tired and if a piece of cholesterol comes in and plugs it up then the heart can go

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into a spasm, a much weaker spasm than it would go in otherwise, but it can tear itself up just as well. Generally the pectoris heart attack will do more damage to the heart than just the angina, however the angina can do quite a lot of damage as well.

A coronary is when you have both the angina and pectoris heart attack at the same time.
The third kind of heart attack is one you can't do anything about, and it's from genes and genetic factors. Interference with the regular way the heart beats can be caused by many things, including:

- The pancreas. Heart skips can be caused by the pancreas not manufacturing enough alcohol to control the body temperature,
- In hypoglycaemic conditions the heart beat can do all sorts of things, palpitate irregularly and so forth and it does all kinds of different things with different people.
- There may not be enough arsenic in your foods. Your heart has more arsenic in it than any other organ in the body and it can be a lack of arsenic,
- It could also be that your calciums are too low, and there is a nervous indigestion,
- It could be that you have a brain tumor, a 220 case.
- If your proteins stay in your body too long because you're not drinking enough distilled water systematically then they turn into urea. The high urea will cause your heart to beat too hard and the combination of high urea and low pH will cause the heart to maybe skip at times, or flutter, especially if either one of those urea numbers is below 6. So in those cases they've got to stop and rest, do absolutely nothing.

If you give someone niacin and they start flushing immediately on it then it means that they need it. Now niacin does not lower the sugars, and if they get a real bad flush with heart palpitations then the heart palpitation is caused by fear, not the nicotinic acid. So you need to tell them what to expect and what to do so they don't get afraid and then they go through it nicely, but if they are not told then they become afraid and the fear causes heart palpitations.

Now many times patients will complain about heart palpitations when they were not having heart palpitations, and even at the very minute they said they were, they were not. What had happened is that the pancreas had not manufactured enough alcohol, and there was some gas in their stomach and as you pushed on one part of the stomach as the heart beat it buzzed in another part, and then while the heart didn't beat the gas moved back into the other place and made it feel like the heart was beating twice as fast as it was when it was really just a shift in the pressure in the stomach. It's a very annoying feeling but the heart is really beating an absolute perfect rhythm but it's like pushing in on a pouch and pulling your hand out then the part you pushed in comes back out. Now when you push in on the pouch on one side it pushes out on the other, so actually you've got a sensation of a double beat there, a palpitation twice as hard when it isn't so at all, and anyone with a stethoscope and a good pulse count can tell you the difference. When this happens then a measured alcohol supplement will help.

If the heart has an irregular, but strong, beat all day and not just after meals, it could be that they've had a heart attack in which case you put them on asparagus, two or three times a week. Asparagus, asparagus soup and it doesn't matter whether it's fresh, canned or frozen, but asparagus will bring a heart rhythm back to perfect quicker than anything I've ever seen in my life, and I will say this, I have never seen it fail.

Directly on this subject of heart attack, overweight has never, and will never, cause a heart attack. That is false teaching, but a high urea will cause a heart attack. Fat people do not have any more

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ureas than lean people and the pectoris heart attack kills lean people just as quickly and just as dead as they do fat people, and these are facts that are undeniable. While overweight does not cause a heart attack, it may be a factor in triggering one but it isn't the cause, and fat people will not have a heart attack if they keep the ureas and the cholesterol and salt in proportion to the size of their weight and total numbers and so forth.

One cause of overweight is related to the heart, more specifically to the size of the heart. People who have athlete's heart, that is an enlarged heart from strenuous sports or activities while they were young, must keep their weight in proportion to the size of their heart, or your heart doesn't have enough to do, and it will begin to skip and give you all kinds of trouble. For instance, Doc had a man come to him for a test and his numbers were pretty good, there was nothing really seriously wrong, but there was one thing wrong, his heart was acting up just a little and he was asked, "have you lost any weight in the last few months?"
he said, "yes, I lost 25 pounds and I'm now at 175 pounds." "What did you do that for? Why did you lose 25 pounds?"
he said, "my family was afraid that I was going to have a heart attack and to satisfy them I cut my diet down and I lost 25 pound, and I feel so terrible, I've got no get up and my go went, I feel just awful."
So I said, "well you put the 25 pounds back on because you have athletes heart, you must keep your weight in proportion to the size of your heart."
and over the next three months he did, and you should have seen the difference. Now you must keep your weight in proportion to the size of your heart.

I'll explain something, if you have a urine pH up around 7.10 and a saliva pH down near 5.40, or even lower, then you have an ideal setting, for acute indigestion. People don't have acute indigestion anymore they have heart attacks because there's no money in acute indigestion. People can get over acute indigestion in 30 minutes, but it takes 2 weeks for a heart attack in a hospital. You can tell the difference between a heart attack and acute indigestion because with acute indigestion they have cold hands and cold feet, which are symptoms that let you know it's acute indigestion. In the case of indigestion there's one thing that you can do, give a teaspoon full of 94 proof (47%) gin in 120 ml of ordinary water, skim milk, grape juice or something like that, and while sitting up, sip it slowly for 30 minutes. Do not let the patient lay down, be sure they sit up and it's also a very good idea to pat them on the upper part of the back gently or use a vibrator on the back to help them burp and when they start to burp they will get relief. Don't beat them too hard and don't beat them to death, just a gentle pat will do very well, like burping the baby.

There's one thing that will happen whenever you have a person whose heart has been beating too hard from high ureas. When the ureas are lowered the heart starts to beat softer and it gives them the feeling of a heart flutter. It isn't fluttering, but it gives the impression that it is and people may often say, "my heart was fluttering", and actually it isn't fluttering it's just a sensation that gives them the idea that it's fluttering. You put the stethoscope on them and it isn't. It was only a sensation because the heart is not beating as hard as it was which they were used to and it's changing its rhythm.

In one week in 1960 Doc tested and found 5 men who were all in fatal pectoris heart attack zone, and with all of them he required them to go home and drink so much water every half hour and then come back next day for a test, 4 of them did as asked. The 5th man, who was tested between 9 and 10 o'clock in the morning, was in the highest range of the fatal heart attack zone and he was told,

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"you could have a heart attack at any moment, go home, lay down, do absolutely nothing, drink distilled water 4 ounces every half hour and then tomorrow morning you come back for another test."

He made all manner of protests and said, "there's nothing wrong with me, I'm in perfectly good health and you're just trying to scare me."
Doc said, "well friend, it's up to you, your life is now in your hands."
At 5 o'clock that afternoon his wife called and said that he was pronounced dead on arrival at the hospital that day at 2 o'clock.

So you better believe these numbers and nobody can fool you, nobody can change them. Remember, wrinkles start in the forehead at ureas 20 and when you see wrinkles in a forehead you're seeing a person with the red light on for a pectoris heart attack, and you can directly connect that to the ureas readings. People with blood that's too thick from the salts, ureas and debris should have Vitamin E because it's a blood thinner, and while it really doesn't cure any heart disease, it thins the blood so the heart can beat softer without it getting any worse and then it generally heals itself.

About two weeks after a doctor took this course he tested a patient and found him at 29, way up in the fatal heart attack zone, and he called and said, "Doc, what should I do about it, this man is Hercules, he's an athlete, he's about 30 years old, he runs a liquor store, a health food store and he teaches karate. He looks like Hercules and he's such an athlete that I can't believe that this is correct. I've run the test twice and it is 29". (One of the amazing things you're going to find is that many of our athletes are some of the sickest people we've got in this country because they're way out in their body chemistry.)

I told him what to do for 24 hours, how much water to drink for his weight, and for him to come back in 24 hours for another test. He came back and there was no change in the numbers at all. Exactly the same thing and he swore to the doctor that he had done exactly what was instructed.

The doctor called back and said, "Doc, this man swears he's done exactly what I told him to do and his numbers haven't changed at all, what can I do now?"
I said, "tell the man to buy himself a cemetery plot, make out his last will and testiment, tell his friends goodbye because he has less than 30 days to live."
He said, "well he's on the other line listening."
I said, "that's good, he's got it straight from the horse's mouth. This is what I mean for him to do because there's either damage to the central nerve, or there's damage to the brain, or he's lying, one of those three." And he heard me say that and he said, "I could hear alright."
"I don't need to tell you, I've already told you" I said, "good."
You know next afternoon he was sitting across my desk, all the way from Pennsylvania to Georgia, he said, "doctor", you like to scare me plum to death yesterday afternoon, will you take my case?"

I said, "No, I will not take your case. You're in the hands of a good doctor and if you told him the truth and you did what he said, I can't help you and there's no use for me to try because it won't do you any good."
He said, "doctor you're scarin' me to death, I got to have some help."

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I said, "well fella, you're beyond my help. I can't help you if you did what you said." And I could see him gettin' a little pink around the gills, and I said, "I'm going to ask you one question, and if you tell me the truth, the 100% gospel truth, I might help you." I said. "Did you do what the doctor told you?"
He sheepishly said, "no I didn't."
I said, "who are you trying to fool? What is your game here? Now I'm going to try you for just 24 hours, unless you can change then I'm going to dismiss you and let you go home and die, but if there's a change now then I'll help you."
And you're talking to a fellow good and humble, he got humble, and he did it and his body chemistry changed and he gave his heart to the Lord. He went back and sold his liquor store and now he just has the karate and the health food store.

This happened and you cannot fool these numbers, and you better believe them. You should have seen the change in his personality that happened in 24 hours. There is a complete change in personality because that tension builds up so high and so deep that a person is like an "E" string on a violin and you don't even know it.
This man was only about 30 years old and his forehead was wrinkled like an old man, wrinkles in his forehead, and in just five days there weren't any wrinkles left, the tension had left, so when you see wrinkles in a forehead you're seeing a person with the red light on for a pectoris heart attack, and you can directly connect that to the ureas readings.

Heat.
Heat is E1. Heat is a substance between electricity and matter. In other words, matter minus electricity is heat.

Heavenly Minded.
You know some people are so heavenly minded until they're no earthly good.

Heavy Metals.
Doc made a statement that heavy metals came into the system through ionization and from "the music of the spheres". The music of the spheres is a term that's come in since radio has come in, sending it's anionic beams out from the station to the radios and to the television sets.

Well a lot of those anions bounce onto heavy metals and therefore they're in the air, especially in the sunlight but even at night there's some heavy metals that are lifted up by the ionization from the earth. These heavy metals are bounced into your system by the lost ion that gets channeled off of the narrow path from the television station to the television set. So this has been called the music of the spheres because in the air there's a lot of music going on right now but you can't hear it. There's pictures in the air but you can't see them. So this is what it's talking about, the music of the spheres.

For instance, molybdenum is one that a few parts per million would last ten years. Now molybdenum collects in the bones, and strontium collects in the bone, so the bone is a storage place for many of the minor trace elements and the less trace elements you have in the bone the softer the bone and the more you become a candidate to have cancer of the bone or deterioration of the bone.

But the bone requirements through our food is phosphate of calcium, or phosphates of calciums, in other words there's three kinds of calciums necessary in the phosphates. Now MinCol has all

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three of them in colloidal form, and food in colloidal form does not have to go through a digestive process, it's already processed, ready for use. Now the same things we're talking about could lead to osteoporosis as well.

Help For People.
If you can't lift anybody up don't push them down because anyone you push down you've got to go down with them. If you push them up you'll go up with them, there's no other way.

Hereditary Weakness.
I do not believe in hereditary diseases.

I do believe that there may be hereditary weaknesses, for instance, many times I have seen diabetic parents feed children on food to make a diabetic child. I have also had diabetic parents with children that were not diabetics and some that were diabetics and I gave them a diet so that the children grew up not to be diabetics.

Hermaphrodite.
Now a hermaphrodite has a frequency of 24 and 26, but if you put the electrical oscilloscope needle it would be bouncing back and to, it can't decide whether it's on the 24 or 26. So some people say 25, and then some people add one and make it 27, and then they should subtract one.

Hernia.
There's nothing in the numbers to show a hernia unless there is infection in that hernia. There's many hernias that have no infection whatsoever and therefore it will not show.

In treating a hernia get their body chemistry in Range 1 for at least 6 weeks or more and then send them for surgery and it will take. Sometimes they have surgery three or four times and it will not take, but this will take after you get their body into Range 1 for 6 or 8 weeks or more.

High Blood Pressure.
The finest thing in the world for high blood pressure is walking, walking, walking, walking. If you can get up to 5 miles a day after 2 or 3 months you won't have any more high blood pressure, if you survive the 5 miles.

High Blood Sugar and Low Blood Sugar.
The symptoms of high blood sugar and low blood sugar are identical.

Highway Hypnosis.
Highway hypnosis is always low blood sugar, never high blood sugar.

Hives.
One person had hives for years and the Homoeopathic Apsis Mel, "Sweet Honey Bee" was the only thing that ever helped.

Hives is generally a lack of calciums, and you have to find the right one. For instance, Shackley's calcium's has done a marvelous job on people that have hives and the calciums in it come from corn. It's a number of kinds of mild calciums, soft, easily digested calcium and very similar to calcium gluconate.

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Hodgkin's Disease.
Hodgkin's Disease is a very serious disease, it's cancer of the lymph glands, and I would suggest that he gets to a retreat at the earliest date possible and get his body chemistry lined up.

In the meantime have the family plant some wheat grass so he can start on 4 oz of wheatgrass juice twice a day after he gets home. That he practically does no work what-so-ever, stops eating all meats and you have to go by the numbers after that. For that you have to go by the numbers.

25, 6' 3", 175, Male

$$5.1 \qquad \frac{6.40}{6.60} \qquad 36 \qquad 4 \qquad \frac{9}{10}$$

Energy 41 or 42

Subtracting Perfect Gives

$$+3.6 \qquad \frac{+0.00}{+0.20} \qquad +30 \qquad 3.96 \qquad \frac{+6}{+7}$$

This shows you that you can be in different ranges and still have the same malady, but have a different degree of exaggeration or advancement. In other words the further out they get the worse they are and the less energy they have. The nearer towards perfect they are the more energy they have.

Now look, you've got a 25 year old man and his energy should be 100 and his numbers should be perfect, but when you subtract, or add, perfect from his numbers then you got his problem. Now his vim, vigour, vitality and energy is down and he may drive himself, or force himself to do the things he has to do. When a young man has an energy level of about 40, 41 or 42 you know there's something drastically wrong. Now he's just over the tip edge of the major angina heart attack, but at 25 I'd say not yet. His numbers say it is, but his age makes it in the tip edge.

This person is in pretty bad shape, he has cancer of the lymph glands, Hodgkin's Disease, and this problem generally doesn't last very long. It's a short term disease but it's also fairly easy to stop if your body chemistry responds.

Many times people can have Hodgkin's Disease and they feel wonderful, but they're just weak, although they may have occasional headaches.

The question that I would ask on this one, "Is there some discomfort at the base of your neck, where the neck goes into the shoulder, a little bit more on the right hand side than the left side?" I would ask him that question because I know the one in that spot aches more, it bothers him, because there's a loss of energy there because that's the spot for the primary lymph gland. You must know where your lymph glands are, know your anatomy. The lymph gland that would probably be the first one to be effected most in this kind of a numbers is the one nearest to this area. There's two of them there, one on each side, I would ask that question because I already know the answer, all I want to know is how far advanced is it. If he says there is absolutely no pain there then I know it's much further

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advanced than if he says it does ache there because the nerve ends have died off ahead of the deterioration. Know your anatomy and it'll help you a world in understanding this. This looks like such a mystery to you because you don't know your anatomy. The picture shows the right side.

Now his proteins are not digesting and the glands necessary for protein digestion are the lymph glands. There's 284 lymph glands and if they don't work you've had it. Now I prefer to call them Transformer Glands and not only do they help to control the protein, they also fight infection, help control the acid alkaline balance and other things but the main thing they really do is control the circulation of the blood, and when that circulation goes down those lymph glands swell, and that's Hodgkin's disease. It means that there's problems in the circulatory system.

Those glands swell partly because the lymph nodes are filters, and they're like any other filter when you get enough bacteria in there they clog up. They swell because there's a mineral deficiency and they can't handle to load. They swell because that area in which they send electrical impulses cannot get the blood through and the resistance piles up in the lymph gland. Taking them out does no good at all because they haven't worked on the cause, which is a mineral deficiency.

When the lymph glands swell it not only means that there's a mineral deficiency but that the body is letting you know there is a poor circulation in the area and also that there is a loss of energy. A lack of mineral is a loss of energy, for instance you can have a loss of energy from a vital organ which you don't consider your liver and your heart and your pancreas and so forth, you don't consider them glands, they're organs. There are particular minerals involved depending on which organs the transformer glands really represent. Now, generally speaking, if the mineral deficiency is great enough to effect one lymph gland then all are effected slightly, but some more than others because each one of them is dependant upon the other one.

You who have studied surgery know something about how important it is when you operate to miss those glands, especially for appendicitis because that one down in the appendix area controls the basic metabolism of the brain waves within the brain, and if you disturb it very much you almost become a vegetable. I have seen people that were made a vegetable by an appendicitis operation. Also there's one right close to it somewhere in the area between the appendix area and the navel that also controls the valve at the neck of the bladder, you massage these and do a marvelous job with them.

There's so much we can do with the glands if the body will respond. The response is very important, to know whether or not the body responds and is almost impossible for a tester to test often enough and to know exactly what the patient ate or didn't eat, did do and didn't do in order to evaluate the case. We need to know that and it's so easy done, easy attempted, or easy tried, and you can tell very quickly whether or not the body chemistry responds or not. You would first suggest this man go to the retreat.

Some of these transformer glands have never been named yet, just some of them we know what they do or how they do it. Just some of them. Now let me tell you something about these particular two, they have much to do with the vitamin A in your system, or have a great part to do with it. Now you would expect this young man's complexion to be pale. If he's in sunshine a lot or uses tanning lights he'd have a tan, or he could use a face coloring cream, but in reality he would be pale. Now the lack of vitamin A is going to most effect the bone marrow before anything else because that's what vitamin A is most directly related to, the bone marrow. Because of the vitamin A and bone

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marrow problems Hodgkin's Disease is therefore very closely associated with leukemia, when you work on one you've got to work on both of them.

There's one more factor you need to keep in mind and that is frequency. See the whole thing every time. Frequency. Frequency. Frequency. There's a rule in regard to frequency in human beings and that is once you know the frequency then you know the diet. Everyone's diet should not be the same because of the micronage, milli micronage and milli milli micronage. As an illustration, the diet would vary between a man and woman, which would then change the frequency, both having the same identical numbers. Because the woman uses 700 times more calcium each day than a man that changes the diet. It's how much calciums they use, that's your primary factor.

Now this man is deficient in calcium and has a major shortage. The rule that gives that is, "when one number's out they're all out" and the primary reason that all numbers are out is a lack of calcium because there's more calcium by weight and volume than all other elements combined.

There's also a water deficiency here. A calcium deficiency and water deficiency go together, in other words your calcium can't become absorbed without the water, and vice versa. Now it doesn't show more exaggerated numbers in the pH because the pH is only a measure of resistance not volume. Now, they're in the retreat and you're the dietitian there. You first put him on a three day fast of lemonade and water and test every day. Now the foods you'd recommend for Hodgkin's Disease are:

- Green, raw, chlorophyll and for Hodgkin's Disease they need wheatgrass. Wheatgrass chlorophyll is the one that you use most with Hodgkin's Disease because it has a low protein, and
- A lot of carrots, carrot juice but work the green drink first.

Hormone.
A hormone is a living cell, and it has to be a living cell in order to be a hormone.

Vitamins and enzymes are products of a living cell, and a hormone is a product of a mineral. Remember that, there is no exception. Minerals make hormones (or living cells), and living cells make enzymes or vitamins.

Therefore a breakdown in a hormone structure of your body is a loss of energy and it is the beginning of illness and you can therefore conclude that all illness is a result of a mineral deficiency. Some common food hormones are:

- Yoghurt,
- Kefir,
- Eggs - Fertile or infertile, either one.
- Sprouts,
- Yeast,
- Wheatgerm (some may, others may not),
- Some Royal Jellies,
- Buttermilk (has some hormones),
- Lots of cheeses, and
- Raw milk.

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The two main sex hormones are:

- Oestrogen or estrogen for women, and
- Testrogen or testosterone for men.

Whenever you go up the drug store to buy it synthetically they call it testosterone, but if it's produced in the body from men I was told it was testrogen. Testrogen is natural and testosterone is synthetic. Although these products are called hormones in the drug store, they're not hormones, they're stimulants.

Hounds of Hell.
For every man that's walking the King's Highway, Satan will have at least 7 Hounds of Hell barking at him, or more. Jesus commands us to heal the sick and there is a direct command to heal the sick (Luke 10, 9) and so therefore it is our divine commission and as long as you're working for the Lord Jesus Christ the Hounds of Hell are going to be barking at you, but the very fact that the Hounds of Hell are barking makes me know that I'm on the King's Highway, and their barks are music to my ears. If they were not barking at me I'd feel like I was on a detour.

A girl had a tumor behind the eyeball, and although it was a small, very annoying thing, the fact that the AMA was prosecuting the tester showed that the Hounds of Hell were there. If the Hounds of Hell are not barking at you; you better check to see if you're on the right road because you may be on a detour.

Hurry.
God is never in a hurry, God does things naturally and He shows us how to do things naturally, or we can force it. Satan is in a hurry and his way is force, but God never is.

Hydrochloric Acid (HCl).
A solvent is something that breaks down another substance and the hydrochloric acid in the stomach is a solvent.

Hydrochloric acid is made in the liver and stored in the stomach. The hydrogen ions and chloride ions are not carried separately by the blood from the liver to the stomach where they're then brought together in a chemical compound by the stomach to form hydrochloric acid, it doesn't happen that way.

To manufacture hydrochloric acid the liver takes hydrogen (which is an isotope) and chlorine (which is an anionic gas) and there you have a double ion and an anionic H-Cl. To actually form a molecule, enough cations and cations have to link in order for the anions to hold them together. It's a bit like putting a fence around a bunch of white leghorn chickens, so actually the cations are trying to get away but the anions are circling around them so they cannot get away. Remember too that an isotope is a chemical that's going to follow the line of least resistance, and hydrogen is an isotope so it'll get on the winning side and it doesn't matter which side it is, therefore when hydrogen comes into the realm of chlorine it's going to follow the line of least resistance and they're going to join, H-Cl, double anion. If that wasn't true you wouldn't take hydrochloric acid tablets to help digest your food, because the liver bile should be anionic. The electrons in hydrochloric acid travel clockwise, which means it is anionic, and therefore hydrochloric acid is not an acid, it's a base. When the hydrochloric acid of the liver is too low you bring it up with lemon water and

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sometimes it's very difficult to get a baby to take lemon water without putting some kind of a sweetener in it, so put a little in.

Hydrochloric acid is the carrier for some 6 billion different enzymes, and these enzymes are carried to the little stomata in the stomach, and they're also carried to the gallbladder and some of them are even remanufactured by the pancreas (into alcohol) which is then pumped back into the stomach during the digestive process to release more energy to go into the bloodstream, which is why not all organs of the body are at the same temperature at the same time but those different temperatures don't mean that you have a fever (see also "fever").

You'll find it states in medical books that the stomach produces hydrochloric acid in the cells in the lining of the stomach, it does not. It stores it there but it does not produce it there. The liver manufactures hydrochloric acid and sends it to the stomach. The stomach has little sacs, little stomata, in the wall that store the hydrochloric acid between meals until it's released for the various kinds of foods in the stomach. The little sacs are something like the ducts in the breast, or an udder, they store the HCl there but it is definitely the liver that manufactures it.

You should buy a good physiology book and read it. The physiology books I've read say, at best, that hydrochloric acid production is poorly understood, down to hydrochloric acid is made in the stomach. Hydrochloric acid is made in the liver, not the stomach, and although you're advised to read anatomy and physiology books I didn't say believe it. Now you can very easily find out with a guinea pig or with any animal where the hydrochloric acid is made. Whenever you do an autopsy, or are experimenting with animals, just take a needle and draw some of the hydrochloric acid from the bile duct, or the gall bladder and then test it and then you'll find out where it's made. You don't even have to ask anybody.

The stomach does not manufacture anything, it's a mixing machine to release energy so that the energy can go in three different ways back into the liver and be reconstituted on the frequency of your body. When you eat, the food puts pressure on the stomach wall which then liberates the acid stored in the lining, the greater the pressure the more acid is released and the less the pressure the less acid is released. If the hydrochloric acid runs out before all the food digests then you have indigestion.

With the liver function, any reading off of perfect means a lack of calcium in the liver which means a dilution of the liver bile and the gastric juice. The more dilute the gastric juice the weaker it gets; the weaker the hydrochloric acid then the liver is unable to split or ionize the salts that come in and therefore the body accumulates the salts because there is generally insufficient water to wash them out. When the liver splits salts it takes the chlorine and uses it as a germicide, or cleanser, in the body and it's the chlorine that keeps us from having too many worms and keeps the bugs and bacteria out of our lives. People that are troubled by viruses, funguses and worms have a dilute hydrochloric acid in their stomach and their body cannot make use of the chlorine in their diet.

When your liver gets the necessary calcium it is activated to produce amino acids, and water is the catalyst. If the liver's malfunctioning you're missing calciums in the liver because the chief element of the liver bile is calciums, and oxygen is the next element, then water is a carrier and the next substance it needs for hydrochloric acid is chlorine, and it gets that from vegetable salts, sodium chloride, and so on then you have a dilute hydrochloric acid.

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Remember that a baby has a very dilute hydrochloric acid and so has to be fed on milk and very light food, and most children cannot digest meats before they're 12 and nuts before they're 8 because their gastric juice is not strong enough, however they can digest pressure cooked peanuts, coconut and pinolia nut, those they can digest if they're soft. Even peanut butter as fine as you can grind it, or nut butters, are too coarse for a child's gastric juice and you're only asking for problems that's going to cost you money in doctor's bills if you give meats and nuts to children.

So, hydrochloric acid becomes diluted because of a:

- Lack of Calcium,
- Lack of oxygen,
- A brain tumor that won't let the message get into the lung so that it can't perform,
- Damage to the vagus nerve.

Male, 42, 5' 11", 180 lb.

$$5.1 \qquad \frac{6.40}{6.80} \qquad 10 \qquad 4 \qquad \frac{2}{8}$$

In this case the hydrochloric acid is very dilute, and the things that show it are:

- the potassium,
- the debris at 4 M, and
- the salt.

The liver is in such poor shape that not only is the liver bile dilute, so too is the hydrochloric acid in the stomach. The pH balance between the urine and saliva may be all right as far as the balance is concerned but there still may not be enough hydrochloric acid to do the job.

Lemonade is dilute hydrochloric acid, it's God's own natural dilute hydrochloric acid and is the thing that will cause the liver to rebuild. In the above case, I would not use hydrochloric acid tablets, just use the lemonade. Now if the patient was allergic to lemons then you may have to use hydrochloric acid but the hydrochloric acid tablets should be a means of last resort, only after the lemon juice has failed because most of the time hydrochloric acid tablets are too strong for most people, and therefore they should use the dilute form of hydrochloric acid, which is all lemonade is.

There are some people who do need a stronger hydrochloric acid or cannot take lemonade but they can take the hydrochloric acid tablets. This has to be worked out on an individual basis, go by the numbers.

When someone has changed their diet and is going through withdrawal they are often nauseous, and feel like vomiting. We want them to vomit, and if they don't then the cells that flush from the liver will go out in the form of a hydrochloric acid and will burn you very, very badly in the rectal area, it won't blister but you'll think it does. The caustic poison goes out through the colon and it just about sets the woods afire, it just burns them up and then they complain, "oh my God doctor it's burning me up,"
"well take a bath, or get a colonic and wash some of that caustic acid out of the system." It's hydrochloric acid and it's hot, believe me it's hot like hot peppers and we want it just so it gets out of the system.

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Hydroponics.
Essentially, hydroponics is a way of growing vegetables where they use no soil (but they sometimes use artificial dirt so to speak) wherein they put a plant and then they feed it with the nutrient necessary to grow the plant and to get the fruit. Now I don't know if they've ever gotten into anything organic, the last time I checked into them they were all synthetic.

Hydroponics ("hydro" meaning water and "ponics" meaning solution or methods), so it's a method of growing by using water in which there is that material immersed in it. I would suggest that each of you buy a book called hydroponics, it will help you terrifically to understand.

Skip right over to the elementary solutions and just notice how little of everything it takes to make so much, and it will give you an idea of something about it.

Hyperactivity.
See Also "Constipation", "Colon & Colonics" and "Children - Constipation". If we take a pH of 8.00 with a child then the child's major psychological problem is he's hyperactive, which also means he's constipated.

Now you normally only think of children as hypersensitive or hyperactive, but there's a lot of adults that's constipated too and while a child is hyperactive in body an adult is hyperactive in tongue. They got diarrhoea of the tongue.

Hypnosis.
Hypnosis is the power of suggestion and it works on some people and on some people it doesn't work. I use hypnosis, I use acupuncture or anything else, or try at least, and then sometimes everything fails. But it is an advantage many times when you can use it but it doesn't work on everyone. It's only one part of the great jigsaw puzzle of life.

Hypocrites.
I had a patient one time that had a high delta cell count in the colon and he was nearly dead when he came so I sent him for colonics and put him on a diet and he began to improve, to get better and better and better, and I always talked to him about the Lord, always talking to him about God, always giving God the credit, and finally when he got in pretty good shape he said, "I'm not coming to see you anymore."
I said, "that's all right, you'll make it now without it. But why did you say that?"
He said, "everytime I come here all you talk about is the Lord Jesus Christ and He's never done anything for me."
I said, "friend he gave you the breath that you breathe and you don't appreciate it, but I'm also glad you said that because most people don't hear me when I talk about it, but at least you heard me. Do you go to church?"
He said, "no. I don't go to church, there's too many hypocrites in the church."
I said, "friend, let's get the record straight real fast, if those people were not in church they wouldn't be hypocrites, but I got news for you, you've got to be smaller than the thing you hide behind. The person that hides behind the hypocrite is smaller than the hypocrite, and of course some hypocrites get converted but the man that hides behind them can't. He rejects the truth, and it's the truth:

- that makes us free.
- that gives us our liberty.
- that makes us know that our bodies are the temple of the Holy Ghost.

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- that makes us have a desire to be like Jesus and to walk into his footsteps.
- that we desire that we follow in order to be perfect.

"Be ye perfect" is God's command. This means everything you do is to be perfect, "be ye perfect". You can never be perfect and guess, no guess is ever perfect. It's not perfect unless you know it's the truth. Because ye shall be known as ye are known.
His wife said, "I've been trying to get George to go to church for fifty years and he won't go, he just won't go to church."
I said, "well I think it'd do him a lot of good because there's some jewels in the church but if you go to church and look for the hypocrites you'll find them, but about 5% of them are God's jewels. Now if you go there hunting God's diamonds that shine like the sun you will find them, you're gonna find what you look for most."
So what are you looking for in life, the very best or the very worst. You will find what you look for, are you looking for somebody that you can help or somebody that you can rob. Don't ever be guilty of taking advantage of getting rich on the sick and the dying. Charge what your services are worth but if they have no money give unto the Lord and the Lord will reward you richly. You know I have people come into me that were so poor they did not have the money to even buy the minerals that they needed and I have given it to them or bought it for them, and what a joy it is to see them get well.

Now the more good you do the more the hypocrites are going to make hamburger out of you, but the more hypocrites you put on top of your prayer list the greater hope that you have of accomplishing something, but if you spent all your time in defending yourself you'll never have much time to work for the Lord because the devil will keep you so busy defending your pride until you'll be so heavenly minded until you're no earthly good.

Now I often ask people, "why do you go to church?" And most people don't even know why they go to church, they haven't the slightest idea. I go to church to worship the Lord and for no other reason under the sun, and I also pray for the preacher and the hypocrites. That's what I go for and it doesn't matter what happens because I never go away hungry, my soul is fed and I go away nourished. It's only the sheep that go away hungry that have stewed preacher for Sunday dinner.

Jesus said, "feed my sheep", he didn't say, "teach history", he said, "feed my sheep" so I want you to become shepherds, or assistant shepherds, and start feeding the sheep, but by being here I want you to be veterinarians to help get some of these sheep healthy enough to work for God, and this is your duty to lead people in the paths of righteousness sake, and I've got news for you, the greatest sermon you'll ever preach is:

- the way you talk,
- the way you walk,
- the way you live,
- whether you read your daily mail from Heaven or not,
- the company you keep, and
- the food you eat And be filled with enthusiasm.

Hypoglycaemia.
See Also "Coma" and "Sugar - Low Blood Sugar". If you've got too much insulin you have hypoglycaemia, and if you have too little you have hyperglycaemia, or high blood sugar:

- Hypo meaning low, reduced, diminished, and

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- Hyper meaning high, exaggerated, excessive.

Hypoglycaemia occurs when the sugars are under 1.0, and when this occurs:

- Pregnant women need to keep their sugars above 1.0 or they'll have trouble with the pregnancy.
- The heart beat can do all sorts of things, palpitate irregularly and so forth, and it does all kinds of different things with different people.
- forgetfulness,
- headaches (maybe),
- may have tendency to comatose (if low enough),
- lethargy, and
- many of the same symptoms as high blood sugar.

Hysterectomy.
A hysterectomy alone will not cause a woman to be deficient in estrogen, it has to be the removal of the ovaries. In removing an ovary, the doctor should not remove the root of the ovary, leave the root in and it will reproduce, the root will produce another gland and it will then produce enough estrogen so that the body will be supplied. If the root is removed, the embedment there of the ovary, then it cannot produce any more and except by the grace of God they'll have to take estrogen the rest of their life and if a woman gets too much estrogen she'll become a vegetable.

There's a primary cause of calcium damage to a body and, with women, the lack of calcium causes a reduction in the production of estrogen so that finally they have to have a hysterectomy, and immediately after that they run into problems of healing, getting well, frustration and many other things that the calcium does for people that they do not associate with their malady.

So try to find out which calciums are too much and which one are too little and then begin to fit them into the pattern needed to produce the proper food for the body organs.

Women in China who've had a hysterectomy use the herb Dong Quai as a substitute for estrogen. Other herbs that have been analyzed and are considered to have estrogen, or be a substitute for estrogen, are Gotu Kola, Black Cohosh and Licorice root. Licorice is very good but it's only for a minor estrogen deficiency.

A lot of women have the mistaken idea that if they have a hysterectomy, or their ovaries removed, or tubes tied or something like that, that she will not go through menopause. That's not true because menopause doesn't start with the organs, the organs are a result of the other biological conditions and it does not prevent them going through the holy terror of a low calcium.

I

Ignorance.
"thou art inexcusable O Man, that knoweth to do and doeth it not." (Romans 1:1) This verse indicates that you're not held responsible for your ignorance. God only holds you accountable for that which you know to do and doeth it not.

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You know ignorance is the greatest enemy progress ever had and there's one thing that ignorance cannot stand and that's to be exposed because if you expose ignorance it does away with it.

There was a sign in a doctor's office that says "Please do not confuse me with the facts, my mind is made up." So it's the facts that sometimes destroys our ignorance if we're willing to accept them, however "people convinced against their will is of the same opinion still" and sometimes in their ignorance people do not understand what you're trying to tell them.

The admittance of ignorance is the beginning of wisdom and I have always enjoyed exposing my ignorance because then I begin to learn. If I have to get a private teacher, or if I have to ask a million questions, if I have to expose my ignorance every minute of my life, whatever it takes, I will conquer and rise to higher planes.

Ill.

Illness is a sign of weakness, and illness is the opposite of happiness. In order to sing you need to be stronger, and the way to be stronger is to start singing. This is one of the ways of getting stronger, is to start singing. Also if I were you I would discourage people from looking at too much television, or watching too much television, being sewed to the television set. They can take up art, they can take up painting, there are all kinds of workshop things that you can buy and learn to make and so many things that they can do in order to get their mind off themselves.

When people are extremely ill you will find that they are not able to think clearly for themselves and should not be expected to, they need somebody else to tell them what to do and what not to do. Most of the time when they're extremely ill they also have a low pH, unless they're dying with constipation.

Illness is a loss of energy, just as simple as that and why do you lose energy? A lack of mineral and when you learn what mineral is lost by the numbers then you're able to locate the problem within the system. So unless you thoroughly understand these rules of energy and memorize them you'll never master it and what I'm trying to get across to you is please memorize these rules.

All illnesses, major and minor, begins with a deficiency in calcium which leads to a deficiency in other minerals. Now there's three major minerals that makes up the liver:

- calcium,
- iodine, and
- iron

Now the liver contains more of those three elements than anything else and if you have an iron deficiency then it restricts the calcium and the oxygen, if you have an plenty of iron but are deficient in iodine you'll also be deficient in calcium. Without iron and iodine calcium cannot be available because it takes these two things to make the calcium available. As a child's liver has less iodine and iron in it than an adult, so a very, very ill person's liver has less iodine and iron and calciums than a healthy adult. Now, then you told me the results of a deficiency in calcium but diseases starts with a deficiency of enough calciums in your body. So now these three factors determine the pH provided we drink enough water and get enough oxygen from the lungs.

Indigestion.

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Hydrochloric acid is made in the liver, stored in the sacs in the stomach wall and liberated by the digestion of our foods:

- how much food's in our stomach, and
- how much pressure's put upon it.

It is the pressure on the stomach that liberates the acid, the greater the pressure the more acid is released and the less the pressure the less acid is released. If the hydrochloric acid runs out before all the food digests then you have indigestion.

Now indigestion is the beginning of most illnesses, I don't mean acute indigestion, I meant the lack of digestion, the lack of getting the minerals out of your food. There are two main mineral causes for indigestion:

- a lack of calciums, and
- a lack of oxygen.

These are the beginning of digestion problems and many times they begin in childhood and they cause children to form habits that become stumbling blocks throughout their entire life and many times they have indirect effects on the genetic code but that won't show up until later generations.

Now while indigestion is only the gastric juice is too dilute to digest your food for whatever age you may be, the major cause is not combining the wrong foods or drinking water with your meal, it's anger, lack of love, hate, revenge or other strong destructive emotional causes, and remember, you cannot hate anyone else without first hating yourself. Hate is the finest cancer seed on Earth. If you want cancer just hate people and you're on the right track. The destructive emotions cause mineral deficiencies which then dilute the gastric juice.

I'll also explain something here, with a reading of say 7.10 over 5.40 or even lower pH you have an ideal setting for acute indigestion. People don't have acute indigestion anymore they have heart attacks because there's no money in acute indigestion, they can get that well in 30 minutes but it takes 2 weeks for a heart attack in a hospital.

You can tell the difference between whether the patient is having a heart attack or whether they are having acute indigestion because with acute indigestion you have cold hands and cold feet, these are symptoms that let you know it's acute indigestion, cold hands and cold feet.

In the case of indigestion there's a number of things that you can do:

- give a teaspoon full of Zest Tonic, or
- 94 Proof Gin.

in 120 ml of ordinary water, skim milk, grape juice or something like that and sip it, sitting up, slowly for 30 minutes, do not let the patient lay down, be sure they sit up and it's also a very good idea to pat them on the upper part of the back gently or use a vibrator on the back to help them burp and when they start to burp they will get relief. Don't beat them too hard and don't beat them to death, just a gentle pat will do very well, like burping the baby.

Indigestion effects the approximately 284 transformer glands and only a few of them have been named as yet. You need to get a book on acupuncture to show you where the transformer glands are in the body, and they're not in the same place in every person, they're a variable. Indigestion effects

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the transformer glands, and whenever it's time in life for these glands to become active and they don't act, or they over act, or they come into production too small or too quickly, then for instance, some girls come into puberty at nine years old or even six years old. There's a medical case where one came into full puberty at six years old. There's another case of a man that came into full manhood at 4 years old and died of old age at six, with a long beard and a base voice and so on. In other words these glands in our body determine at a certain age that we'll do certain things. For instance, boys and girls that are born normal use the same amount of calciums until the young lady comes into young womanhood and at that time she uses 700 times more per day than a normal man, and if she keeps this ratio throughout her life she will have a very happy life as far as health is concerned, but if this calcium drops too low at any time she's in menopause and it doesn't matter whether she's ten years old or 60 years old, it's menopause when her calciums drop too low and she becomes too nervous. Now most doctor's tend to magnify women's diseases over men because they don't know to supply the calciums that they need to keep them healthy. Now when a man's calciums gets too low he's dog tired at night from barking all day, he's upset also.

Individual Programs.
A person's program all depends on the individual because some people cannot get their nutrient out of vegetables without meat supplements, and there are certain people that cannot get the nutrient out of vegetables or it may not be in there in the first place.

Information.
The things presented here are the results of 50 years of laboratory research.

Instructions.
If you just try to remember everything that's said during the class and go out and use it it's like buying a new gadget without reading the instructions.

Most people'll do anything in the world besides read the instructions and then take it back and say, "it doesn't work" and the first question, "have you read the instructions?"
"No. No I haven't read the instructions."

One man called Doc long distance and said, "I've got 59 cattle laying down, I dipped them about two hours ago and now then they're all laying down and he said they look like they're having a rough time."
I said, "what did you spray them with?" He said, "some stuff in a yellow can."
I said, "would you get that yellow can and read it to me."
So about ten minutes later he came back on the telephone and he read me the label. It was a weed killer, and I said, "you might just as well call the fertilizer plant and have them come pick up your animals, they're dead."
He said, "can't you do something?"
I said, "no, they'll be dead before I could get there, it'll take me two hours. Those animals are going to be dead before I get there."
and he said, "well, I had 60 altogether of these black Angus and I couldn't catch one and that's the only one I got left."
I said, "that's the only one you got left?"

Didn't read the instructions.

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So, if you don't memorize the rules it's the same as not reading the instructions. You must memorize the rules. I just can't impress upon you that you got to memorize them. How many are going to memorize them now. OK, I'm glad I finally got the point across. Memorize those rules, get those rules to where you know them up and down, inside and out, backward and forward and know those rules.

Instruments or Equipment.
See Also Section "URINE & SALIVA ANALYSIS - HOW TO CONDUCT THE TEST AND FIND THE NUMBERS". One of the most important things in laboratory analysis is to be sure to keep your equipment clean. Keeping the equipment clean is absolutely essential and unless the equipment is clean you will not get a clear, concise, accurate reading.

Insulin.
See Also "Pancreas - Insulin". Insulin is the second thing produced in the pancreas, and it's most prominent effect is to regulate the blood sugar levels:

- Too much insulin means too little blood sugar, hypoglycaemia, and
- Too little insulin means high blood sugar, hyperglycaemia.

Where somebody has too much sugar in the blood stream you should take them off of carbohydrates and starches almost immediately, including things like:

- potatoes,
- bread,
- wheat products,
- pies and cakes, etc..

Not only do these things raise the blood sugar level but can also cause the pancreas to manufacture too much alcohol.

If the pancreas is not manufacturing enough insulin and the sugar reading is below 5.49, and all of a sudden it starts to flush up an oversupply of insulin the sugar level drops quickly causing headaches.

When a person's on insulin it also destroys the ability of the body to accept Vitamin C, but as you begin to correct the condition through diet and foods and dilute the insulin they use, you'll also need to supplement them with Vitamin C and it's the Vitamin C that's actually doing the rebuilding job and not other substances within the food itself. Foods rich in vitamin C do a marvelous job in rebuilding the pancreas and body.

If you find someone with a high sugar level and give a diet to fix their body chemistry, and that chemistry responds, then they won't need to go on insulin. The insulin you take is a drug that has never cured any disease, not even diabetes, and people should never be put on it to start with. The only reasons why it would ever do any good would be cancer of the pancreas or cancer of the liver, and only then because the body couldn't supply the insulin, and even then the insulin would do very little good.

To get someone off insulin depends on:

- the effects they have, and
- how much they've been taking and for how long.

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For Additional information see the part on "The Pancreas - Insulin". For people who want to get off of insulin we give them a diet to cause the pancreas to behave and to manufacture the right amount of insulin but you have to be careful because over the years of taking insulin their systems have stored it up where it's hardened their arteries and veins and if they've been on it long enough to have crystallized the arteries and veins in their joints, in their kidneys and their brain then they're really in trouble.

Now if they've not been on insulin too long and they're lucky, when their body starts to release this stored insulin then many times they begin vomiting and start to dehydrate, and in the mean time the insulin is still pouring into their system, released from their body actions, and then their platelets begin to drop because the insulin salt is too high in their blood and then you've got to get them into a hospital where they can have IV solutions in order to cut it down so it can pass out through the kidneys. If they're been on insulin for quite a while and the arteries and veins are crystallized to the point of breaking AND they're NOT so lucky then:

- the arteries and veins may start breaking down in the joints causing excruciating pain in the joint, or
- if it's a little more advanced, the arteries and veins may break in the kidneys, causing the kidneys to break down and then they start passing blood, or
- if it's still more advanced, the arteries and veins may break in the brain, they'll go into a coma, and you've lost a patient.

So when you come to get a person off of insulin you've really got a problem on your hands.

The only ones we take on at the retreat to get their pancreas to function properly are those people that say they can tell when they have too much insulin, or not enough, and are able to regulate it themselves according to their tablets. We generally only work with those who use the short acting kind so that if they test through the day they can always add to it. The long lasting insulin is unpredictable on how fast it's going break and many times whenever this insulin turns loose in the muscle it does not turn loose at an even rate, for a while it'll turn loose with a very rapid rate and then it'll turn loose very slowly. Testing needs to be done every hour of the day and night in order to determine what their water intake and food intake should be and there's been better than 80% success.

For people that have been on heavy amounts of insulin for a long time do not take them off of food, they must have their food, but start lowering it down, it's all you can do. I mean it's a touchy thing to do in the first place. I've never seen a person yet that's needed to go on insulin in the first place.

There was one person on 180 units a day and in three weeks he was off of it completely, but during that time he couldn't walk 60 feet because it was effecting his heart and effecting his mind, and he was a fellow that absolutely was an abomination of abominations to be around because he was actually so sick he didn't realize what he was doing, kid stuff, acting like a 2 or 3 year old and was unaware of it and the public didn't excuse it at all. But in the end you should have seen the complete change in personality, and he did it all by himself, he went off the insulin, took it off, and got off it no problem whatever and his heart improved and he could walk a mile in just three weeks with no problem, and he couldn't even walk a 100 feet when he came in without his heart trying to pound out or skipping, jumping and it was insulin that upset it.

The body will react the same way on the sugars, salts and ureas in that it will hang on and hang on then turn it loose and dump. It often does that because they get stored up, and so does insulin (which

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is a salt), and this is why it's so dangerous for you to try to work with anybody with insulin because whenever you put them on a diet:

- you don't take them off of insulin, and
- you don't put them on a fast.

During this time they have to regulate their insulin by the clinotest themselves, plus a suggestion or two, because there'll be times when the body will release more insulin that's stored in the flesh than it does other days and they've got to adjust the clinotest and the diet and the food intake and the insulin all according to the insulin supply.

Now there are tell tale marks that a trained person can tell whether a person has too much or not enough insulin, for instance:

- if their hands and arms are moist they don't have enough insulin, but
- if they're dry and parched they have too much insulin.

Now suppose you found that the left hand was moist and the right hand was dry or parched. This happens because the dry side, right, has released too much insulin and the left hand side hasn't. When that happens you do the best you can because in those cases you need all the care and wisdom and knowledge and experience of the years and that's what you have to send them to the retreat for.

International Agricultural Labs.
They're not my partners, they're my trustees, my employees and it's a matter for the court to decide when I ask them to resign and they didn't, now then I'm going to use a little force but if they want their bottom spanked I can do it, OK. So it's up to them, Satan's going to be Satan he never knows when he's licked you know.

Intestinal Distress.
After patients have been on the program for about a week we often get calls about their intestinal distress, their gas. If you eat the same foods for a long period of time, in other words your diet is in a rut, you literally develop the internal flora to digest that material, your body has adjusted to the way you're taking care of it. Now you introduce a whole new line of foods that is recommended by a Reams Tester and all of a sudden you have all this new food in you, especially even the green drink, and now you give it to them and within a few days time they want to get to you and really talk because you have made them feel worse than they've ever felt before.

Now if you let them know ahead of time that this is one of the things that will probably happen now you have set the stage and they feel much more comfortable. Prepare them for what will happen, let them know you know what will happen so they understand you know what you're doing. If you just let it happen and then they call you when you have to rustle through some pages to find the answer doubt begins to creep up in their thoughts. So set the stage and prepare their thinking.

Remember Doc talked a lot about mental attitude and that not only goes between the husband and wife at home but it goes between tester and client. You have an awful lot to do by way of establishing a rapport.

Ion.

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See also Part 8 "A Short Course in Chemistry". It used to be said that "he who controls the atom will control the universe", but that's not exactly true anymore. That saying has been refined as our knowledge increases and now "he who controls the ion will control the universe."

An ion is the smallest particle of energy in existence and it's so small that if one ion was enlarged to be the size of a golf ball then the next nearest ion would be 1730 miles, or 2780 kilometers, or roughly the distance between Perth and Melbourne as the crow flies. The term "ion" is nonspecific because there are two types of ions; anions and cations, one negative and one positive and it is the association of anions and cations in a specific ratio that actually forms the core and outer shell of an atom. If you change the ratio of structure between the ions in the atomic core and the shell then you change the nature and synchronization of the atom. In other words, a change in electrons is a change in element, an element being all of one synchronized substance, like iron, gold, etc..

An anion is the smallest particle of energy and is negative. A cation is the second smallest particle of energy and is positive. Anions and cations are energy, and energy has many different forms and kinds and shapes and comes in many, many different patterns. If you could blow the anions and cations up big enough to see them with the naked eye they would look something like the parts of a jigsaw puzzle, in other words energy is not all the same shape and form, and it's the different shapes and form of energy that makes things different and it is these actual energy particles that may or may not become a part of you. For instance, the parts of a Volkswagon will not fit a Ford because they're the wrong shape and it is the same with the particles of energy. Energy shapes are different just like the parts of a Volkswagon or a Holden or Ford are different shapes. The shapes of the atoms and of the anionic and cationic molecules that we're made from are also different shapes. While energy in it's simple, elemental form has nine patterns, energy in its compound form has many, many thousands, even millions, of different shapes.

Still looking at the structure of the atom, the term electron is a non specific term because an electron is the name of the energy in the outer orbit, or outer shell, of an atom and an electron can be either anionic electron or cationic electron, either positive or negative electrons. When using the terms ION and ELECTRON, the difference is such that ION generally refers to the atomic core and ELECTRON refers to the outer shell, but it can be either. For example, in an isotope you may have a cation as the ion or an anion as the ion, or vice versa. An isotope is when the energy particles in the ion and electron change places. The very fact that we have isotopes makes chemistry complicated and because nature and energy will follow the Line of Least Resistance it means that certain elements have the power to theoretically, and do, change from one side to the other. In other words, the isotope is going to be on the "winning" side, the side with the greatest magnetic pull, because the line of least resistance is along the line of greatest magnetic pull. When you look at an isotopic atom there's a constant change from the "center" to "out" and "out" to the "center" and that makes it a balanced isotope.

When something is ionized it means that something has been added to it and you can add the same thing, for instance, you can add gold to more gold, or you can take copper and add gold to it and have a gold plate. In other words, to ionize something is to add something to a substance. In the same way to deionize something means to take something away and when you put the words together you get ionization, and that means how things are put together and how they're taken apart. Ionization is the moving of particles from a negative pole to a positive pole, and the unhindered rate of ionization is the speed of light and is 186 400 miles per second. Matter is

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made by ionization and matter is taken apart by ionization. Things are put together and taken apart by electrolysis. There is a relationship between ionization and resistance such that when the resistance is low the ionization is high, and when the resistance is high the ionization is low, just like a see saw, see sawing up and down. Unless you understand the principle of silver plating, nickel plating, chromium plating or gold plating you cannot understand the Theory of Ionization. Now suppose that we have something to plate and we put it down into the tank and the solution that we want to plate is in liquid form in the water and when the electrical charge is placed in the water it won't plate. The electrolyte is missing, and the electrolyte is salt.

Now in this case salt is the ionizer for silver plating and nickel plating, but in biological life it is nitrogen that is the ionizer. Nitrogen and only nitrogen and that's what makes biological life different from metals. The key that makes all biological life different from metals is nitrogen and there is no exception. Now, without that little cationic speck of nitrogen no biological life could exist on Earth, and it is around that little speck that a cell is plated, ionized, into existence on the frequency of the organ that's needed.

Try to keep the Theory of Ionization as simple as possible, as small particles moving from a negative origin to a positive collecting point, as particles collecting in the heart, in the brain, in the eyes, in the toenails, in the bones, in the tissue and the many different secretions in the body. Remember, the Biological Theory of Ionization is the same theory that takes place in a silver plating, nickel plating, chromium plating tank, and in the body you cannot correct the condition through the diet unless you know the point of origin and know the elements necessary to manufacture the substance needed at the point of loss of energy, which is the malady.

The liver is the origin of the stomach's HCl and it moves the ionized particles that comprise it, a little bit at a time, to the storage sacs of the stomach, and all of this does not go through the bloodstream, some of it goes direct and some of it goes by the ionization that takes place within our bodies. The little particles in this solution start off as a negative charge but as they come to the collecting point they accumulate and, being a relative matter, many of them form between the point of origin and the point of collecting but they're still manufactured at the point of origin. For instance, thyrotoxin and thyroxine are both cationic substances and not made in the liver. So it is through this that we can predict anywhere from minutes to months or years in advance where disease is going to strike and it is through this that we know where the malady is going to strike. For instance, suppose you had a four year old child and the child had a potassium deficiency, it wouldn't take any great amount of brains to know a brain tumor was developing, or suppose you had a child with a carbohydrate reading of 8 or 9, it wouldn't take any great amount of brains to know that the child was going to be a diabetic if you didn't correct that condition.

There is a specific difference between an anion and a cation, and the difference is determined by an oscilloscope and occurs in the direction of rotation and the energy levels. Leaving the energy levels aside for the moment, an anion rotates clockwise and a cation rotates anticlockwise, simple as that. Also in relation to electrical charge, an anion is a negative charge and a cation is a positive charge. An atom is a particle that contains both anions and cations. The atom may have either:

- a cationic core and anionic shell (positive core and negative electrons), or
- an anionic core and cationic shell, (negative core and positive electrons).

An atom is either a cation or anion all by itself and it doesn't have to be divided to become ionic. In other words, it does not borrow a charge from another element to make it ionic, although it may

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borrow some energy units, or pick them up again. There are nuclear physicists and particle physicists who claim to have found many new particles when they have bombarded the atom but what they have really found, but not identified properly, is the loss of energy from the atom. They have picked up the loss and change of energy in it, and the energy is either a negative or positive, or anion or cation, or proton or neutron which is saying the same thing in three different ways, and they are trying to classify at certain levels the difference in substance, like water. The purest of water, pure H_2O, does not all weigh the same, there's all kinds of pure water, not including the compounds in water either. For instance, you have heavy water, you have light water, you have dry water and then you have just water, it's a variation of the energy of your anions and cations that make it up. The lower the energy number of the anion and electrons in water the drier the water, the greater the energy number the heavier the water.

All elementary and compound atoms are made of cations and anions and it's now time to break a theory in chemistry that is commonly taught. Most people were, and are, taught that an atom had to have the same number of protons as electrons, for instance, the taught configuration of some well known elementary atoms is:

➢ Hydrogen (H)	1 Proton,	0 Neutrons,	1 Electron
➢ Carbon (C)	6 Protons,	6 Neutrons,	6 Electrons
➢ Nitrogen (N)	7 Protons,	7 Neutrons,	7 Electrons
➢ Oxygen (O)	8 Protons,	8 Neutrons,	8 Electrons
➢ Sodium (Na)	11 Protons,	12 neutrons,	11 Electrons
➢ Phosphorus (P)	15 Protons,	16 Neutrons,	15 Electrons
➢ Chlorine (Cl)	17 Protons,	18 Neutrons,	17 Electrons
➢ Potassium (K)	19 Protons,	20 Neutrons,	19 Electrons
➢ Calcium (Ca)	20 Protons,	20 Neutrons,	20 Electrons
➢ Manganese (Mn)	25 Protons,	30 Neutrons,	25 Electrons
➢ Arsenic (As)	33 Protons,	42 Neutrons,	33 Electrons
➢ Iodine (I)	53 Protons,	74 Neutrons,	53 Electrons

The current teaching for chemistry is wrong and it has been taught incorrectly for many years. For instance, any time in math, or physics or chemistry, that you have a ratio of 1:1 you have the same thing. In chemistry you were taught that you had to have the same number of protons as electrons, or as we say, the same number of cations as anions. Hydrogen has one proton and one electron, or one cation and one anion, a ratio of 1:1. Therefore anything that has the ratio of 1:1 should be hydrogen because nature would follow the Line of Least Resistance to make it so. Therefore, if oxygen had 8 protons and 8 electrons the physics of that structure would follow the line of least resistance and break it down to be 8 atoms of hydrogen. But since that doesn't happen it means that either nature doesn't follow the Line of Least Resistance or the currently taught atomic theory in chemistry is wrong. Since nature does follow the Line of Least Resistance it can only be that the current atomic model is incorrect.

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In considering the energy and structure of atoms Carey Reams said, "When I finished at college and got my Doctor of Science degree I could not figure energy in anything and I was taught just like you were taught, I did not know how, and when I got out into the field to work I fell flat on my face, I absolutely almost went insane for about three years trying to figure out what was wrong. You cannot figure energy as long as you have a ratio of 1:1, it's impossible, it cannot be done. So finally, in desperation, I went to private teachers who taught me how to figure energy, and to teach me the basic foundations of figuring energy I was charged US$50.00 an hour back in the Great Depression. In other words, they taught me the foundation of figuring energy. Dr. Charles Northam was the one who taught me how to figure this energy and taught me how wrong the books were and he had a nice write up in the 1937 Readers Digest. So what I'm saying to you is forget what you've been taught in the past and now just take it like it really is and I will prove this more and more as we go through it."

In considering the previous list of elements and what makes each element different to the other, consider this, the factor that makes the elements different to each other is the electrons in the outer orbit, that is, the ratio between anions and cations. Remember, it is the electrons in the outer shell that makes one element different from another. For instance, it is the atomic weight (AW) that gives the ratio of anions to cations, and the direction of electron spin that gives the configuration of core and shell, such that:

➢ Hydrogen (H)	(AW 1)	1 Anion, 1 Cation
➢ Carbon (C)	(AW 12)	1 Anion, 12 Cations
➢ Nitrogen (N)	(AW 14)	1 Anion, 14 Cations
➢ Oxygen (O)	(AW 16)	1 Anion, 16 Cations
➢ Sodium (Na)	(AW 23)	1 Anion, 23 Cations
➢ Phosphorus (P)	(AW 31)	1 Anion, 31 Cations
➢ Chlorine (Cl)	(AW 35.5)	1 Cation, 35 Anions (anionic element)
➢ Potassium (K)	(AW 39.1)	1 Cation, 39 Anions (anionic element)
➢ Calcium (Ca)	(AW 40.1)	1 Cation, 40 Anions (anionic element)
➢ Manganese (Mn)	(AW 54.9)	1 Anion, 54 Cations
➢ Arsenic (As)	(AW 74.9)	1 Anion, 74 Cations
➢ Iodine (I)	(AW 126.9)	1 Anion, 126 Cations

If you had a cationic element (anticlockwise electron rotation) with 1 Anion and 40 Cations you would not have calcium, you would have a new element that hasn't been named yet. It would have an atomic weight of 40, the same as calcium, but the elementary properties would be different because the direction of electron spin is different and is of great importance. The relationship between anions and cations and protons, neutrons and electrons, is:

- Cations are protons. A cation is the charged particle which will go to the cathode, therefore cations are positive therefore they are protons.

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- Anions go to the anode, therefore they are negative particles. Neutrons are always negative.
- Electrons can be either positive or negative, either one. The electron is the outer shell and the atomic weight is the number of electrons in that outer shell.

Now remember this, in all of our foods there's only three anionic, elements:

- Chlorine,
- Potassium, and
- Calcium.

Calcium is anionic and has 1 cation (nucleus) and 40 anions (electrons) - negative electrons

In contrast, Carbon is cationic and has 1 anion (nucleus) and 12 cations (electrons) - positive electrons

If you then consider the isotopes:

- Hydrogen,
- Helium,
- Nitrogen, and
- Oxygen.

The remaining elements of nutritional interest are cationic.

For a more complete discussion on ionic energy refer to the "Short Course in Chemistry", however:

- An anion has a variable energy rating between 1 - 499 Milhouse Units, and
- A cation has a variable energy rating between 500 - 999 Milhouse Units.

The greater the number of Milhouse Units of energy in an atom, the greater the atomic weight. In summary then: An ANION:

- is the smallest amount of energy that can be measured and has an energy range from 1 to 499 MHU.
- is a negative charge of energy.
- rotates clockwise.
- is a base.

A CATION:

- is the second smallest amount of energy that can be measured and has an energy range of 500 to 999 MHU.
- is a positive charge of energy.
- rotates anticlockwise.
- is an acid.

Magnetism is the attraction of cations to cations or the attraction of anions to anions and it is the combination of Boyle's Law and Baer's Law that says, "like things attract". The earth is basically cationic, and the north and south poles of the earth are also cationic, or positive. The negative part of the earth, the anionic part, is the hot center. When a bar magnet is suspended over the earth the poles must line up north to south because the positive cationic attraction of the magnet is greater than any anionic attraction. In addition to the center of the earth being anionic, the Van Allen radiation belt above the earth is also anionic.

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Anions only attract anions and cations only attract cations. All the cation and anion MHU on Earth are trying to get back together again and this is why a vine crawls along on the ground until it finds a tree to climb counterclockwise. Why a tree stands up. Why you walk with your head up instead of walking down on all fours like a dog. This is the biological law of polarity, anions attracting anions and cations attracting cations.

Now the anions in the earth are coming out of the earth, rising to the attraction provided by the Van Allen Belt and at the same time the cations in the air are falling to the attraction provided by the earth. As the anions rise and cations fall each interferes with the other, in other words, there's a battle going on in the atmosphere between the mixture of anions and cations caused by the combinations of the winds, air currents and temperatures that causes chaotic confusion. The interference of anions and cations is the atmosphere and without it there wouldn't be any atmosphere. In the atmosphere the anions are trying to get up to the anionic Van Allen Belt, and the cations are trying to get back to the cationic Earth. Now they're not trying to stop each other but they get in each other's way and it's in that interfering interaction that there is a change in frequency that causes compounds to be formed, water to be formed, rocks to be formed and minerals to be formed. In summary, the interaction of the cations and anions forms a frequency and this follows the rules and laws of physics that are cause and effect.

Anions are very smallest particles of energy and there's also great spaces between them. Now anions are also a teeny bit longer than they are wide and they roll out like little barrels, they roll out in singles, one at a time, not in groups and not in masses, but one at a time. Now they're generated so fast and they're red hot and they also roll very slowly until they strike something and then they bounce and go long ways. For instance they roll out like a barrel rolling till they strike something and then they go long ways in a straight line, maybe right through you and me and half of us in the class here and right through the wall and right on out into space to the Van Allen Belt.

Irritable.
Low blood sugar causes people to be irritable and cross, and you need to keep in mind that they're not fighting people, they're fighting for their life. If you understand that it helps a lot. Now low calcium also causes people to be irritable too, but when they have low calcium and low sugar you've really got a wildcat on your hands, especially if it's your wife.

Isotope.
An isotopic element can be either a cation or anion and is one in which the anions and cations can change places, in other words the core can become the outside, or it follows the line of least resistance, it'll get on the winning side. The very fact that we have isotopes makes chemistry complicated and because nature and energy will follow the Line of Least Resistance it means that certain elements have the power to theoretically, and do, change from one side to the other. In other words, the isotope is going to be on the "winning" side, the side with the greatest magnetic pull, because the line of least resistance is along the line of greatest magnetic pull. When you look at an isotopic atom there's a constant change from the "center" to "out" and "out" to the "center" and that makes it a balanced isotope. The four isotopes are:

- Hydrogen, Atomic Weight = 1
- Helium, Atomic Weight = 4
- Nitrogen, Atomic Weight = 14
- Oxygen, Atomic Weight = 16

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Some books say things like, "an isotope has the same atomic number but a different atomic weight than its parent element. An isotope can change directions when subjected to a powerful enough energy field. It tends to follow the greatest amount of energy pull".

That's correct, but all it's saying there is that during this change there's a loss of energy whenever the electrons and cations change places. There is a loss of anions and cations is what it's saying in plain simple English.

Most people are used to the classical type of solar system arrangement of an atom, the nucleus in the middle and the electrons going around. Please erase that from your mind because that's actually incorrect. You have to think of the atom as a three dimensional object with a core and clouds of electrons forming 3D figure 8 shapes. With an isotope there is an interchange occurring. When a charged particle on the shell comes through it may bump a core ion out out and it continues on the other way, and there's harmony between the two. They continue on back and forth, back and forth, all around, bump one out of the center and keep on, that's the harmony of the balance that's continually taking place. There is a difference in the number of anions and cations in an element and the isotope of that element.

Itch.

- Nose Itch may be pinworms.
- Rectal Itch. That may be tapeworms.
- Ground Itch. Ground itch is a worm, it gets under the skin it crawls all everywhere but doesn't make round and round circles. If you haven't had ground itch you missed about half your life. It's a benzene deficiency and a liver malfunction.

IUD Bleeding.

A woman had an IUD and had a lot of pain and bleeding from it. She also had a coccygeal cyst. The problem starts in the uterus, vagina, ovary, bladder or lower colon and if she clears that up then she should be able to hold the IUD.

J

Jackass.

Thank you very much, that's the first time I've ever been called a horse. I've been called a jackass but never a horse. Thank you. I appreciate your comment though just the same, I was just monkeying a little bit.

Jellyfish.

Vitamin C is the cellular cement and it's very important because when we start talking about putting amino acid cells together we're also talking about the interplay of vitamin C in there, and if you do not have vitamin C then you start losing energy. In other words, vitamin C plays it's part in the bonding of the cells. For instance, a jellyfish is soft and mushy and the only reason he's being held together is with vitamin C. When a jellyfish stings, or the thing that burns is the phosphorus in it.

Jesus Christ.

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See Also "Daily Devotions". Jesus had a very bad reputation, but he had a spotless character. Only you can touch your character, only you, and only you can do anything about making things better in your life, and others lives, and if you can then go by the numbers, if you can't, then do the best you can.

In Matthew 10:8 Jesus said, "Heal the sick, cleanse the lepers, raise the dead, cast out demons; freely ye have received, freely give." This is a command to every child of God, and every man of God. Jesus also said, "feed my sheep", he didn't say, "teach history", he said, "feed my sheep". So I want you to become shepherds, or assistant shepherds, and start feeding the sheep, but, by being here I want you to be veterinarians to help get some of these sheep healthy enough to work for God, and this is your duty to lead people in the paths of righteousness sake, and I got news for you the greatest sermon you'll ever preach is the way you walk, the way you live, the way you talk, and whether you read your daily mail from Heaven or not, and the company you keep and the food you eat, and be filled with enthusiasm.

These numbers are going to paint pictures for you to understand and to comprehend and you should use them for the glory of God because the moment you get the glory, "verily, verily" Jesus said, "you have your reward", but the moment you give God the glory that moment you will open your mind for what I call education by absorption, in other words the Holy Spirit will guide you. He says, "I will guide thee with mine eye". So God will give you the wisdom you need if you'll just give him the glory because He will not divide His glory with anyone.

If you will look for Jesus you will find Him, you'll find Him in the heart of the saints, you'll find Him in the flower, you will find Him in the lily of the field, you'll find Him in the stars at night, but the greatest place to find Him is in your heart where you can commune with him as friend with friend.

The finest thing that I know of to unload the burdens of life is to know a burden bearer who is willing to carry your burden for you, and I recommend Jesus Christ. With him he will carry your load, only you have to let him. There's a song "Take Your Burden To The Lord And Leave It There" and most people take it, but then they get up and take it away with them. There's no one, no human being that reaches maturity, who is not at times loaded with burdens almost too heavy to bear.

Let the Holy Spirit come in, clean all the evil thoughts out of your mind, and if you ever have a problem, say "What would Jesus do?" And do it.

It's really lot's of fun to follow in the footsteps of Jesus, except he went all the way to the cross for me, so I don't mind going to jail for him. You know Jesus commands us to heal the sick and He healed ten lepers and only one come back to say, "thank you", so don't expect people to come back and say, "thank you". I also believe that leper worked for him as long as he lived, but I don't know what the other nine did, but I imagine they were never the same again. So what I'm trying to tell you is all healing is done by the divine providence of the rules of God.

One of the things that amuses me so much about the Scriptures, all the people that Jesus healed while He was on Earth, there's no record of them doing anything for Him. I'd like to know what happened to them after He healed them.

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Jewels.
You will find what you look for in life. If you go to Church and look for hypocrites, you will find them, if you look for God's jewels you will find them and about 5% of church goers are God's jewels. Now if you go there hunting God's diamonds that shine like the sun you will find them, you'll find what you look for most. You know our face is the mirror of our soul, and if we look for happy pleasant things we will find happy and pleasant things, but if we look for the degradation and the sinful and the terrible things and the pessimist things we will become like what we look for most.

Jigsaw Puzzle.
Anions are energy, and cations are energy, and if you could blown them up big enough to see them with the natural eye, they would be in different shapes, like parts of a jigsaw puzzle. Energy has shape, and different energy has different shapes, and putting the energy together to form a body is like putting a jigsaw puzzle together.

Job.
It's our job to teach the health message as it is written in the bible, unashamed, the truth undivided, and then the results is up to God, not you or me. Regardless of what range they're in it is also your job to try to give them a diet, or give them directions to a retreat, where their body can be moved into Range 1.

If you send a child or a boy out to do a man's job he'll come back and give you a dozen reasons why the job can't be done, and all of the reasons are true as far as the boy is concerned, but you send a man out to do the same job and he'll come back and say, "what do you want me to do next, the job is finished."

When somebody comes back to you after you've asked him to do something and gives you any excuse why the job can't be done, or why they didn't do it, it means that you're dealing with a child. You've given them a job that's too big, you've over-estimated what they can do, and you either have to go and show them how to do it, send someone to show them how to do it or get someone else to do the job. But whenever you get into the position as a doctor or as a laboratory technician there is no-body for you to turn to, you're either going to have to do the job or quit.

Judgement.
Now it is not good to judge anyone unless he's on your payroll, then you have a right to correct, to teach, to admonish, to guide. But if he's not on your payroll let God judge him.

Juice.
See Individual Categories. When the urine pH is above 6.40 they can boost their Vitamin C intake with fruits and fruit juices, but below 6.40 the body's acid and they do not need it. Below 6.40 do not recommend fruit juices (orange, grapefruit, pineapple, etc) and below 6.20 keep your acid fruits to a minimum. With an acid system you can take citrus juice, pineapple juice, apple juice or other fruit juice and add a level teaspoon full of bicarbonate of soda to half a glass of these juices and stir it vigorously and as soon as it stops foaming you may drink the juice immediately and you have a pineapple carbonate or an orange carbonate drink which is very good. In the bottom of the glass there will be some soda dregs left over that didn't dissolve, just don't drink that. You may drink these juices because you have neutralised their acid which is a very good thing to do. Do not add the bicarbonate of soda to lemon juice or lemonade.

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Carrot Juice is rich in vitamin A but you don't give carrot juice to anyone that is on insulin, diabinese, orinate or diabinate because it is high in sugars. Also carrot juice is an excellent thing for leukemia but if you know a person that has leukemia, or classified to have, they should be in a retreat because there's a lot more to leukemia than just a vitamin A deficiency however it is the primary cause of it but many times the body refuses to accept the vitamin A in any shape form or way and you have to go, as the old saying is, all the way round Robin's barn to find a catalyst to make vitamin A available to them.

Watermelon Juice.
Juice the whole watermelon, rind, white and red. It will help to rebuild poorly functioning kidneys.

Prune Juice.
Prune juice contains magnesium and is a laxative so use when the pH is at 6.60 or above. Mix 50-50 with water and have first thing in the morning as a HOT drink. The hotter it is the faster it works. If it causes too loose a bowel then cut back on the prune juice.

Pear Juice.
Pears and pear juice contain magnesium and are a laxative. Use when the pH is at 6.60 or above. Mix 50-50 with water and have first thing in the morning as a HOT drink. The hotter it is the faster it works. If it causes too loose a bowel then cut back on the juice but not the water. Do not use pear and celery at the same meal, or do not juice them together, because they neutralise each other and you have nothing left but plain water, I mean they just destroy each other.

Lemon Juice.
Fresh squeezed lemon juice is the only anionic food and is nature's hydrochloric acid. Fresh squeezed lemon juice is not an acid, according to the direction of electron spin, it's a base. To make "lemonade" mix freshly squeezed lemon juice with distilled water in the ratio of 1 part lemon juice to 9 parts water. Add sweetener according to the numbers. Once squeezed, lemon juice is only good for up to 4 hours before it loses it's "zing".

Cranberry Juice.
To build up the manganese eat more squashes, okra and cucumber, foods with a lot of seeds, and drink cranberry juice.

Onion Juice.
You can juice onions for their vitamin C and have the juice with other vegetable juices but they sure do create a lot of gas.

Green Drink.
Excellent sources of raw chlorophyll are from spinach, wheatgrass, clover, lettuce, escarole, romaine, endive. You can also use ordinary Bermuda Grass or Kentucky Blue Grass and so forth. You grind it in a food chopper, the old-fashioned sausage mill, or you can get an electric one and grind it and then put it through a centrifuge or juicer, sling out the juice. Do not use it from cabbage, cauliflower leaves or collard leaves or turnip green leaves, it's too strong, it's too rough. Sip it slowly and it's one of the finest pain killers I know of. Now sometimes it takes a day and a half to two days for it to work, but it works. Please do not dilute it because you'd have to take too

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great a volume with a sick person. You give them green drink and carrot juice a total of 8 oz of each a day for an adult, say 4 oz of each twice a day.

Cabbage Juice.
The thing to do for ulcers is to use freshly squeezed cabbage juice three times a day as follows:

- Day 1. 2 oz of cabbage juice in 4 oz of water, 3 times a day, making a total of 6 oz each time.
- Day 2. 4 oz of cabbage juice in 2 oz of water, 3 times a day.
- Day 3. 6 oz pure cabbage juice 3 times a day.

I've never seen ulcers that this would not heal and I mean real quickly.

Jungle Rot.
One of the students on the course, a medical doctor, had jungle rot under his toenails, and the right foot was worse than the left. We picked it up. He'd had it ever since the (Vietnam) war.

Just Desserts.
In life we get what we deserve, and if you deserve the best then God will give you the best. You will get what you deserve in order to polish you, to make you beautiful, to make you shine like the Sun, to move you into the light of the Glory of God, and why resist it?

K

Key of Life.
The "Key of Life" is that all nature will follow the "Line of Least Resistance", and whenever the resistance becomes great enough on certain elements then the ion and the electron change places, whether it be an anion and a cation, or a cation and an anion, they change places. Now it cannot happen on all elements, only certain elements are isotopes wherein this phenomena takes place. So you see how marvelously made we are.

Kidney.
As the breast is a filtering system that extracts milk from blood, whether an animal or person, so the kidneys filter waste out of the blood, it's the exact same ionization principle. Now the blood with the water in it keeps the salts in solution and the body regulates the salts in two ways, by moving them out through the skin and out through the kidneys. The kidneys also filter the sugars out. In regard to water and lemon water consumption, a person with only one kidney would still get the same amount of water as a person with two kidneys and if you can get the kidneys to take any kind of water through them at all it'll take the sugars and salts out, but if the water accumulates and the tissue becomes soft and flaggy and spongy, the person's legs begin to swell, arms begin to swell, feet begin to swell and face begins to swell, then you've got kidney failure on your hands. If that happens then cut the water for a day or two and give them:

- watermelon seed tea in the winter, and
- watermelon juice in the summer.

Eat more watermelon, watermelon juice and have more watermelon seed tea and it'll rebuild those kidneys. For "Watermelon Seed Tea" you take the watermelon seeds, crack the hard shell and then

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steep them. Don't put the dry seeds in a blender because they'll blunt blender blades but they can be cracked with a seed mill. If it's in season you can juice the entire watermelon, rind, white and red.

Some people prefer the alternate to watermelon and that is corn silk tea. It does the same as watermelon seed tea but there is less preparation although you may have little swimmy wrigglies in your tea if you're not careful. Also sassafras tea and a little bit of coffee (Brazilian Tea - not very strong where you can see the bottom of the cup) is a diuretic.

Aloe Vera gel would help some but it would not take the swelling down very much very quickly, and you need to bring it down quickly. (Aloe Vera gel is good and will quickly help a haemorrhoidal condition or ulcers or something in the digestive tract). So get the water down.

When the entire body swells from just drinking distilled water then their body retains too much water and you'll find in many cases they have nephritis, or Bright's Disease, which is a kidney disease, the final stages of nephritis, and it's very difficult to handle. Also if people are on water pills because their body is retaining too much water then they are in a bad way and should be in a retreat.

In cases of kidney failure do not try it at home because they need to be tested about every two hours. For instance, at the start you may have to start them on lemonade for an hour each day to start with and then they'll begin to throw that off and then you put it on for two hours, and then for three hours and then you work up to a full day. But to start somebody that retains water right on the proper amount of lemonade it could cause serious problems, so this is why we have retreats is for these acute cases.

I would suggest sweat baths, stay in an extremely warm room all the time, even too warm for you and even though you're not sweating the sweat evaporates, so hot baths even Epsom salts in the water, things of that nature. Try, try, try to get those kidneys to functioning because they're in bad shape.

I see so much kidney trouble especially in summer and winter because of the iced tea and hot chocolate that people drink. Those people have a lot of kidney trouble. One of the things I've never understood is why one kidney will be a lot more effected than another. Sometime one kidney is half rotten with cancer and the other one is perfect. I don't understand how a kidney stone can be in one kidney and not the other but it is, or sometimes I find them in both kidneys but there's a lot of things we'll never understand this side of Heaven.

At Urine pH 5.4 and 7.6 you'll find increased organ stress particularly with the kidneys and bladder so be careful what you're recommending to them. If the kidneys are already under stress be careful about how you begin in talking with them.

There's two types of kidney stones and just for classification's sake we call them:

- Blue Stone is a very, very deep cobalt blue and is caused because a cationic silicon gets into the kidneys and crystallises, it ionizes in there, and it is a blue color because it has a very high protein in it. You will find the blue stones when you have a low pH, a highly acid system.

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- Pink Stone is sometimes red, sometimes beige, sometimes almost white but it's still called the pink stone, and is caused by calcium oxidising in the kidney and you will have the pink stones when you have a high pH.

These stones can be dissolved very quickly by changing the body chemistry and using the opposite ion against them. They break down into small particles and are passed out while urinating and the only thing generally used is just the straight foods because we've had 100% success with it. Now some foods are a lot more acid than others, some are a lot more alkaline than others, but they're all cationic, all acid, only some are more so than others. Just use the opposite ion to the stone:

- if it's a blue stone use an alkaline food, and
- if it's a pink stone you use more acid food.

With chronic kidney stones, even after they'd been on the program for three months they may still be passing them, and that's normal because it's quite likely that they are still breaking up and if it's the blue stone it may take up to 6 months to get them all out because it breaks off just a little piece at a time.

I've never seen a person that was on this diet form kidney stones if they followed it, and the largest kidney stone I've ever seen weighed about 4 ounces, a blue one. It was a giant thing and the doctors were able to save the man's kidney too.

A kidney stone doesn't always form near the duct that goes into the bladder, sometimes they're down in the end of the kidney, sometime in the back middle, sometimes in the top, they're in all kinds of places in the kidney but a kidney stone that forms in the duct that goes to the bladder may cause a retention of fluid but not generally so.

A kidney cancer cell is a pale cell and you can tell a kidney cancer cell from the other regular cancer cells because the regular body cancer cell is the most red and the kidney cancer cell is the light one. The regular cancer cell is the darker red, or the deeper red or the deeper color and sometimes a urine sediment of cells is a blend between a red and a greenish battleship grey. Sometimes the urine will look like pure blood coming out through the kidneys because there is such a breaking down of cancer in the body. Other specimens look like very thick soup and still others have a very thick sedimentation in the bottom because they were actually pieces of cancer cells coming out and thrown out through the kidneys, or are pieces of the kidney. If you find a whole blood cell in the urine then it's coming from either the bladder or some part of the urinary tract starting with the kidney.

Knowing.
I'm only telling about that which I know, and I'm humble enough to tell you and gracious enough to tell you that I don't know the answer to a lot of things. I'm only in the first grade to where this is going. My successors are going to take this thing and go a long way with it.

Knowledge.
The more knowledge you've got and the more facts that you know you have then the more sure you are of what you do.

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Laboratory Test.
The laboratory equation made from the urine and saliva analysis has 2600 differentials and that does not include age, height, weight, sex, race, color, nationality and so forth.

In a gallon of water there are approximately 80, 000 drops. In each drop there are approximately 5, 000, 000 Molecules and each molecule averages 14 000 Milhouse Units of Energy. In each drop there is approximately 7×10^{10} MHU and if all the water in all the ocean was converted to gallons you'd only have $^{1}/_{3}$ enough drops to measure the energy that you have in this equation. This is the range of the equation you're dealing with, and it says in the Bible that the hairs of our head are numbered.

Language of Plants - Potato.
Whenever you begin to look at the overall broadness and the beauty of life and you take notice of the things around you there's a joy within your soul that bubbles over that you cannot hide, and even plants have a way of talking to you. Consider an ordinary potato, the red potato. Look at that potato and he's telling you two or three things in his own potato language, he's got eyes that are sunken in, and:

- If you took him to an oculist he'd say he needs glasses. In other words it's the wrong diagnosis because he's going by appearances, squint eyed.
- If you take him to a neurologist he'd say he's nervous, he's squint eyed.
- If you took him to a historian he'd say he's an Indian because his eyes are sunk deep in his forehead.

You see what I'm saying. Now the real truth is that this potato come out of ground that was either deficient in manganese or phosphates. The deeper the eyes are sunken in a potato the more deficient the manganese, and the manganese can't get into the potato unless it's in phosphate form, just like it does in our bodies, phosphate of manganese. So if the potatoes we eat are deficient in manganese, and the lettuce, and the beans, and the cucumbers, or the watermelon has a lot of white seed in it (it hasn't matured because it's deficient in manganese) then we have a mineral deficiency which is going to effect our reproductive organs and the delta cells will accumulate there.

Here's what that potato says, "if you eat me I'm going to do something to you." You see now how this potato talks to you? You have to understand the language that this potato's trying to tell you. Also he said "I'm not very sweet, I'm a sourpuss", because the less the sugar the less the mineral. Isn't that wonderful how a potato can talk to you.

Corn has ears but it does not hear and vines have runners but no feet.

Law of Liberty.
It's so easy to not get, or misunderstand, what God is trying to say to us, so you need to "study to show yourself approved unto God a workman that needeth not to be ashamed, rightly dividing the word of truth."

Seek to know the truth for the truth shall make you free. This is the law of liberty, to know that you know that you know, and what a peace it is when you know that you know. If you know you know something, and you know you know it, you're not bragging when you say, "I know so and so",

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because you do know. You're only stating a fact. I can do so and so. I will do so and so or I'll find out why that these rules will not apply to you or to someone else.

Law of Physics.
All atoms under the same temperature and pressure are the same size. Now the more Milhouse units of energy you put into that container the greater the increase of weight.

Laws.
You'll be introduced to Boyle's Law and Baer's Law and you're going to find they're in conflict with some of the things that you learned in early chemistry classes, and it's going to also verify the things that we learn in this class.

Lawyers.
Now today we have a choice to serve God, or to obey some of the laws of man. We're supposed to obey the laws of man as far as it is within us without those laws conflicting with the law of God. If you turn to the Book of Luke in the Bible (Luke 11, 46 and 52), Jesus was speaking here and in Verse 46 it says, "and He said, woe unto you also ye lawyers ! for ye lade men with burdens griveous to be borne, and ye yourselves touch not the burdens with one of your fingers."

And in Verse 52 it says, "Woe unto you, lawyers ! For ye have taken away the key of knowledge: ye entered not in yourselves, and them that were entering in ye hindered."

In other words, the lawyers have made laws so confused until it's impossible to know what our rights are. "you have made life unbearable for us" is what he is saying here to the lawyers.

In June 1977 Doc had a meeting with his attorney at Roanoke because he was arrested the previous September and falsely accused of practising medicine without a license. The case was supposed to come up on the 27th of July 1977 and the County Solicitor advised saying, "if Doctor Reams will pay a US$1000 fine under protest, or 'nulla contenderi' we will drop the case as he's not practising in Virginia any more."

Well I refused to compromise with Satan because I would have jeopardised everyone of you. Now you cannot compromise with Satan, you've got to be on one side or the other. There are certain things that you can agree to that will not stand in the way of your overall program and it will not be contrary to the laws of God and still be within the law but there are times when you cannot compromise with evil, and to condone evil, or to be the member of an organisation whose foundation is not in God is evil, and any rule or any law that is made to protect such a union is a bad law and should not be tolerated.

In 1976 in Virginia I was offered a license, without examination, to practice medicine and I refused to accept it, and the reason I refused to accept it was that they would have given it to me one week and taken it away from me the next week, or they could have, and then I would have been under the penalty of the law. So far I'm not under the penalty of the law.

Laxative.
The main cause of digestion problems is that we do not have enough gelatine, oil and fiber in our diet and the following laxatives are used both when people do not have access to a colonic machine and also to help maintain the cleanliness of the colon:

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- metamucil,
- okra,
- gelatine, gello
- millet,
- agar agar,
- olive oil,
- pears,
- prune juice,
- vegetable gelatine,
- flax seed gelatine,
- cascara, cascara tea,
- Ginseng (a natural Chinese laxative that contains cascara),
- Chaparral (some people are allergic to it), and
- Anise seed tea,
- "Laxative Tea".

When gelatine mixes with the undigested food it forms like an oil that doesn't let it stick to the colon. You can have a person with a perfectly clean colon one day and all clogged up the next because of the lack of gelatine in their diet.

Many times after people start eating again after a fast, unless you have a lot of gelatine in their diet you're going to find it very difficult to keep the whole colon clean, transverse and all of it, because without gelatine the undigested foods becomes very gummy and sticky like flour dough when it sticks to your fingers, but if you use a lot of gelatine, like flax seed, which is easy and natural, and prune juice (high in magnesium) then it'll help to get the pH down to normal. Also there's "Gello" type gelatine as sweets which are also very good, some of it's animal gelatine and some of it's vegetable gelatine, and we recommend the vegetable gelatine. In other words we use all kinds of things in all kinds of ways to make up for deficiencies in diet or equipment and these are facts you must remember in order to handle your problem.

There's any number of good natural laxatives, and a proverb that may or may not be true, but it works with a lot of people, "a fresh pear a day will keep the colonics away" because of the magnesium sulphate in it. Anyone having pH say over 6.60, and they tend to be constipated then you'd want to recommend:

- a pear for breakfast, plus
- prune juice mixed with an equal amount of hot water first thing in the morning, according to how big or how constipated they are.
    - Small frame or Minor Condition. 4 oz prune juice.
    - Medium Frame or Moderate Condition. 6 oz prune juice.
    - Large Frame or Serious Condition. 8 oz prune juice.

It must be "first thing" when they get up even before they have their morning coffee. Make a hot drink out of it because the hotter it is the faster it gets the job done. If they complain about getting a loose bowel from it just cut it back, cut it back to either 3 ounces and 3, or 2 and 2, and if it still works as too much of a laxative cut the prune juice out altogether and just have them drink the hot water.

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When making colonic and nutritional program recommendations to your patients you need to make it very clear to them all, "it's better never to start this than to half do it because many people do just enough to mess up everything and then their condition takes advantage of the body chemistry change taking place and they end up worse than before they started". Tell them over and over and over, "if you don't mean to go through with it don't bother with it, don't touch it, let it alone, shun it like a rattlesnake, either do it or don't do it." For instance, there was an overweight woman with rheumatoid arthritis who went on the program and she lost a lot of weight and her situation had straightened out, even her limbs and fingers became nimble, and she was even able to go walking with her husband. Now she also started colonic therapy but didn't do it the way it was recommended (about three a week when she started) instead she got one this week then she waited three weeks before another and so on and then her problems started, she stirred up the colon waste and it wasn't washed out and got recycled in her body and effected her liver and then her whole system. So tell them, "do it or don't do it but don't half do it because it'll upset your chemistry and your routine and your life."

Lazy.
Some people are lazy and they won't use what they've got, and some try and use more than they've got. This is a factor that has about as much to do with vim, vigour, vitality and enthusiasm of life, their returning in life, what they expect, and there's whole lot to that to what you do.

Lean.
Remember this, lean by any given volume is four hundred times heavier than the same amount of fat.

Learn.
After you do tens and dozens and hundreds of tests you will eventually begin to see a bigger picture than you see at first. See everything you look at, cause and effect, cause and effect, cause and effect in everything.

It's a lot like when you first learn to read, you had the Dick and Jane series, "See Jane run. Run Jane run." and you read a word at a time and now many of you have progressed to the point that when you open the book and you look at a paragraph, before you even realise it your eye is down into the middle of the paragraph running out into the next, into the next and the eye just keeps moving. You have progressed, the same thing will happen here. You're looking one situation at a time but eventually you'll begin to see a bigger and bigger setup.

When you look at the numbers and you begin to talk with your patients they'll help you, they want to be helped and they don't expect you to have every single answer. In our office we make it clear to the people that we are still in training and that we don't have every answer. But we have sufficient answers to work with them to create the diet to bring about a change in their body chemistry, and that pacifies about like 99.99% of the people who walk in.

You've got two eyes and Doc's only got a half of one but he exposes his ignorance and remembers the answers. You know his skull's about 4 inches thick and it's very difficult to get anything in there but if it ever gets in it can't get out unless he wants it to go out.

Learning New Ideas.
"Truth and Consequence". It's very difficult to educate the educated, it's only that which you learn after you know it all is all that counts. That means after you get your sheep skin on the wall it's only

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what you learn after that only counts. It's been a very difficult thing for me in life to learn, to accept new ideas and to prove new ideas, but I'm not going to tell you anything in this class that you cannot prove, or I cannot prove to you beyond a shadow of a doubt.

Lemon.
See Also "Fasting", "Hydrochloric Acid". I want to break your first fad right here. Remember this, the difference in anionic and cationic substance is the direction the electrons travel in the outer shell. In an anion the electrons travel clockwise, and in a cation they travel counterclockwise.

The hydrochloric acid and gastric juice secreted in the digestive tract are anionic according to the direction of electron spin and most energy is created in the digestive tract when working anions against cations.

All foods you eat or drink are cationic, with the exception of the lemon, it's the only food that is anionic that I know in nature and I have tested over $^{1}/_{4}$ million different species, juices, fruits, vegetables, grasses, grass juices and everything, and over 16,000 different kinds of things that people could eat and there's only one anionic food so far identified and that's the lemon, all the rest are cationic.

Lemonade is made by diluting freshly squeezed lemon juice with distilled water in the ratio of 1 part lemon juice to 9 parts water. Sweetener may be added according to the carbohydrate reading and not according to taste. Generally, for a normal size adult, lemonade is consumed at the rate of 120 ml every hour for 10 hours per day from 8.00 a.m. to 6.00 p.m..

Only fresh lemon juice, and lemonade, is a natural, dilute hydrochloric acid that the body can use to start to put things together the easiest and the simplest with the least change. Lemonade helps:

- to rebuild the liver,
- to strengthen the liver function, and
- the liver to become a more efficient nuclear reactor.

Now it takes 18 hours to build an amino acid and when the liver gets lemon water into it, or lemonade (depending upon your sugar content), it can use it as a base for forming some 5 billion different enzymes a day with less chemical change than any other natural substance known to man.

Use only the fresh lemon juice, not the canned or bottled lemon juice or lemonade. It might be interesting for you to know that when we started to can lemon juice in Florida it wouldn't can, it'd spoil in spite of everything we did. It'd spoil, it'd rot, it'd blow up the can, and do just about everything but stay lemon juice. I was the one who discovered how to can lemon juice, and to can lemon juice it must be made cationic so we had to add citric acid to it, which is cationic also. Therefore the canned lemon juice, or the ones you find in bottles and even the frozen lemon juice will not work and do the same work as the fresh lemon juice because it has been allowed to change from an anionic form to a cationic form and has lost it's punch. Fresh lemon juice has a certain amount of cations and there's actually just barely enough anions to carry it over on the anionic side so any processing of lemon juice strengthens the cationic side. Remember, the canned, frozen or bottled lemon juice will not work.

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Regardless of the particular variety, if it's a lemon it's a lemon, and it doesn't matter if it's a Ponderosa or Meyers or any of the other varieties of lemons they're still anionic substance. Fresh squeezed lemon juice keeps it's punch for about 24 hours at the most, in fact it loses most of it in the first 4 hours so you cannot squeeze it and keep it, or freeze it and keep it because it loses its vitamins or its punch, it'd still be anionic but it still won't work either. It has to be squeezed and used fresh. In other words, if it's made up in the morning for the day, and you've had it in the morning then by that afternoon it's tasting real flat. Drinking 4 oz every hour on the hour it gets pretty flat by the afternoon because it's lost something, it's not got that vim, vigour and vitality punch to it.

A picked lemon stays vital as long as it has juice in it. As long as it has juice in it, it doesn't lose it, even in cold storage for 8 months to 10 months. Bitterness means that the lemon was picked too green, that's all, but it's still safe to use. If you look at a lemon, it has little cells in it that contain the juice. If those cells remain intact, and have juice, it's still anionic juice. So you can cut a lemon in half, squeeze half and put the other half in the refrigerator and it will remain good, while it's got juice in it, until it rots. Only those cells that are broken have lost their vitamin.

There's no age that they cannot take lemonade and we even start babies two weeks old on lemonade, and people should expect to consume the lemonade for a long, long time. I've been on it over 70 years now and I drink it as often as I can get it and I try to drink some every day. Occasionally I go for two or three days and drink it every hour but then when your body is in almost perfect harmony you will know when you need it and then go get it.

To determine exactly how much each of lemonade and water you should drink per day depends on your the weight. For the total amount of fluid they should drink per day under normal circumstances, divide their pound weight by two, and call it ounces. This is the amount per day for a 10 hour day. Half of that amount is lemonade to be had on the hour and half is water to be had on the half hour; all over a 10 hour day from 8 am to 6 pm. This is how much they should drink,

So a 20 lb baby should have 10 oz of water a day, 5 oz of lemonade and 5 oz of water, half an oz at a time.

Now a person that weighs 100 lb should drink 48 to 50 oz of water a day, taken every half hour from 8.00 a.m. for 10 hours a day, until 6.00 p.m. So if your requirement is 50 ounces per day it comes down to $2^1/2$ ounces every half hour. Now you should drink the lemonade on the hour and the water on the half hour, and that means as near exactly as you can and this is important to get the body back into rhythm.

When people are very ill, then weights from 90 lb to 140 lb get 32 oz of lemonade and 32 oz of water, and then after about two weeks cut it down to 32 oz of lemonade and about up to 12 to 16 oz of water, a little bit more than the half and half mark whenever they are seriously ill, and then as they get better you can cut it down to a person that weighs 90 lb they get 20 oz of lemonade and 20 oz of water. These are just ordinary principles that you follow.

If you work in kilograms, just call that ounces per day. So a person who weighs 80 kg (176lb) gets 80 oz of liquid per day, 40 oz lemonade and 40 oz water; 4 oz on the hour and 4 oz on the half hour.

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I would give lemon juice, or lemonade, to a person with high alkalinity, pH of 8.00 or 8.20, because it would create energy, anions against cations and even in cases of low pH, say 5.40, they get lemon juice because lemon juice is an alkaline, it's anionic, it's not an acid.

You do not use lemonade whenever:

- you have peptic ulcers after it gets clean enough to burn like fire, until you get the ulcers well, or
- it causes the kidneys to swell and be very painful and they cannot pass water.

There's only one kind of allergy that I know to lemonade and that is it won't let you pass water, the kidneys swell and hurt badly and you can't pass enough water. In other words, you're drinking more water than you're passing, and that's the only allergy I know to lemonade. If a person is on lemonade and they:

- break out in hives, or
- get sick at their stomach, or
- nauseated, or
- upchuck.

then that's a normal procedure when the body chemistry is changing in patterns, but if you cannot pass water, or your body retains water, or your feet, ankles and legs swell, or your thighs hold too much water and you have pain in your back then you have an allergy to lemons and there are people that have it.

Now you can tell within 4 to 7 days whether or not your body responds. One of the first ways to tell whether your body responds is on the first 3 day fast, the ureas will probably drop down to 1 over 2, or 1 over 4, and then it'll begin to pick up, it'll be 6 over 4, and the next day it'll probably be 6 over 6, and this day is the first day that the body chemistry is out of withdrawal because it's up to 12, it means that the body is responding to potassium (and if they have a brain tumor, or a tumor anywhere else in the body then it is diminishing, or receding, or getting smaller, or getting better).

Now one of the first things that happen after you put people on lemonade and water, they're going to say, "I think I'm coming down with pneumonia, I think I'm getting a really bad cold, my throat is sore."
So just say, "Praise the Lord, keep it up, you've got the mucous out of your throat for the first time in 40 years, keep it up and in three days you won't have any sore throat, I'm sure now."
"but it burns" "that's good, if it didn't burn the bacteria and mucous would be back in there. Those bacteria have been eating on the lining of the esophagus itself and has it irritated and therefore the lemonade causes a little irritation, burning.

Another complaint you'll get when you put people on lemonade is, "I had to get up 10 times last night to go to the bathroom."
just say, "Praise the Lord."
"What do you mean 'Praise the Lord', I didn't sleep a wink. Every time I got into bed I had to go to the bathroom again."
Just tell them, "friend, the person that can go to the bathroom is in good shape, but the ones that can't go and can't pass their water, they're in serious shape. From now on everytime you go to the bathroom you Praise the Lord."

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It was interesting that a medical doctor in the very first course tested lemon juice and said, "doctor, something's wrong with your teaching, lemon juice has a pH here of 5.80."
I said, "So what?"
He said, "Well that's an acid." I said, "It is not."
"Well", he said, "it is acid, isn't it?"
I said, "No, it's not acid. Remember your pH is a measure of resistance, please don't confuse it. You've been taught that if the pH is above 7 it's alkaline and if it's below 7 it's acid. Now that is not true. In it's broad sense yes it is, but in it's exact sense it's a measure of resistance, and when you know how to take those numbers and to untangle them and unravel them it means something. But in a lemon juice, if you test one and find the pH is below 7 don't think that it's acid, it is alkaline. It measures the resistance between the anions and the cations, and that's what pH is. Now in a broad sense it means that you either need one or the other, or deficient in one or the other, or you use one or the other to bring the resistance in a range so that the right amount of energy can be given off at the right time on the frequency down to the milli-milli-micron that you can use it. It has nothing to do with the direction in which the electron travels, nothing. The equipment you use to show that lemon juice is anionic is an oscilloscope, not a pH meter.

Doc gave this illustration about lemon juice one time saying, "if you've got a cattle ranch, and you've got pens into which you want to drive cattle then you're going to use horses. That same principle works in your body, where you've got cells into which you want to drive minerals then the forces that are going to put those minerals into those cells are anionic forces which are primarily lemon and calcium. That's the basic principle of how we're built like nickel plating, chromium plating, copper plating, etc.. You don't grow by cell division you're built by plating.

Leukemia.
Leukemia is cancer of the bone marrow, not the bone, but cancer of the bone marrow and leukemia is caused because of a vitamin A deficiency, vitamin A being a vital element in the manufacture of bone marrow. The term "cancer of the blood" is a result because it is the bone marrow that causes the blood to break down, this is the cause and effect. There are no two cases of leukemia alike and it's a very difficult problem.

A sample set of test numbers for leukemia would be:

$$4.4 \qquad \frac{6.20}{5.70} \qquad ? \qquad 4 \qquad \frac{8}{8}$$

These numbers indicate that the liver is not producing, and that the bile is almost acid. Leukemia and anemia are both in the same category of cause from a mineral deficiency in:

- Calcium,
- Iron,
- Iodine, and
- Oxygen

Where you've got leukemia AND low blood sugar you've got two maladies requiring absolutely opposite diets.

The chain reaction is it first starts with a calcium deficiency, which leads to an iron or iodine deficiency in the liver, and there may also be an oxygen deficiency from the lungs, and

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consequently the body does not manufacture, or accept, or receive enough vitamin A from the foods.

There has not been found one single case of leukemia, or anemia (where there was a high or low WBC), that did not have the lack of Vitamin A. The mineral deficiencies occur in that order and each one is just as important as the other because without those you cannot assimilate vitamin A. Any food with a yellow color has vitamin A. It's the carotene that's yellow so when you begin to deal with vitamin A look for the yellow color.

Although leukemia is caused because of a Vitamin A deficiency, the amount of Vitamin A you take has nothing to do with the amount that's available to you. You may be taking it by the pound and doing yourself damage. What you need to do is to find out why the body is not assimilating Vitamin A and set the body chemistry in position to accept Vitamin A. In the retreats there has been 100% success with leukemia victims, they got completely well.

Where there are cases of lymphatic leukemia there you have some confusion in terminology. I do not believe there is any such thing as lymphatic leukemia. Leukemia to me is diseases of the bone marrow and it's not lymphatic. Lymphatic to me is Hodgkin's Disease, an entirely different thing altogether and I have not been able to fathom some of these new descriptions of the way of naming the diseases. Lymphatic problems is the beginning of Hodgkin's disease and leukemia is the bone marrow problems in which it's not manufacturing the blood like it should manufacture it. It's entirely two different things, the numbers, the math, the diet and everything is absolutely as far as the East is from West apart.

If you know of a person that has leukemia, or is classified to have leukemia, they should be in a retreat because there's a lot more to leukemia than just a vitamin A deficiency even though it is the primary cause of it because many times the body refuses to accept the vitamin A in any shape form or way and, as the saying goes, you have to go all the way round Robin's Barn to find a catalyst to make vitamin A available to them. People with leukemia need to be in a retreat where they can get frequently tested and be continually monitored. So it isn't worth risking a human life for trying to hunt and tackle a system that would work, you may not have that much time and generally the more time you give a deficiency the more difficult it will be to reverse the trend of the deficiency. If there are no retreats then go by the numbers and do your best.

Since algavim is great for helping to assimilate vitamin A we give algavim to people with leukemia, they get algavim:

- Children less than 50 lb, 1 x 3 with each meal.
- Others over 50 lb, 2 x 3 with meals.
- Senior citizens, 2 x 4 with meals.

Carrot juice is an excellent thing for leukemia as is cucumber juice, the richest source of vitamin A. Not only is Royal Jelly given for the equal distribution of many different kind of calciums for arthritis and especially for soreness of the joints, it is an excellent product and highly beneficial in all leukemia cases along with the carrot and cucumber juice.

Leukemia treatments generally take about a year to really get them back to near normal, however in 10 weeks they're much improved and I've even known them to be able to go back to

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work after 10 weeks, light work about 2 to 4 hours a day, and after 6 or 8 more months be able to work 3 days a week all day and after about a year and a half they work the full week.

The color of the tongue can also indicate a leukemia condition, either:

- A tongue that's just as black as it can be, or
- A blue tongue, or bluish streaks on the gums.

Keep them on the diet until the whole tongue is as beautiful as a brand new tongue. Now the pH's of

$$\frac{5.40}{5.40}$$

would be a candidate for leukemia because there is a great lack of vitamin C and it is a lack of vitamin A that can cause a loss of vitamin C. Also when the pancreas starts to manufacture too much or too little insulin then the level of vitamin A drops off, then the level of vitamin C drops off too.

Lead poisoning can also be a first cause of leukemia.

Life, Seek & Find.

In life you'll find what you look for. If you're looking for:

- something to complain about, you'll find it,
- a stepping stone to rise to higher planes, you'll find it,
- diamonds or gold you'll find them, but it may be in the heart of a friend.

You will find what you look for, and my grandfather said to me once upon a time, "son, if you ever lose anything you look for it where you lost it".

If you lose the joy and the happiness of your life, or you're not happy, then look for happiness where you lost it. And if you lack something you'll never get it by complaining, you'll get it by digging, by searching for truth. Whenever you begin to look at the overall broadness and the beauty of life there's a joy within your soul that bubbles over that you cannot hide.

Lifespan.

With the difference in energies between males and females you would expect the males to outlive the females, yet many times they don't because either women handle stress better than men or they don't have the same stress level.

Light.

See also "Anion". Materially speaking what is the "Light" that comes out of an incandesent bulb? Light is heat. It's anions rolling on their side. Anions are very small and there are great spaces between them, for instance, if one of those anions were blown up to be the size of a golf ball the next nearest one would be 1730 miles away and that compares the size of them to the spaces they have.

Now anions are a teeny bit longer than they are wide and they roll out on their side like little barrels, in singles, one at a time, not in groups and not in masses, but one at a time and as they roll on their side they reflect the energy from one to the other, and that is light.

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Now they're generated so fast and they're red hot and they roll very slowly until they strike something and then they bounce and go long ways in a straight line, maybe right through you and me and right through the wall and out into space to the Van Allen Belt. Whenever an anion goes long ways it can even pass right through a wall and have as much room to pass through the wall as you would have to walk through a hanger door of an aeroplane hanger. They can pass straight through you without even touching you, without even hurting you, billions, billions and billions of them every day.

They are so small that you can send them from a broadcasting station, right through the night to your television set, right through the storm, right through the wall and they'll go into your television set and give you pictures, give you music or give you color, and I see little anions coming out end ways until they get to your television set, then it turns them around and rolls them sideways across that screen and then the reflection of light upon them gives you color. This is what light is, it's anionic beams.

Now, if you get beyond the Van Allen Belt it's very dark up there, so when the sun sends a beam of light down here it strikes the Van Allen Belt and then it starts rolling sideways and lights the Earth until the night turns around and the shadows then is the night, is the darkness. So this is what light is.

There's as much room for an anion to go through a 4 foot solid wall as there is for you to walk through a hanger door of a large aircraft hangar. You can send one of these beams from a broadcasting station right down through the ocean 3 miles deep on the bottom of the ocean, a submarine'll be down there and they go in a straight line through the holes in the water without even getting wet, into that antenna on that submarine. So this is how small they are.

Water has holes in it between the molecules like marbles in a tub or like grapefruit in a box. You know you can put a lot of cumquats in a box of grapefruit. It's the same way with anions passing through water. It's the same principle.

Light, Fluorescent.
Fluorescent lights effect different people in different ways and it can depend on how and where the lights are, and whether or not the lights are shining directly in their eyes, and sometimes it's the color of the fluorescent light itself more than it is the light itself. There are a great number of variables. On some people:

- there are no obvious and visible signs
- it can effect their eyes only
- it can tire them out a lot quicker

but all of it is because their energy rating is lower to start with.

Lightning.
What makes lightning is that there is a stream of the cations turned loose and then they hit a stream of anions, and the result is the lightning.

When, due to atmospheric conditions, the anionic and cationic forces become great enough there is a terrific explosion, and because the cations are more powerful than the anions they naturally suck the anions to the earth.

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I have seen cases where the anions are greater than the cations, up on mountains, and the anions would suck the cations out of the earth, and the lightning would go up instead of down. When that happens the bolt of lightning is not small, it's sometimes 18 - 24 inches thick.

Ball lightning is static lightning without a ground, and I've seen it roll right through a wall and across the floor like a ball. It's static electricity, and to a being like us it's harmless, however it can take every stitch of clothes off of you and leave you standing naked and not even hurt you, though it can scare you to death.

St Agnes' fire rolls around the wing of an airplane and finally dances off at the end. That can scare you to death the first time you see it, but after that you enjoy it.

Lips, Blue.
If the lips are showing blueness then it's an oxygen deficiency.

List of Nations of Bad Health.
One of the sad things is that America with:

- all its money,
- all its know how,
- all its medical hospitals,
- all its medical training programs, and
- all of the programs that we use for better health

is still 37th in the list of nations of bad health. Think of it. America is 37th according to the bureau of vital statistics in Washington D.C.. In other words, the system that we have at the present time is not working, we are paying doctors, or those in the healing arts to keep us sick.

With this system we are learning to stay well. This is a system of the practice of health and not the practice of medicine, nor chiropractic or naturopathy or anything else, it is the practice of health.
Live. You do not live off of the food you eat, you live off of the energy of the food you eat. So if you take calcium then the calcium doesn't replace anything, it only provides the energy from which substances are made to replace it.

Remember this, we do not live off of the foods we eat, we live off of the energy created by the foods we eat, by the resistance between the anions and anions, cations and cations or anions and cations. So we take calciums not to replace any mineral in our system whatever, or any other vitamins or minerals, we take them for the purpose of creating energy on our frequency that the liver puts together and we manufacture the part that will fit our own frequency.

Liver.
The pH of the saliva equals that of the liver bile, that's pretty close to constant and absolute most of the time. Any movement of the saliva pH away from perfect shows a dilution of the liver bile. Sometimes you'll have a saliva reading that you have a very, very, very difficult time in getting it to rise. You can do everything in the book and it just about won't rise and generally, for I have not found any exception, in this case the reason is that the liver is not getting enough oxygen from the lungs and in order to change this the person must do absolutely nothing for weeks, and weeks, and weeks, and I mean practically nothing except go to the bathroom, walk around the block slowly, or

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walk slowly for a quarter of a mile in the morning, maybe a half a mile a little later but very slowly, because if the saliva does not rise it's a lack of oxygen is the cause of it. Another probable reason could be either damage to the vagus nerve between the main trunk and the liver, or a brain tumor, which would be all in the same category.

In Biological Ionization vitamins, enzymes and amino acids are the same thing, and although they're normally referred to as enzymes, medical terminology refers to them as amino acids. An enzyme, or amino acid, is something manufactured by a hormone (a living cell), and a hormone is the product of a mineral.

The function of the liver is to put together the building blocks for the rest of the body, the amino acids, and the elements it uses in the chain reaction are nitrogen, calcium, oxygen, iron, iodine and water. Remember, energy is like parts of a jigsaw puzzle and the liver puts the energy together on our frequency.

A fascinating thing about the liver, and one of the strange wonders of the world, is that we have a cationic liver manufacturing anionic substance for digestion and the bowel, and out of that anionic hydrochloric bowel comes cationic amino acids that become a part of our various organs. You are cationic substance and therefore what you're made from has to be cationic substance. The liver is the atomic reactor for our whole system as far as interchanging anions and cations and is responsible for starting the manufacture of the enzymes that will become the body itself. The liver lays the foundation for the energy that is necessary to build the actual body tissue itself. All substance and all matter are put together by chelation and all our substance is put together by the liver. The liver is divided into
three parts or lobes and it may have as many as eight because you can take away a whole lobe and it'll grow another one back on, and you can take away another one and it'll grow another one back on, and you can take away $^{9}/_{8}$ of it and still have a whole liver because it'll grow it back on.

If we've got a healthy energy rating according to our age, then the liver will produce:

- 5 Billion different enzymes per day (24 hour period), and
- 6 Billion different enzymes per lifetime through childhood, infancy, babyhood, little boy, little girl, adolescent, adult etc.

When babies are little they can't walk, they have no teeth and a lot of them have no hair, but then their liver manufactures enough substance for them to have hair, then they start growing teeth and their joints get strong enough for them to walk, and so forth. Now after baby gets these things and goes past them he doesn't need it any more so the liver doesn't manufacture it any more. Later, whenever the young man comes into young manhood and the young woman comes into young womanhood other things need to happen and then the liver starts manufacturing a substance necessary for that age, and therefore nature distributes the elements to the direct parts of the body as required by the ionization of that system.

In manufacturing amino acids the liver is involved only in the early stage of production in that it only starts the manufacture of the amino acids, putting together about the first 60-70%, then these partially completed amino acids go out into the blood stream to circulate and await use by the transformer glands. In the body we have different organs tuned through the brain to pickup amino acids of various structures with their specific milli micronage, and very few of these enzymes

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have been named. For instance, the liver manufactures glycogen from which the pancreas manufactures alcohol. It is the milli micronage of the amino acids and Transformer Glands that determines the Line of Least Resistance which enables the Transformer Glands to grab specific amino acids by magnetic attraction. The milli micronage of the amino acid determines tints, shades and colors (Baer's Law, "like attracts like") of the body part where they go.

That has just opened a door to something truely amazing, and that is by these liver functioning and its 6 billion different enzymes that it manufactures, that whenever you find a pattern in body chemistry it will denote which of these enzymes is lacking, and then you can know which organ that needs or requires this particular kind of enzyme and then you can predict anywhere from a matter of minutes to a matter of years where cancer will strike before the patient has even began to notice any effects of the malady what so ever. If you could look at the liver the first thing you'd notice is its color, and of course the color is reflected in the milli micronage. The liver has the darkest color because of the minerals in it and some of the things that effect the liver's functioning are:

- calcium,
- oxygen,
- iron,
- iodine,
- water, and
- vitamin A.

The liver needs calcium and oxygen which determine the strength of the digestive juices. Calcium comes from the diet and the liver gets it's oxygen from the air through the lungs, but it also gets some from the water you drink. Next, the two elements that primarily constitute the liver, that makes the liver the liver, are iron and iodine. In regard to color and efficiency, a child's liver has less iodine and iron in it than an adult, and a very, very ill person has less iodine and iron and calciums in the liver than an adult.

When your liver gets the necessary calcium it is activated to produce amino acids, and water is the catalyst. If the liver's malfunctioning you're missing calciums in the liver because the chief element of the liver bile is calciums, and oxygen is the next element, then water is a carrier and the next substance it needs for hydrochloric acid is chlorine, and it gets that from vegetable salts, sodium chloride, and so on then you have a dilute hydrochloric acid. Remember too, a baby has a very dilute hydrochloric acid and so has to be fed on milk and very light food and most children cannot digest meats before they're 12 and nuts before they're 8 because their gastric juice is not strong enough, with the exception of pressure cooked peanuts, coconut and pinolia nut, those they can digest if they're soft. Even peanut butter as fine as you can grind it, or nut butters, are too coarse for a child's gastric juice and you're only asking for problems that's going to cost you money in doctor's bills if you give meats and nuts to children.

When the liver is working perfectly it manufactures a bile with a pH of 6.40 shown by the saliva pH. Now most of the foods that you put in the stomach are slightly more acid than that and as those acid foods mix with the bile a very gentle digestive process begins and you just feel wonderful, there's no violence, there's not excessive gas, you don't have stomach distress and you have sufficient calciums which controls your nerves, and the whole world is smiling at you.

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With the liver function, any reading away from perfect means a lack of calcium in the liver which means a dilution of the liver bile and the gastric juice. The more dilute the gastric juice the weaker it gets; the weaker the hydrochloric acid then the liver is unable to split the salts that come in, is unable to ionize them, and therefore the body accumulates the salts because there is generally insufficient water to wash them out. When the liver splits salts it takes the chlorine and uses it as a germicide, a cleanser, in the body and it's that that keeps the bugs and worms under control. The chlorine keeps us from having too many worms. If the liver needs rebuilding then it takes about 8 months, and generally about the time they get it rebuilt they overdo it and begin to break a lot of rules and stretch it out through an extra three or four months.

The thing to understand about ionization is that it is the moving of particles of energy from a negative to a positive and remember, an anion has a negative charge and a cation has a positive charge. Now the things that are confusing in this field of ionization are:

- the point of origin, which must be negative, and
- the collecting point, which must be positive.

Those are two different points and this is why so many people wrongly believe that:

- thyroxine is made by the thyroid gland, and
- the stomach makes a hydrochloric acid gastric juice.

Thyroxine is actually made in the pancreas and hydrochloric acid is made in the liver. For instance the stomach has storing up sacs, capillaries, that can be filled with the gastric juice that's made by the liver. The liver is the origin of the gastric juice, the body moves it to the storage sacs a little bit at a time and it stores it in the cells of the stomach. All of it does not go through the bloodstream, some of it goes directly by the ionization that takes place within our bodies. Now these little particles start off as a negative charge but as they come to the collecting point they accumulate and being of relative matter many of them form between the point of origin and the point of collection but they're still manufactured at the point of origin, the liver. It's the same theory that takes place in a silver plating, nickel plating, chromium plating tank.

You cannot correct the condition through the diet unless you know the point of origin and know the elements necessary to manufacture the substance needed at the point of loss of energy, which is the malady.

Our body cannot assimilate and utilise inorganic salts and minerals in the inorganic form, but remember this, you do not live off the food you drink or eat, you live off of the energy from the food you get. You do not live off of the minerals that you take as you take them, you live from the energy created by those minerals. Those minerals have to go into the liver and there are put together on your frequency, energy-wise, like silver plating, nickel plating, chromium plating and that's called ionization. The liver puts the energy of the minerals together on your frequency in the form of amino acids, and amino acids form the cell in the enzyme and hormone. The proteins transmit energy to the various parts of the body and they store it also. If that were not true there would not be any such thing as amino acid. The amino acid stores protein, and this is why the amino acid is so valuable to you. Now the amino acids in bottles that's advertised for people to buy separately for arthritis and other things are a crutch, just like vitamins, but if you need the help of a crutch you better use it.

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Our bodies can assimilate and utilise inorganic salts as well as organic salts from the water and then can utilise them in the amino acid form which it does by chelation. In other words it takes protein and uses it for the core of the cell, for the magnetic attraction, which then pulls the cell together on the biological frequency of the species, down to the milli-milli-micron respectively for each organ.

It is impossible for drugs to heal anyone because they cannot be made into building blocks for the body. They don't supply minerals and they can't create a new cell and they're a poison to the body because it doesn't fit the body frequency, it will not pattern itself into the protein building blocks, the amino acids. It has no place in our system so consequently the body throws it out, or it aggravates the condition or even delays recovery.

Now about 99.9% of all problems that you have will begin with the liver and it's manufacture of the 6 billion different enzymes. Anything that goes wrong generally comes back to the liver. It should manufacture 5 billion different enzymes a day and when it manufactures less than that then they become ill. The enzyme is made in the liver, transmitted from the liver to the various organs and if they don't function properly then it's reflected in the pH and in the ureas and so forth.
Alcohol is the greatest enemy that calciums ever had and some people's own system can manufacture too much alcohol. Excessive alcohol in the system oxidises the calcium in the liver, which means a lack of calcium for the liver which then causes the gastric juice to be too dilute. People who drink a lot often end up with cirrhosis of the liver providing they have enough calciums in their diet. Cirrhosis of the liver occurs when the liver turns to stone, because the alcohol has destroyed and oxidised the calciums in the liver and the liver can no longer function, which will bring about a premature death. The liver is about the only organ in the body that nine eights of it could be taken away and you would still have a whole liver, it rebuilds itself rather rapidly, but once it oxidises because of oxidised calcium then many times it will not rebuild because the liver is almost like pumice stone, it's too hard, it just will not rebuild. However people have lived for many, many, many years with a part of the liver already hardened without it killing them.

An alcoholic's liver may be restored but it all depends on where the cirrhosis is and how far advanced it is. Cirrhosis had the old fashioned name of "Stone Liver" because calcium hardened it, turned it to stone. Now the stone particles are not just around the edge of it but are in every cell of it. It's a type of collection in there, like taking sand and filling up a bucket with it, it's collected in there and after it reaches a certain ratio of hardness and compaction the blood doesn't circulate in there anymore, in other words it's like cobalation, you temporarily have a cobalt treatment, and the blood can't circulate in it anymore and after it reaches a certain stage of hardness then calcium is through every cell in the liver and if you take a part off it only throws more in the same place. So unless nature does it by itself I wouldn't recommend surgery on it.

Now there's another case of cirrhosis of the liver and the person does not drink alcoholic beverages, and has never drunk alcoholic beverages. The cause would be their pancreas manufacturing too much alcohol which has then ruined their liver, and the name of their disease is arthritis, and the calcium collects in the joints and everywhere else. It's generally all over and in this case people that die with arthritic conditions have cirrhosis of the liver and one of the symptoms of arthritis is muscle soreness and there's many other words for it, some people call it lumbago, or half a dozen names for muscular pains, but it's not the only cause because a vitamin C deficiency can cause muscle soreness and in severe cases can cause stretch marks in the skin.

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People with severe depression or mental imbalance generally have a calcium deficiency and in those cases their bodies cannot extract the calciums out which is absolutely necessary to make hydrochloric acid which extracts other substances out of the foods. Therefore your body becomes depleted in vitamins as well as minerals. Then the liver does not manufacture pantothenic acid causing soreness in the hands and the joints and this is the beginning of arthritis, is the lack of pantothenic acid, or vitamin B3, nicotinic acid, which effects you mentally.

The liver also manufactures an enzyme that controls the estrogen and testrogen flow in people:

- If it does not manufacture enough estrogen (or testrogen) the person becomes extremely violent, I meant insane. In other words it can upset these other two, the vitamin B3 and the vitamin B5.
- If it manufactures the least bit too much they become on a vegetable tendency line on which they're going to get to using too much of something, hooked on something, like too much alcohol, too much coca cola, too much cherry pie, too much sweets, too much cigarettes, too much pop, too much potatoes (I found one that was hooked on Irish potatoes). The least bit too much estrogen or testrogen breaks their resistance, they can't resist something, they're going to get hooked on something and if it goes a little bit farther still then they'll become a vegetable.

So you retract, you just find where they are and move their numbers back towards perfect and nature does the rest. It really isn't necessary to understand all of the mechanism of how this happens, it's nice to know it but if you'll just make a diet to bring them back towards perfect nature does the rest.

The main point you need to remember is that "the liver is the key organ that we work at." The liver is in the driver's seat, and when it comes to balancing the pH's there's a reason for trying to balance it quickly, if you don't give properly absorbed calciums by the mouth the body will continue to take the calciums from the body itself to sustain life, and that leaching brings about:

- Osteoporosis. If the body takes its calcium from the bones you're creating a situation called osteoporosis, which simply means that the calciums are not being absorbed from the food and the body is taking from the bone to sustain life, and
- Osteoarthritis. The leaching of the bone can only go on so long and once it's happened for a period of time, or it happens at the joint areas, now it's called osteoarthritis. Over a period of time you have thin bones and weak joints. This happens with people who are quite old, you always hear about people who fall and break their hip, and it takes them months and months and months to try and heal, this is their problem. The osteoarthritis.

Loft.

So in studying your mathematics you have to know where your loft is. We have 9 as our loft and then in the clock 6 is the loft. You can call it a Base, Base 12 or loft 12, either one.

If you take Base 4, or Loft 4, the numbers would be 1, 2, 3 and 4 is the highest number then you'd start back over here and it would be, 11, 12, 13 and 14, then it would come 21, 22, 23, and 24, this is the loft system. Loft means 'top', the top number. This is the abacus system that the Chinese use. Goes right back to the abacus system.

Logarithms.

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(See Also Part 16). The purpose of logarithms is to put numbers down small enough so that we can understand what they're about. Your logarithm is converting a large number to its smallest known denominator.

There's approximately 4 lb of stoles per 100 lb of weight within our body if it's quite muscular. Now in these stoles it carries the log frequency of our body, either 24 or 26, and therefore when we begin to think in the units of power that will cause the food we eat to give off sufficient energy in forms that are usable by the liver to manufacture the parts for our vital organs then we can understand the why and the wherefore of the need for logarithms.

The various forms of energy are like the parts of a jig saw puzzle that are put together to form the micronage, or molecule, and they are in such great proportions until you can't express them in numbers. You could express them in algebraic terms but algebraic terms are so big until it would be very difficult to know even roughly where you are. No one knows exactly where they are but they know the close range of where they are through logarithms and it's through logarithms that we:

- were able to calculate the five ranges.
- compared it to the frequency that we knew that that theory was right. In other words we can prove that theory is correct.
- determine that our normal body temperature should be between 98 and 99 degrees Farenheight.
- determine that an anionic body had a temperature of 980 degrees Centigrade.

There's so many things that you can do with logarithms, in fact they're very easy to handle and we're only handling the simple ones. There's many different kinds and uses of logarithms and it's also the basis for a slide rule. You can learn to use a slide rule without ever hearing of a logarithm. But they're the foundation basis of the use of a slide rule and now the more you know about them the more benefits you'll see.

Suppose that you should pick a native up out of the middle of Africa that'd never seen an automobile, and there's some over there that still yet haven't seen an automobile, and showed them a box of mechanical tools. They'd have no idea what they were until they saw an automobile, and then saw somebody using it, and then they begin to comprehend what the tools are for. But let's take a very highly educated professor in the United States, maybe he's a dietitian, and put him in the midst of Africa, I imagine he'd have a pretty torrid time making a living over there trying to figure out the way the native lives and he would be subject to all kinds of diseases because he wouldn't be immune to the diseases, he would have all kind of problems.

Now education is in your own environment, determining how to master every situation, because to say that the native in the forest is ignorant is an understatement. He's ignorant if you want to compare him with a college professor or someone that can read or speak many languages, yes, but what are you comparing education with? Education is simply a bag of tools to work with. Logarithms is a part of the tools you're going to need in the future courses. So if you don't know what the tools are for, never seen them in use I've done my best to tell you what they are about and how to use them.

We need logarithms because when you consider that there's approximately 5 million atoms in a drop of water and our bodies are approximately 70 to 80% water, and then we're dealing with the solids too, how can we calculate where our mineral deficiencies are with an average of 250 MHU

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per atomic anion and 750 MHU per atomic cation per elementary atom, and it takes many atoms to make a molecule, how can we figure it without logarithms? The number would be so big it would make probably a circle around the earth 50 times in zeros, so what we do we convert it down into small terms and logarithms is a small number that represents the larger number, it's just impossible to handle it otherwise.

In other words you can't deal with those numbers in their greatness. So it's easier to deal with them in logarithms than it is to deal with them otherwise, for instance, parts per million. So, we are dealing in parts per million but a part per million is like a giant boulder beside a particle of energy that actually does the plating of our growth, it's something like a golf ball compared to the size of the moon.

So, when you smell a rose you smell a part of that rose. The energy from that rose short circuits the nerve ends in your nose and you say it's a rose I smell, or it's a orange blossom, it's a violet, it's a this or that or the other.

What I'm trying to get you to do is to think, and the reason that we've expressed this in mathematics is to teach you to think. Now if you go home and you don't get your mathematics book and really learn to use logarithms like you breathe you're going to miss the boat. This is one thing you really need to learn, and learn to play with math, don't be afraid of it, learn your math and the purpose of it whether you ever use it or not it will teach you to think.

Lovable Person.
One sign of a lovable person is that they will help you by answering a question or giving you a smile or lifting you up.

Love.
If you turn to 1st Corinthians, 13th chapter, this is known as the love chapter in the Bible. The chapter of love, and anyone who reads this chapter slowly and thoughtfully every day for 30 consecutive days will never be the same again. It will do something to you. It will lift you up as on the wings of an eagle. There's so much in this chapter until if you read it every day for the rest of your life you'd see something different in it. You know when God is love, then we are, in His image then, if we are to be like Him we must love Him. Now, in order to love Him we must love ourselves because the Kingdom of God is within us and also the only way we can show God's love is to the people about us.

This is the way to prove that God loves you, and God is love, is to love the people about you. Anybody can love the lovable but it takes a real saint to love the unlovable and you cannot speak one unkind word against anyone without hating them, did you know that. Anytime you hear anyone speak any unkind word about anyone and it's meant to be unkind, then they hate that person. Now you have a right to be a fruit inspector but you do not have a right to inspect the tree. There's a lot of difference, God never chose anyone to help Him judge. So look for the best in people, look for something to build on, look for something fine about them and build on it. Sometimes it's quite difficult, but if you can even find them still breathing then you've got something to work on.

There's a time to be stern, there's a time to be joyful, there's a time to rejoice, there's a time to weep, and I'll tell you this, there's never a time when you shouldn't love everybody. Love is the theme of the world, it's love that conquers when all other things fail:

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- Love is action doing something beautiful.
- Love is service.
- Love is giving your all.
- Love is being spent whenever there's nothing else to spend.
- Love is pushing upward whenever there's not another gram of energy to push up, keep pushing anyway.
- Love is lifting your fellow man up regardless of what he says or does.

God is love, and how much of God is within you? There is the exact same amount of the love of God in you that you have made room for. If I should ask what's the weight of a battleship you might be confused, but the weight of a battleship with all of it's troops and armours and everything on ready to go to battle equals the weight of the water that it displaces, or it wouldn't float it would sink. So it is with the love of God within you, it is equal to the amount of space within you that you have given God to occupy. So, the more you give of yourself the more space you make available for the love of God within you, the more serviceable you will be to Him and the more He can trust you.

If you will look for Jesus you will find Him, and you'll find Him in the hearts of the saints, you'll find Him in the flower, you will find Him in the lily of the field, you'll find Him in the stars at night, but the greatest place to find Him is in your heart where you can commune with Him as friend with friend.

The Scripture bears out step by step the logic in the beauty of life. Isn't it wonderful that God showed us the way of love that conquers everything, that conquers all, that is supreme, that is not bound by dogmas, it's not bound by anything except our ability to contain it, divide with it. Love is something like energy, you can't store it you've got to use it. You can't store energy but for a very short time.

For instance if anybody just went to bed and stayed in bed when there's nothing wrong with them their muscles will atrophy and they get to where they couldn't walk, weakness would set in. So the only way to stay strong is to keep exercising, providing your energy's high enough not to destroy your reserve energy. In other words, don't burn up more energy with exercise than you take in, but you can't store it. Also you can't store love, only that which you divide can you keep and only the money that you give away can you keep. You can only keep that which you give away and carry it throughout eternity.

So the more that you help others the more God will help you. The more you divide your knowledge with others the more wisdom God will give to you. What I'm saying is God is Love, and the more that you love people the more love will come back to you and the less of unkind things you have to say about people the busier you will be.

When you deal with people and the problems they have handle them with intelligence and handle them with the love of God in your heart. Do not judge and do not give anyone a bad time. God has not authorised you to punish anybody, He has reserved the right of punishment for Himself and has not given it to anyone. If you can't lift anybody up don't push them down because anyone you push down you've got to go down with them. If you push them up you'll go up with them, there's no other way.

You'll find two things in dealing with people:

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- God is Love, and
- you'll begin to notice that the more ill most people become the less love they have and the more self centered they become. They get their eyes on themself and not the Lord.

One of the great benefits of getting people into a retreat is they get their eyes off of themselves and onto other people, they get to encouraging each other, and the moment they start assisting each other that is the time of a beginning for them to recover. But don't expect people to come back and say "thank you". Make it clear and plain where you're going and make it clear and plain that you love the people that come to you, show infinite love, divine love and there's something catching about that that will be as beneficial as any food that you can give is to love your patients and help them love others, teach them by your own acts without saying very much. So what I'm saying is "let God be God and let the Holy Spirit flow through you in everything you say and everything you do. Let Him guide you with his eye and don't get too excited" and "rejoice not in iniquity..". Do not rejoice whenever you see other people having a hard time, even your enemies, and one of the things you'll notice about a pagan people is that they laugh at each others troubles and mistakes and they have a distorted sense of humour, and it's pitiful when people rejoice in other people's problems whenever they could be helped, but rejoice in truth.

Love is a hard word to define. Once there was a king in England and he inaugurated the public schools in England, the first country in the world to have public schools and teachers, and after a year he began to visit the schools to see how well they were functioning and how well the children were learning. On visiting the schools the teacher always prepared a little play or little poems to show what the children could do. In one of the schools there was this beautiful little golden haired girl and the king asked the teacher, may I ask a question of these children? And she said, "certainly you may ask a question".

To this little golden haired girl about eight years old he asked, "what kingdom do you belong to?" And he expected her to proudly say, "I belong to the Kingdom of England", but she didn't say that, she looked up at the king's eyes and said, "sir, I belong to the Kingdom of Heaven. What Kingdom do you belong to?"

Sometimes it takes a child to put a monarch in his place. That child was filled with divine love. She knew what it was, she just didn't know how to express it, but she said it beautifully.

The world is dying for love, it's dying for kindness, it's dying for a little bit of encouragement, and it's within your hands and your power to channel it right out of Heaven.

Lumbago.
Too much of one kind of calcium and not enough of pantothenic acid, Vitamin B5, is the cause of arthritis, lumbago, neuritis and so forth. There is too much oxidation in the muscle.

Lungs.
See Also "Emphysema", "Food" & "Air & Food Supply". The liver needs calcium and oxygen, and the oxygen comes in through the lungs, puts it in the bloodstream which takes it to the liver. The lungs require a greater variety of mineral than any other part of the body and the best food for the lungs is "all spice", a mixture of several different spices.

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In regard to drugs, the organs that are damaged most by illegal drugs is not the brain, it is the lungs. Where people are on illegal drugs, or have been on drugs, you'll generally find a high emphysema count because they're not getting enough oxygen from the lungs to the liver, and all of these people are candidates for a retreat. Lungs can be restored by a good diet, also you must be out where there is fresh air. To get the lungs working for more oxygen then sing or play the harmonica. The harmonica's one of the best things if it's played correctly, not playing a tune, but a harmonica to be played correctly you breathe out and breathe in. You really make yourself work at it. In the Blue Ridge Retreat everybody would either sing or play the harmonica, you had no choice. He didn't ask you to play it well, you just play it. Most people then chose to sing, but you play or sing and it's usually when the lungs are showing lack of oxygen. If you've got more than about 10% of your lungs effected by emphysema then the breathing of ozone is rather dangerous because you're not getting enough oxygen to start with, and you could get into serious, serious trouble with it.

Lung Cell.

Now one illustration of what the lung cell looks like is if you take a balloon and blow it up then put a tree branch in it, and just like a tree, the branches are pointing upwards. (The tree is the "Type II" lung Cell)

Now the lung cells have to be soft and there's lots of spaces in it and one analogy is it looks like the uterus turned inside out. Now the alveoli are located right within the cell, and if you pick off one of these little tiny alveoli it's like picking a grape off a vine, and you're going to have some tiny little fibers left there and there'll be 24 fibers in the male and 26 fibers in the female, and that's anatomical harmony.

Now in the structure of the lung it's open in the middle and has cells all around it. We'll define some terms, "exhale" means to breathe out and "inhale" means to breathe in. Now when you exhale the alveoli open up to discharge all the air including CO_2 and moisture. Now when you inhale the alveoli fill with air and close and it's the pressure of one upon the other, the pressure of the air and the weight of the air that causes it to close and from the air is where we get 80% of our food.

We now need to look at the structure and purpose of the "tree" (Type II Cell) within the lungs. Considering the male body. The frequency of the male is .0000024 and the tree has a main stem, 24 major branches and 24 minor branches coming off each major branch with a result of 575 fine filament nerve ends. The female has a frequency of
.0000026 and the tree in the female lung has a main stem, 26 major branches and 26 minor branches coming off each major branch with a result of 676 fine filament nerve ends.

After you breathe in the alveoli close and the air molecules start bouncing around inside of the little sacs with all these tiny little trees in there. The fine filament nerve ends on the trees synchronize with the electron structure in the atoms and start to pick up the cationic substance that's bouncing around inside the little sacs. A later course on genetics will look at the ratio of oxygen needed by a female and a male because of the greater amount of oxygen needed by the foetus and the resultant demand placed on the mother.

It's the magnetic attraction that's putting the substances in the air onto the little free ends of the nerves that make up the "tree" structure in the lungs, then as you breathe out there's a chain reaction that starts up at the top of the lung and moves right on down to the base of the lung, and the chain

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reaction is that they all start to open up. They open as you breathe out, opening from the top going all the way to the bottom.

Now what happens in the air sac is that the minerals get zapped right into the blood vessel that's close by, and the other factor in here is oxygen, but as you breathe out the vacuum that's formed jerks the elements right into the adjoining capillary like a snake that's just swallowing it.

Now a good average of the oxygen in the air is about 15%, and of the remaining 85%, nitrogen has the greatest composition and remember the basic foundation of any and every amino acid is nitrogen.

Now, looking at this sac, we've got this "tree branch" in there, the air coming in from outside and there's also tiny little blood vessels running right along side of it with the open end of the sac at the opposite end to where the blood vessels are because the blood goes out the other side like the stem and there is the air blowing through the tree and it shakes the little branches, the nerve ends, and as it shakes the branches it snatches the oxygen cation in groups. Now the minimum number it could snatch off at one time is 36 for the male and 42 for the female because the trees have 576 nerve ends in the male and 676 nerve ends in the female. Now as the specific gravity of oxygen is 16, there are 16 nerve ends involved in the grabbing of each oxygen and they could not pull an oxygen molecule if there were only 12 of these nerve ends. In other words, they've got to be greater than the element that it pulls off. Now it'll pick up nitrogen too but only a very, very, very small amount, practically nil. In fact, it picks it up but it's so small till it's very difficult to distinguish the difference in the nitrogen that's in the cell of the lung and also the nitrogen that it picks up. I have analyzed the lungs, also called the lights, of animals after they were compressed and the thing about it is, mathematically speaking, there was a trace more of nitrogen than I could actually account for in the cellular amino acid structure.

Now, the nerve ends of the tree are fishing for minerals, trying to pick up cations, and if someone smokes then the heat burns off the nerve ends and they are coated by nicotine tar and sometimes they look so black and when this happens they cannot pull in the oxygen and the term for this condition is emphysema.

The difference between delta cells and emphysema cells is the moisture factor, the emphysema cell is a drier cell. The emphysema cell is drier than normal, and the delta cell is puffed up more than normal. Remember the progression from an alpha cell through delta cell to omega cell, if the cell remains whole in the body it continues to swell, puff up and gain size. An emphysema cell is a dry cell and a cancer cell is a wet cell. There are delta cells in the lungs if there is cancer, or TB, or an extremely bad cold, or pneumonia, etc.

The tree (Type II Cell) in the lungs can be destroyed by:

- damage to the vagus nervous system,
- lack of minerals,
- surgery,
- injury, or
- brain tumor, etc.

The tree will regenerate, rebuild, if there's no damage to the brain or vagus nerve, even in advanced emphysema it'll rebuild.

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The intake of carbon monoxide burns the tip ends of these nerve cells, it dehydrates them. Now chlorine gas doesn't burn them all off but it may effect you in a day or so, in other words it sets up a chain reaction, so chlorine gas isn't going to kill you instantly, you're going to die a day or two later. Now if you're in a chamber wherein there is no oxygen, and I'm speaking about gases used in war where there's a certain amount of chlorine gas, or mustard gas and you got other with it, but if you're put into a gas chamber like some of the States use gas chambers and there's no oxygen in this cell, it displaces it quickly, it can kill you in a matter of minutes, less than one minute.

Now fluid forms in the bottom of the lung partly by gravity and the oxygen can't get in there but the main reason has to do with the alcohol in the system and it's a variable, in other words the more alcohol you got in your system the greater amount of heat that it will produce and the greater the cooling effect it has in the lungs and so there's condensation happening in the lung and instead of the fluid being hot enough to evaporate out it collects faster than it can evaporate. Did you ever notice on a cold morning when you breathe out the steam seems to come from your lungs, well 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 lung cutting off the oxygen supply. In other words, if there is just enough of it you would drown.

Now in pneumonia there's a certain amount of this happening in the lungs but it's not like water because it's covering all of the lungs, it's mucous that's more like an oil, or a scum, and it's kind of stiff and if you put a stethoscope on a lung and they've got pneumonia it sounds like you're wadding up paper and then you need to see a medical doctor and get penicillin, streptomycin, aureomycin, terramycin and what not, whatever fits that person's body chemistry. Go by the numbers. For instance, certain people have allergies to penicillin, and many people know it by trial and error, others don't know it.

Now if there's too much alcohol in the body then Zest Tonic will not help. Alcohol evaporates quicker than water and it was also mentioned that the heat inside our bodies has an effect upon the alveoli, that if you've got too much alcohol then that little alveoli isn't going to open up, it's going to stay closed like a ball and moisture's going to form inside that cavity.

In regard to fevers, a fever will try to burn up the condensed water in the lungs, and many times a low grade fever, meaning less than 105^0 F, is an advantage to getting well in many, many cases however this depends on the special type of bacteria and the temperature needed for it's most favorable growth. So you have to work from different angles on your bacterial heat dimensions. Also there's certain bacteria that is working upon the body fluids that is dehydrating the body at such a rapid rate that there's a different effect. In other words, all fevers are a result of either a bacteria or a fungus but the different actions of the different kinds of bacteria or different kind of funguses they don't do the same thing in each case. Now the loss of energy we see in the patterns of the numbers is cationic heat energy.

To get the fluid out of the lungs a mustard poultice (or mustard plaster) is sometimes used but occasionally that may blister, but often heat on the chest will do the same thing.

Lupus Erythematosus.
There's two kinds of it:

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1. The one that's called by the bacteria that you pick up down in Mexico or the Islands that causes about one to two degrees of fever all the time, is the Island one, and
2. The one that's common in the USA which generally runs no fever and causes movable pains; pains in one place one day another place another day, skin diseases, skin scaling off, flaking off and so forth.

We've had excellent success with both types but you have to go at each from a different angle.

Also it is not uncommon to have both types, probably get the Island one then pick up the American one and end up with both kinds of symptoms.

Lymphatic System.
See Also "Hodgkin's Disease" &"Transformer Glands". In the body there is a constant seepage of protein out of the capillaries into the tissue spaces and it's up to the lymphatics to pull it out, and it does, and that's the only way it can come out. In just the last few years it's been found that there's a negative pressure in these tissue spaces and it's up to the lymphatics to keep it negative, and this is one of the great functions of the lymphatic system, and if it can't pull this protein out then it goes into a positive pressure, swelling takes place, pain takes place, and sickness and disease will take place and if it happens in the lungs you can die within 24 hours.

Now protein is a big molecule and all other substances readily pass back and forth between the capillary membrane and cannot cause pressure, but not protein. When excess protein gathers in the tissue or cellular spaces (the spaces around the cells) the pressure gets too great and it pushes the cells further away from the capillary membrane and here is the importance of the lymphatics, the only way for the protein to get out of there and reduce the pressure is via the lymphatic system.

If the protein does not get out then the pressure increases, pushes the cells out and then there's an inverse proportion between how far the fluids can go from the capillaries to reach the cells. When the cells get very far away they just can't get nutrients nor can they get oxygen, and without those things nutritive damage to the cells will result.

In other words, when the cell loses energy it swells putting it further away from the capillaries and the blood cannot circulate through. Now it is true that transformer glands use more electrical impulse charges than the other glands and they divide it and send it out and when the circulation isn't going through the area that the gland protects, it swells up, it rebels, it lets you know that something is wrong in an area.

M

Magnet.
The question is, "How does Boyle's Law relate to the poles of a magnet, the negative versus the positive?"

There's a difference in ratio, a pull. There's nature following the line of least resistance, if you had one cation that has we'll say 550 MHU in it and another one that has we'll say 850 MHU, the one with the 850 is going to pull the harder. Now, if you put those together they'll average down to a level half way between the two and that's the reason that a magnet works, is because the cations

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on one side is stronger than the cations on the other side. Now that's polarisation, they're both cations on both sides but the polarisation is different. Now, you can change the poles of a magnet, in other words, turn them around by changing the ratio, putting more cations on the other end.

Now what makes the compass point north is the polarisation that passes over the crust of the earth from the south magnetic field to the north magnetic field. Now they're both positive poles, they're cationic, and the cationic flow goes from south to north. Now, there's an anionic force that goes through the center of the earth where the heat is, within the earth, moving it back to the south magnetic field. Remember the direction in which the cations and anions travel all over the earth, they travel in the same direction from the south magnetic field equally over the crust of the earth to the north magnetic field.

Magnetism - "Like Attracts Like".
See Also "A Short Course In Chemistry - Magnetism". Now remember through all of this that elements do not have the same number of protons and neutrons, or as we say, cations and anions. In addition, remember too that density is a function of the number of cations and anions within the atom and the more cations and anions in an atom:

- the greater the atomic density,
- the greater the atomic weight, and
- the higher the elemental frequency.

In considering the aspects of "attraction" there are two laws that apply:

- Boyle's Law, which applies to gases, and
- Baer's Law, which applies to solids. (This needs more investigation)

Now Boyle's Law refers to gases and Baer's Law applies to solids in exactly the same way, so what is said for gases can be repeated for the other as far as solids are concerned, and both laws apply to liquids.

Boyle's Law has three variables:

- P is pressure,
- V is volume, and
- T is temperature.

The law says:
Pressure times Volume is a Constant (Temperature), and it's written PV = Constant (T)
Boyle's Law says that if you take a gas in a cylinder and:

- increase the pressure on it then the volume would decrease, and
- increase the volume then the pressure would drop.
- increase the pressure and volume it would mean there was an increase in temperature.

Now at a constant pressure and temperature the volume or space that an element takes up is the same for all elements. Boyle's Law proves that "all atoms under the same temperature and pressure are the same size" because if that wasn'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. So the very fact that we have a standard of weights makes Boyle's Law true. Now that does not hold true for compounds, molecules or cells and so under the same temperature and pressure cells may have different size, and you've got small cells and large cells.

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Baer's Law (or Beer's Law - depending on text) applies to solids and says:

"The absorption of light by an absorbing solution depends upon the thickness, d, of the solution and upon the

$$i_d = i_i \acute{} e^{\frac{k}{-}cd}$$

molecular concentration, c, of the absorbing material in the thickness of the solution under examination, thus:

This is Baer's or Beer's Law where:

- id is the intensity of light after passing through a distance "d" in the solution,
- ii is the intensity of the initial light,
- "e" is the logarithmic constant 2.72,
- k is the absorption coefficient.

Further reading is in "Theories of Organic Chemistry", by F. Heinrich, (Wiley and Sons, New York) and there is also a book on "Photometry" that covers this subject.

To make it simple, the first i_d is what goes in, the next one is what comes out and the end one is what's left in the light.

The summary of the combination of these two laws is that "like attracts like", in other words there is a "pull" or "magnetism" between things that are the same, and opposites do not attract, they repel. Magnetism is actually the attraction of cations to cations, or the attraction of anions to anions. Cations do not attract anions. For instance:

- magnetism in steel is radium, and you take the radium out and you lose the magnetism.
- In a bar magnet, the north pole of one magnet repels the north pole of the other, and the south pole of one magnet repels the south pole of the other.

This is Boyle's Law and Baer's Law because one pole is positive and one is negative, and the positive pole attracts the positive pole and the negative pole will attract the negative pole but if you turn them around then they resist each other.

It's very easy for anybody to be healthy, but to be sick you've got to work at it, you got to break all the rules and be very choosey about your foods, "I don't like this", "I don't like that" and then you can get to the place that your body chemistry will crave the thing that you do not need. What you crave most is what it has too much of and there is the magnet coming into effect, the physical application of Boyle's Law and Baer's Law coming into effect, "like things attract" each other and for that exact reason:

- an alcoholic craves his whiskey,
- a person that is a chain smoker craves his nicotine, and
- a person that's on drugs craves their drugs

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Now Baer's Law and Boyle's Law didn't change anything, they just expressed a biological fact of why we crave that which we have too much of, but when your body chemistry is "perfect" you will have an instinct that will let you know what you need for the exact same reason, and that is cause and effect, the loss or gain of energy. Remember, the Biological Theory of Ionization is how things are put together and how they're taken apart and this is what Boyle's Law and Baer's Law is about.

In considering foods and digestion, matter is energy and it exists as solid, liquid and gas and remember, Baer's Law and Boyle's Law apply to liquids in exactly the same way and this is the conversion factor that applies in the first stage of digestion, the extraction of the mineral energy from the food we eat and assimilating that into the system. While atoms under the same pressure and temperature are the same size, each individual atom's density is not the same, because density depends on the number of anions and cations in the atom. The greater the atomic density the greater the weight and the higher the frequency. Now the higher the frequency of the element the more resistance has to be applied through the digestion to slow the electrons to suit the frequency of the body, and when the digestion is not functioning perfectly that doesn't happen. In other words, if the digestive juices are not strong enough, or there's not enough resistance, then the liver can't convert the energy of the heavier elements into an amino acid to become the actual tissue of the body.

Now the food we eat goes from a solid, through a liquid and into a gas, it has to go through a liquid form in order to get to the gas and while the transition may be so rapid that it seems it skips a stage, it doesn't. It has to go through those states and as it does then the elements are the same size under the same temperature and pressure. Now when the food goes into the digestive tract and interacts with the gastric juice a gas or vapour is produced and it's the vapour that actually carries the elements with it into the bloodstream then on to the liver.

The liver is the atomic reactor for the whole system, it's function is to manufacture the building blocks, the amino acids, for the body and the elements it uses in the chain reaction are iron, iodine, oxygen, calcium and water. While the liver only starts the manufacture of the amino acids, manufacturing about 60-70% of the finished product, those partially completed amino acids go out into the blood stream and it is their milli micronage (tints, shades and colors) that enables the body to know where they go, the "like attracts like" of Boyle's Law and Baer's Law again. The transformer glands for the different organs and tissues are tuned through the brain to pickup these partially completed amino acids which they then ionize and tune to the exact milli milli micronage of the various structures in the body.

It is the brain that controls where the amino acids go because it is the master computer for the frequency, micronage, milli micronage and milli milli micronage, and it programs each cell in the body through the nerve to the cell stole, the program for the cell being in the stole. Now the stole does not feed information back to the brain for the brain to feed information to the liver for a new particular type of cell. The only time information goes back to the brain is if there is cell damage, say from cutting or bruising or something on that order and the message is "pain". In other words, the minute there is a signal that there's a problem then it'll try and replace the cell and reprogram for a new cell and a new plating effect and also to get rid of the delta cell, otherwise cells grow, reach their maturity, lose energy and are replaced in accordance with their micronage program held in the stole.

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For the beginning of cell structure these laws tell us that, "like attracts like" at the cell stole and the system has programmed the amino acids for upbuilding of various organs. Now remember one rule, "nature does not like to fight it's way around, it goes by the line of least resistance". So if an amino acid is programmed for the brain and it goes by the heart the heart will not pull it out because it is easier for the brain to pull it off and that is the application of the line of lease resistance as applied from Boyle's Law, "like attracts like". If we were to liken the patterns of energy to a series of cogs, and the amino acids floating through the system were also cogs of different sizes and shapes, then nature will pull out the part that fits. The line of least resistance of this says the right part will fit very easily, and that's where you get the "like attracts like" and that's why we say Boyle's Law again. This aspect of Boyle's Law has not been explained by anyone else in the world, this is something new.

Now the frequency of the body determines the diet, and once you know the frequency you know the diet, mathematically speaking. Now the lower the frequency, the cruder and larger the cell and the less food variety it takes. The higher the frequency, the more delicate the cell and the greater the number of elements that it takes to maintain life.

Now these are rules of physics, for instance, when comparing your skin with shoe leather made from cow hide you'll see that the finest and smallest cell is in your skin. The cell in shoe leather is coarse and the coarser the cell the more crude the food can be. Now there's certain principles within the structure of animals and people that are very similar, like the bone structure, or the brain structure, but still the overall, comparative cell structure is larger the lower the frequency of life.

Now the larger the cell of the brain the less intelligence and that comes back to Boyle's Law of energy and also the speed of the electron because the larger the cell the faster the electron has to travel in order to get around it in a certain length of time, but the smaller the cell the distance it has to travel is so much less. Another point along this same line is that the shorter the life of the animal the higher energy food is needed. For instance vultures eating carrion can utilise food of very high energy in very short digestion time.

Now in the environment of the human body, even as far as atomic energy is concerned, we're dealing with two constants:

- atmospheric pressure, and
- the temperature of the human body.

What we're talking about here is the sum of the parts, and the sum of the parts together will equal the whole, and parts of the gas in this law are atomic elements, little miniature gaseous formations within themselves and remember Boyle's Law applies to a gas. You can reduce the gas to it's smallest amount, a pure element, within that and the law will apply in exactly the same way. This is where Doctor Reams ran afoul of the typical, traditional physics and chemistry with their little atmospheric nucleus with equal numbers of protons and neutrons because that theory conflicts with Boyle's Law. Either one or the other has to be right and from experimentation we know Boyle's Law is correct, and because it's correct it has to apply to the smallest common denominator of pure element within a gas.

You need to know these things but it doesn't have any direct bearing with the math of the future except to know that it's out there. In other words, all this is doing is proving the theory of ionization by the laws of chemistry and physics. These things are accurate by the laws of

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chemistry but you'll not need the equations of these laws in the overall calculations later. But if you're asked "how do you know that there's not an equal number of protons and neutrons within a mol", then you have Boyle's Law and Baer's Law and other laws to verify it. Now in basic chemistry it says, "opposite ions attract each other" and yet these laws say that "like things attract" each other. So this is only a proof preparing you to answer the questions that's going to be thrown to you by some "four-year wonders".

For instance, water is the only substance that expands when it's heated and frozen, all the rest do the opposite. Now there's one proof right there that the rule's correct, under the same temperature and pressure all atoms are the same size. Now keeping the relationships of Boyle's Law in mind:

- if you instantly put somebody on the other side of the Van Allen Belt they would explode, or blow up, because the sudden loss of pressure would cause a tremendous expansion of volume.
- when a skin diver goes down too deep and comes up too fast he gets what they call the bends. That's the nitrogen gas coming out of the blood and it actually causes a clotting of the blood, a poisoning of him. There's not an even change as he comes from deep water up, they have to depressurize slowly so the extra gas that's dissolved in the blood can be taken care of slowly.

Malady.
You'll have people call you up and say, "have you ever had this kind of a case", or "has Doctor Reams ever had this kind of a case?"

Well, every day there's new names coming up for old maladies, and by old maladies I mean just a plain loss of energy and the greater the number of problems the lower the energy rating. Just tell them quickly,

"Regardless of what you name it, any malady is a loss of energy and there's not any kind of a case that we have not dealt with, name it what you may. Naming it doesn't cure it. In order to help you I'd have to have your numbers, and then we'll see whether or not your body responds".

You've told the whole story in just three or four sentences.

The beginning of maladies begin with the nerves of the vagus system and illness conditions, or maladies, should begin to be corrected in childhood, correct them at the earliest point of discovery. Do not wait until the disease knocks you down or makes it absolutely impossible for you to go and then do something about it.

I'll also say this about maladies or illnesses, "you generally crave the food that makes you ill, and you'll generally resent the food that makes you well, it repels you." There's something repellent about it and it's a matter of changing your body chemistry patterns and two of Doc's favorite expressions are:

- "that which you dislike the most to eat is generally what your body needs," and
- "that which you crave the most is what you need the least."

If you'll change your body chemistry from one pattern to another, or from the wrong pattern to Range A, you will find that your taste buds will like things that they once disliked.

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In teaching this we're going to link certain phenomena with certain ranges but when you begin to study the ranges this is where you find you can have the same malady in any range, but it will be the zone fitting into the range rather than the range trying to determine the malady or the condition, and the reason we're doing this as we're doing it is so that you can get out and use a lot more of these things everyday rather than to try to take weeks and months mastering the mathematics of it. In getting well many times what is most predominating today, 3 or 4 weeks from today won't be the predominating factor because nature doesn't get you well evenly all over at the same time.

Go by the numbers.

Malaria.
Now the "Salmonella" group is a large group and Malaria is a salmonella, and a little of it stays in the blood.

A missionary in Africa has malaria and needs help and there is much that can be done. If they're tested, get their body chemistry in order, and K-Min may help but the main suggestion would be to take adabrine, A-D-A-B-R-I-N (Unsure of the accuracy of this product).

Malignant.
Many times a doctor has mentioned that a carcinoma was malignant, or a cancer was malignant and it scares people plum to death, they think that malignant means incurable, there's no hope, and surgery's imminent.

The word malignant simply means, "growing at a rather rapid rate".

You can have malignant carcinoma as well as malignant cancer, or measles, or hives, or whatnot. In other words anything that grows at a very rapid rate is said to be malignant, and that's all the word malignant means.

When mineral energy is lacking in small amounts in cells the growth is rather slowly, but surely, and the cells will start breaking down while they are still the same size, but let's suppose that these cells are starving at a very rapid rate, then they break down at such a rate that the cell is cut off from its supply by a stricture, or a breaking, or a dying off of the nerve that feeds that cell, and it begins to deteriorate before it has even a chance to swell, and when this happens the area in which these cells are found is said to be malignant and all because of a nutrient deficiency.

What you need to do is to replace the nutrient that the particular section of the body needs and then let nature replace those cells.

Manufacturing.
You need to get a book or encyclopedia on simple chemistry and simple products and it'll open your eyes to the beautiful world that's around you.

Mark Off Sheet.
You use a Mark Off Sheet and check mark the things they need.

Master the Subject.

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If you want to be a master of the subject I suggest you spend at least two hours every day studying these things because it's like a bunch of thread that's got all tangled up and it's going to take you a while to untangle it and begin to get back to your thoughts of where you left off and to make sense out of it.

This isn't something like taking a whole course in a few minutes, it's teaching you to think the thing through and there is such a thing as seeing through the problem. For instance, we'll touch upon "dimensions" later and "dimensions" is the shape of the energy that makes the molecule for each respective organ in the body from the brain, the heart, the bones and how they differ.

Mastitis.
Mastitis is a fever that separates the milk and the cream. Generally it's a lack of vitamin C and very easy to fix, but you've got to get the body able to accept vitamin C.

I don't know if nursing is doing any harm, but if my wife had fever I wouldn't want the baby nursing, period. I would give the baby soy milk and so on because I would not want the baby nursing from any mother that had a fever, because if the mother's sick I wouldn't want the baby sick.

Mathematics.
I want you to know that I have no way whatever of healing anybody, I have no cures whatsoever. Jesus is the great physician, He made the laws of physics, he made the laws of biology, he made the laws of diet and he can change them any time he wants to for his glory. But if we obey them there are great rewards and if we do not obey them then we have the punishment of illness, of early death, of all kinds of problems that can easily become worse. So as we study the laws of biology remember that God made them and all that we're learning is to learn absolute obedience and to follow them.

As far as I know this is the first time that every degree of biological life has been expressed in mathematical terms. God is a God of mathematics, He is a God of science. He made it all and He made it by math. He said in Luke 12:7, "even the hairs of our head are numbered". You're going to learn about that in the course and even more than that because every cell in your body is numbered.

You're different from everyone else and anyone else and there's no two people alike, and there's no one person that isn't allergic to something. There is no such thing as a cure-all, except the Lord Jesus Christ, and you're going to learn that and the why of it.

Mathematics is built on daily building blocks. Every single day you have to learn what you've been given in order to put a building block on for the next day and if you fail to do that you're going to have something that falls over. Mathematics is built on rules and you've got to learn those rules and every single day, as you get more information you have to take that in, chew on it, think it down, the next day build on top of it.

An expression that Doc uses is "math by deduction", which means that if you have three variables and you know two of them you can calculate the third one, that's math by deduction.

With the Test expression we're learning to express chemical, or health, phenomena in mathematical terms. Now mathematics is actually a language, and if you don't believe that then:

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- just look at your bank statement on the first of the month, it really screams at you.
- if you go to the store where they sell thread, and you ask for a number 14/50 thread you would get the color 14 (which is navy blue), and 50 is the size, 1/50 inch in size. Number 8 thread is larger than a 100 because the 8 is an 1/8 of an inch and the 100 is 1/100 of an inch so it's a very fine silk thread would be a hundred thread.

So you see how numbers can really talk to you.

Mathematics is really no more than numbers, and we're going to learn the language of numbers and when these numbers are in a certain place it means a certain thing to do. We must learn to express the principles of health in mathematical terms and during this course there's going to be a lot of very simplified mathematical patterns. Can you begin to see how we are simply a stack of mathematical numbers, and one of the things that's great about this course is that when a patient comes in to you, you don't have to ask any more than their identification, you don't need to know anything about case history or anything else.

In order to work out the perfect pattern according to the frequency you need to use advanced calculus and relative math, and it also depends on how far you go, for instance, if you go far enough in advanced calculus you've got Euclid and Enid:

- Euclid Math (from Euclidean Theory) is the picture (which goes back to the geometrical patterns that architects use to draw the blue print of the building, or the bridge, or the railroad, or the mechanical engineer draws to whatever he wants the shop to build), and.
- Enid Math is what makes math become a language, in other words it's a language in which you can converse and convey ideas and thoughts

and then after you do that you're in relativity, but you won't need quantum mechanics as far as this course is concerned. You've also got to get it in your head that there's more than one way to express any of this and as you work with this system you will begin to learn how to convey certain things by numbers rather than words because they're precise, they're very accurate.

For instance if you wanted to say:

- Heart Attack — you'd say - 81
- Headache — you'd say - 811
- Arizona Salmonella — you'd say - 126
- Brain Tumor from Potassium deficiency — you'd say - 220
- Infection in Digestive Tract Caused by Worms — you'd say - 23
- Infection in Digestive Tract Caused by Tape Worm — you'd say - 23T
- Infection in Digestive Tract Caused by Pin Worm — you'd say - 23P

So as you begin to study the language of mathematics it's a short-cut that makes you very precise and very accurate and you begin to work with numbers until you can think in math, and when you think in math you don't make so many mistakes.

You begin logarithms in Course 4, and in that course we'll be introduced to the beginning of relative math. From the beginning you have dealt in geometrical math (which is straight lines) but in relative math the rules are entirely different, for instance, in geometrical math parallel lines never meet, but in relative math they must cross at least twice, and may cross many more times than that.

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Now if that were not true there would be no such thing as matter or substance, and we would have an anion and cation universe.

In relative math the zero doesn't add or change anything at all because the zero in relative math is a zero, it's nothing. For instance, you may think that a straight line is the nearest distance between two points, now in geometrical math that's true but in relative math it's not true. I'd like to see you go from here straight to Moscow, or to Hong Kong. You can't go straight through the Earth, that's the nearest distance, so you have to go around. It's a bit like the little frog on the edge of the pond was saying "too deep", "too deep", "too deep", and the big frog in the middle of the pond was saying "go 'round", "go 'round", "go 'round" is an example of relative math and geometrical math. In other words, you can't go straight to Moscow from here because you'd have to go through the Earth, so you have to go relative math, you have to "go 'round". You begin to see the difference now.

Here's another problem. Whenever a rocket was shot off from the Earth to go to the moon, it had to make 2 or 3 circles around the Earth before it could set off for where the Moon was going to be in its orbit when the rocket got there, or else they would have missed it, it would have been on the other side of the Earth. So the men that went to the moon actually travelled in the same direction going from the Moon back to Earth as they did from the Earth to the Moon, because if they hadn't they'd still be out in space, they'd have missed the earth completely because of the orbits, they had to keep a straight line or they would have missed it. Also in those moon shots Man did not complete the circle, he just went from one point to another. So after you get outside of the Van Allen Belt these relative circles are quite large. This is Relative Math, it travels in circles.

Now Halley's Comet is travelling at a terrific rate of speed, and it makes a circle big enough so it takes 75 years to made its complete cycle, and it's due to be visible to the Earth again in 1985 and about 2060. I was just a little seven year old boy but I remember seeing Halley's Comet in 1910, "that star with a tail", and if you'd watch it for two or three minutes at night you could tell that it was moving and you could also tell that the tail was not always straight and that it was not travelling in a perfectly straight line, but a near straight line.

Now going back to the term relativity, relativity means circles, coming back and joining themselves and so you can begin to see why we do not deal with zeros in relative math. In a circle there's no beginning and no end, literally, and zero denotes a beginning and an ending. So relative math uses numbers without a beginning and without an end.

So, are you getting a mental vision of the difference between relative math and geometrical math. Now in Geometrical Math parallel lines never meet, like a railroad track, but in relative math they not only cross once but they cross twice before it makes a complete circle. Is there anything difficult to see about that? The difference in geometrical math and relative math.

In trying to teach logarithms, Doc explained after class one night, "fellows, on those logarithms, the reason I was having a little difficulty with some of the people was that they didn't understand the elementary part of it, and it's been so long ago since I went through all of that I didn't remember it."

I'll tell you a fact, some of the most famous mathematicians who do their most brilliant work between the age of 18, 23, 24 on intuition (and I wonder if that intuition isn't directed), often times years later when they're working out, or duplicating, some of their own experiments, will have to

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go through and prove things that they did years ago when their students were sitting there, "hey! You did that back in 19ought7, it's right in your book."
"Oh, is it?"

It's the elementary thing that you think everybody knows to start off with.

So all we did was try to listen to Doc and take the portions which we think we could understand and just simply pass it along, all we're trying to do is act as an interpreter. Remember, we're here to help people, because if we are not going to help people we're not going to be around very long.

Mathematics is the most perfect science that there is, and a lot of people make mistakes with it. Let me say it this way, you cannot break the laws of physics, you cannot break the laws of God, that is impossible, but you can break yourself on those laws. Now the more you understand the theory of these laws the easier it is to obey the law, but if you don't understand the theory of the law how can you obey it. If you don't know where you're going how do you know when you get there? Do you see what I'm saying?

Matter.
Whenever the combination of cations and anions come into existence matter is the result. Matter is caused by ionization. Matter is made by ionization and matter is taken apart by ionization.

Matter is the substance between electricity and heat such that E1 + E2 = matter. In other words heat plus electricity equals matter. In other words it solidifies it, collects it, therefore the combination of two atoms must come into contact in which one atom will pick up an extra electron, or borrow one temporarily from the other one, not for itself permanently but as a binder to hold it together. Like grapefruit stacked in a box, there's a lot of space between them, and it's only where they touch would be where the chelate is, and the chelate is the claw, the extra electron that it weaves in like children were marching in and out the windows, it's on that principle. It's the way of knitting it together, is the adhesive electrical attraction of any substance.

Matter, Energy, Space and Time (MEST).
See also Part 10 "Stories and Illustrations - Time Change". God did it all by himself. You know God is not limited by the laws of physics or math, He made them to be obeyed but He can change them any time He wants to for His glory. So, what I'm trying to tell you is this, there are situations in which there are no explanations, God just takes over and does it by Himself. I've seen the deaf hear instantaneously and I've seen the blind eyes open, I've seen the dead raised, I have seen people that I have no hope of getting well, get well instantaneously, but to all people God doesn't give that privilege, but I haven't seen one that God healed instantaneously that didn't devote the rest of their life in His service. I've yet to see one that He healed that didn't do that, however I haven't seen all of them, I only know a few, I've only met those that are in His service and there's probably a lot more.

Jesus healed ten lepers and only one come back to say thank you. You know I believe that one worked for him as long as they lived but I don't know what the other nine did, but I imagine they were never the same again. So what I'm trying to tell you this morning is, all healing is done by the divine providence of the rules of God.

Meals.
Plan your meals and try to adjust them as follows:

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- Eat fruit for breakfast, the most important meal of the day.
- Your large meal in the middle of the day, (meat meal) and
- A light soup for supper.

Meat only twice a week, and lemonade and water every day.

Changing your meals takes a little bit of doing especially if you've eaten a big dinner all your life. Now the people that can't eat breakfast in the morning:

- eat too big a supper at night,
- stay up looking at a late night horror show on TV,
- then finally cap it off with the midnight news.

They go to bed in the evening a nervous wreck with a full stomach, feeling miserable and therefore they roll and tumble all night, wake up in the morning feeling like something that shouldn't have happened with their lips all poked out wanting someone to step on them and somebody always does.

If you'll eat your meals correctly you'll find that you're hungry at breakfast time.

Meat.

See Also "Proteins". When you eat meat you're eating carcinoma cells, not cancer cells but carcinoma cells because it's a dead animal's meat that you're eating. I eat meat, I'm not against the eating of meat but those cells are carcinoma cells. Most average Australians eat way too much meat but we're not talking about healthy log rollers, or lumbermen, or people who do heavy manual labor. People that do very heavy manual labor and a lot of very, very hard muscular work need more meat, some of them anyway, but sick people shouldn't eat so much.

I have one man about 59 years old, a machinist, who runs a machine shop and he's into lifting iron and heavy parts all the time, and he's a strict vegetarian and his numbers are right on perfect all the time. He was dying with cancer when he came in about 10 years before.

Now Leviticus Chapter 11 tells you what the clean and unclean meats are. The unclean meats digest in an average of 3 hours and the clean meats require about 18 hours. They should take about eighteen hours, that's normal for clean meats. If you digest meats in 3 hours it burns you up too quickly and it's like putting high test gasoline in a car that's not built for it, and as it burns you up so you grow old too quickly. I have people coming in that are in their late 30's or early 40's and they look like they're 70 or 80 years old. We put them on a diet, take the unclean meats away from them and in six months they look even younger than their years. So it's amazing how our diets can put us into an early grave, all because we do not take thought. The unclean meats also include tuna fish because it is a skin fish. Cat fish and rabbit are also unclean meats and even if people have been eating unclean meats for 50 years you can reverse the damage provided there's no brain tumor or damage to the vagus nerve.

Now the meat companies with all their advertisement and everything else would have you believe that only meats have proteins. You know there's a lot of people who think, "there's no protein in anything except meat."

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Where does a cow get it's proteins from? Where does the horse get his proteins from? They get it from grass. There's just as much protein in vegetables as there is in meats, but it's in a different form and it's the advertising that's gotten people's mind away from the the real thing as it is.

The decision to eat meats also depends on the individual because some people cannot get their nutrient out of vegetables without meat supplements, and there are certain people that cannot get the nutrient out of vegetables, or it may not be in there in the first place. Boron is a germicide (the same as the chlorine that comes from the salt that you eat which keeps your body from being destroyed by parasites) and chickens make boron in their bodies. Chicken meat is rich in boron and so meat eating isn't quite as bad as some vegetarians would have you believe.

Now, if you were to see a patient and they had a extremely high urea content the first thing you'd need to do is have them drink water to wash it out, but food wise one of the things you'd do is take them off high protein foods like meats and put them on low protein foods and lots of sprouts and then by retesting you can see how their body is responding. Now when you tell people not to have meat you must also specifically include fish and fowl in that because scientifically fish, fowl and meat are in the same group, it's either plant or animal.

After they've come off their meat fast, they eat the fruits and vegetables on a light diet and remind them meat only so many times a week (1 or 2 or 3), depending on their response.

Children's digestive juices are too dilute and they have a weaker digestive system than adults and so should not have:

- nuts or nut butters until they're 8 years old (there are exceptions), and
- no meats until they were 12 years old.

People that have a low undigested protein content should eat the meats, the all-beef weiners, all-beef balony and so forth with the saltpetre in it, which is a preservative, and can do so without harm, but a person with a high undigested protein in their system is only buying tickets to the cemetery for a pectoris heart attack if he uses any of the luncheon meats because it's too high in urea (potassium nitrate) which is a preservative for the meat so therefore be careful if you have a high ureas.

The pH, in combination with the ureas, is the factor that determines whether or not our gastric juice is weak or strong, whether we need baby food or whether we need meats, nuts or other heavier foods.

When you look at the numbers not only is "Race" a part of the problem, but sometimes in some parts of the world "Religion" is also a part of the problem because some religions specify a diet, some are vegetarian and some are not. For instance the Indian people won't eat any kind of a meat because they're afraid they'll eat one of their ancestors.

So remember, handle your problem with intelligence, and above all with love for your fellow man.

Medical Practitioners.

We need the doctors, we need the physicians but too many times the remedies, the chemicals and the drugs make us only sicker. In other words, they add to our problem instead of solving it.

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Medication.
Doc gave us the advice that you never take people off of anything you have not put them on, and as you don't have the authority to put them on medications therefore you cannot take them off.

Memorize.
There's only one way to master something and that's to know your subject. Know your subject and know the why and the wherefore. You're going to have to really get down and get it and I can't impress upon you enough the importance and the absolute necessity to memorize the rules and the facts in this course, not just because I said so but because these are the very basic rules with which God used to manufacture or create this universe, is the Theory of Ionization.

You've got to know the rules and facts like you do your ABC's or your numbers. You've got to know them morning, noon and night, inside and out, up and down, backward and forward, absolutely get them down to where you know that you know them, and the more you memorize of these basic principles the easier your work is going to be later. So use your head and get all these facts and memorize them, memorize them, memorize them and God will show you which one to use at what time. If you learn, and thoroughly memorize the rules and the facts then the numbers should paint a picture for you to see and remember, potassium has much to do with memory.

When I finished college and got my Doctorate of Science degree I could not figure energy in anything, I had to go to private teachers for them to teach me how to figure energy, and in the Great Depression years in the 1930's the price for teaching this to me was $US50.00 an hour. This is what they charged and I could not take over 15 minutes of it at a time. Everything they said I could memorize for 15 minutes, even though the material was brand new to me, then I would go home and write it down.

I could even hear a sermon preached by a minister and go home and write it verbatim from memory. So you need to sharpen your wits and more people need to do more memorising, and the more memorising you do the easier it is to memorize, so train yourself to memorize quickly and then you'll have half of this thing before you, and the more you memorize the better it is.

This is one reason that I liked the little nursery rhymes for children, but better still are verses of Scripture from the bible, "hide the word of God deep in the child's heart while they're young and it will mean so much to them in later years". Have your children to learn to memorize even before they get to school.

One thing that you will find as you memorize what these numbers are and how they work is you will not have to write down the things that you tell a person to do, because if the numbers are in a certain place you will tell them to do certain things and you don't have to write it down because if the numbers were there then you told them to do it.

Now if they want to write it down or put it on a tape recorder I have no objection, but you must tell them what to do and you don't need to write it down - providing you memorize this and tell them correctly.

If you just try to remember everything that's said in class then and go out and use it, it's like buying a new gadget without reading the directions. Most people'll do anything in the world besides read

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the directions and then take it back and say, "it doesn't work". Then the first question, "have you read the directions?"
"No. No I haven't read the directions."

One man called me long distance and said, "I've got 59 cattle laying down, I dipped them about two hours ago and now they're all laying down and look like they're having a rough time."
I said, "what did you spray them with?" He said, "some stuff in a yellow can."
I said, "would you get that yellow can and read it to me."

So about ten minutes later he came back on the telephone and he read me the label. It was a weed killer. A weed killer and I said, "you might just as well call the fertilizer plant and have them come pick up your animals, they're dead."
He said, "can't you do something?"
I said, "no, they'll be dead before I could get there, it'll take me two hours. Those animals are going to be dead before I get there."
he said, "I had 60 of these Black Angus and I couldn't catch one, and that's the only one I got left." Didn't read the directions.

So, if you don't memorize the rules it's the same as not reading the directions. You must memorize the rules. See how important it is to learn these rules. Learn them, know them backward and forward, up and down, inside and out. Know them, learn them, become a part of them, until you know them in the dark. I want you to go back over and over and over this until you thoroughly know the rules and the facts. It's here and you need to spend at least 2 hours a day, every day studying until you master it.

The musicians that really are professional spend up to 15 or 16 hours a day practising their piano, the organ, the violin or whatnot until they master it. So as you do these tests, and testing on people and working on it, meditating upon them, studying and learning the rules, you are mastering your problems, the situation. You're learning to see through the problems.

So get the rules, memorize them. Daniel said, in the book of Daniel, "I ate the book, I digested it" and John the Revelator said the same thing, "I ate the book, the book I consumed it". In other words, he knew what was in it, he knew what it said, and he could use it.

Menopause.
Most people don't know what menopause is, and about all they know of it is an old wives' tale.

Menopause is simply a change in body chemistry from the calciums being too low. All the agony of menopause, all the effects from menopause are because the calciums is low, and the person becomes an excitable, irritable, nervous wreck that's hard to understand with lots of fears and insecurities. But the first thing when you have an extremely ill patient, or patient that's in deep neurosis, is try to get their minds off of themselves.

Both men and women have menopause, the effects are different, but it's still menopause and I'll show you how or why they're both the same thing in either men or women.

A lot of women have the mistaken idea that if they have a hysterectomy, or ovaries removed, tubes tied or something like that then they will not go through menopause. That's not true because

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menopause doesn't start with the organs, the organ effects are a result of the other biological conditions and so hysterectomy does not prevent them going through the holy terror of a low calcium.

Menopause is not just whether they're menstruating or whether they're not menstruating, and if you'll keep the calciums high enough they will go through the end of the menstrual cycle without ever knowing it, except their period stops. I knew a woman whose menstrual period never started until she was about 42 years old, it lasted just 3 months, she became pregnant and had a lovely daughter about 1947 and both mother and daughter did very well.

In order to understand menopause you have to begin with a boy and girl when they're born normal (don't forget I said normal), and each will use the same amount of calciums until the young lady comes into young womanhood, and when she comes into full puberty she will use 7 times more calciums per day than a normal man, and anytime those calciums drop too low in her she's in menopause. If the calcium drops below a certain level then her menstrual flow will stop (even before she's 14, 16, 18, 20 years old, or at any age) and will never start again, she is through with menstrual periods forever unless God does a miracle (I find about a dozen cases a year of girls under 20 that their menstrual period will never start again, they have finished their menstrual cycle completely, for life, because the calciums have dropped below that line). Not only have they lost their menstrual periods but they have also lost their fertility, they cannot have children.

Now, generally during a woman's 40's nature causes the calciums to slightly drop off very slowly and so at a certain stage the menstrual cycle will cease, but the calciums at that time should be levelled off and if this happens, and the calciums stay high in her system where they should be, she'll go through menopause with no bad effects at all. But any time the calciums drop too low she becomes hard to live with, nervous, excitable and very difficult to understand and actually she's not fighting people she's fighting for her life and if there's any time in her life that she needs understanding and help it is at this time.

Remember this, extreme nervousness because of the lack of little calcium content can happen at any age, 18, 20, 22, 24, 26 and we have got a number of couples back together by taking care of the calciums. Two of them had been divorced over 2 years and some others were in the act of getting divorced and these were couples in their late 20's and early 30's, and they loved each other dearly but they couldn't stand each other because their calciums were too low. So we get their calciums built up and they love each other.

One couple is back together now and doing real well with their calciums. I got them both to where they're in control of themselves and whenever one of them gets flustered the other one runs and gets the calcium bottle and says, "here dear take your calcium." Another of the couples had been divorced two years and now is planning on having a baby, and I'm looking after the mother and the family. They have children and it's just remarkable the calmness that can be brought about simply by using the right kind of calcium to the right person at the right time and this is what you have to learn, be sure to get the right calcium in the right amount at the right time according to age, height, weight, sex and so forth. Remember these things and it will be a great asset.

The lower you go on the acid scale down to 5.6 it means that there is a tremendous calcium deficiency, meaning nervousness, irritability, etc) and it is also the early stages of menopause. I have women come in that are ready to climb a wall, in deep menopause, almost screaming maniacs,

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and in 30 minutes they're perfectly calm, laughing and their whole world is a joy to be in and it only takes 30 minutes and it is simply beautiful to know what can be done.

We have a Doctor ....., a medical doctor on staff, that I taught this procedure to and he orders a shot of calcium gluceptate for the patient which the nurse then administers and in thirty minutes the whole world's calm and she's just a remarkable wonderful person to be around. Then that calcium gluceptate vial will last about three to four weeks and in the meantime you can build up the calciums so eventually they won't need any what-so-ever. Go by the numbers and follow through on it.

If a woman comes in crying, and she can't stop crying, and she has a pH around 5.20 (and her other numbers are in somewhat of a sensible range) then her main problem is menopause. She needs relief, and she needs it now, so what would you do?

The first thing I'd do in that case is to try to get her mind off of herself, and say to her, "I will help you, I will help you", and then I'd say, "Do you know that the ocean is made out of woman's tears? Do you know that crying is the finest nerve medicine in the world and the reason you're crying now is that the Lord himself is giving you something for your nerves." This woman is crying for help.

Also she would get the needed calcium help from our Doctor, calcium gluceptate, lime water and so forth and in 30 minutes the whole world is beautiful, her tears are dried, things are funny and she's laughing, as if nothing had happened. If you're a medical doctor you can give a shot of calcium gluceptate, but if not, then lime water according to the weight and sugar reading, and 2 x 3 cal II. But do your best, always do your best.

Now when a man's calcium drops too low he's often dog tired at night from barking all day, and when his calcium is too low he's excitable because a calcium deficiency is the cause of fears and insecurities. The greater the calcium deficiency the greater the fear, the greater the insecurity.

40, 5' 2", 190 lb, Female

$$0.8 \qquad \frac{7.30}{7.60} \qquad 36 \qquad 4 \qquad \frac{7}{12}$$

The first thing that you would symptomatically notice mostly about this person would be the neurosis, the nervousness, the irritability, not from the calcium but from the low blood sugar. In other words you can be just as nervous with low blood sugar as you can with a low pH. She would have hot and cold flashes, meaning in menopause, because the carbohydrates are too low to supply enough glycogen to the pancreas to manufacture alcohol and thyroxine. This is the reason she's overweight here, a lack of thyroxine, and hot and cold flashes is caused because of lack of alcohol and her pancreas is manufacturing too much insulin.

This is a retreat case because of the low blood sugar because she could very easily go into a coma. It's very difficult to handle because some days that fat in her system will break very rapidly causing the sugar to run too high then drop too fast and she'll have severe headaches, and other days it'll hardly drop at all. This kind of a case needs 21 days in a retreat.

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38, 5' 10", 210 lb, Female

$$7.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

This is a retreat case too, but with her temperament she would be nervous and high strung because there is a shortage of calciums and a shortage of oxygen to the brain. Now when Doc talks about people being high strung, or having fits, he means they may get to the point where they literally throw things at each other, slam doors, kick things and if one is angry at the other they rarely, or never, hit or kick the one they're angry at, they take it out on the poor cat or dog or whatever else that's walking by. This woman is also in menopause and she get's hot and cold flashes.

Menstruation.
A woman who is in a perfect range should never have a haemorrhage during her monthly period, it should be a clear fluid, and we just aren't used to this because that's not what is "normal". A crystal clear menstrual flow is a sign of perfect health in a woman.

A person with the following numbers:

$$5.4 \qquad \frac{7.40}{6.40} \qquad 7 \qquad 4 \qquad \frac{3}{3}$$

has got headaches because:

- there is low blood sugar and the sugar number fluctuates downwards, and
- the urine pH factor has to be in an alkaline range.

as the sugar drops quickly they'll have headaches. If it should drop slowly they don't have headaches, but as this drops quickly they do and so it denotes headaches.

If this was a woman somewhere between 16 and 45 it would also mean that she'd have menstrual cramps or trouble with her menstrual period and for an unmarried girl, a virgin, it would mean swollen ovaries. This is what this kind of reading would mean.

Micrograph, Electron.
A picture from an electron microscope is an electron micrograph. In other words, you have a plate and the object that you're taking a picture of and there's also source of bombardment of electrons at various frequencies. The electrons behave a bit like light, they bombard the surface of the object as they scan across it and as they strike the surface they interact, and depending on the frequency, they'll bounce back at different angles and expose a plate, if we could put it in simple terms, and it will leave a picture there of the pattern, the way it bounced back.

Milhouse.
Milhouse was the man that discovered this energy system, so we call the energy in an ion a Milhouse Unit of Energy (MHU). One single Milhouse Unit is the smallest unit of energy that can be measured and the differential between the smallest and the largest anion is 1 to 499 MHU

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and the differential between the smallest and largest cation is 500 to 999. Each anion contains 1 - 499 MHU and cations contain 500 - 999 MHU.

Milk.
Some people who have an allergy to milk have either:

- allergy to goat milk, or
- allergy to cow's milk, or
- allergy to skim cow's milk, or
- allergy to both.

You might be wondering what's the difference between goat milk and cow's milk. Cow's milk has too much cream in it, and if you take the cream off you still have a excellent product. Most of the people who have an allergic to cow's milk (not all of them, but most of them, say 50%) could take goat's milk just fine and they could also take cow's milk if the cream was taken off of it, i.e. use skim milk. It's the cream that's disagreeing with them and probably the casein in the cream more so than it is the milk itself.

Milk comes from the cow at about 2% cream, and 1% milk has 50% of the cream in it, and if you see milk that says 2% butter fat it means that's natural whole milk. It's fine to drink raw milk with the cream removed from the top, or whole raw goat milk is just fine also because there's very little fat in goat milk. However there may be a preference for goat milk over whole cow's milk if you leave the cream on, but if you take the cream off then it wouldn't make a whole lot of difference. Good skim milk from cattle grazing on pastures rich in calcium is very similar to that of goat's milk, although there are some mineral difference because of the choice of the food that the animal eats.

The bible doesn't say anything about goat milk in preference to cow's milk, it mentions goat milk and it mentions cow's milk but doesn't give one preference over the other. Some people will tell you that milk is made for baby calves not for people and that milk creates mucous. That too is just another fad. The bible suggests that we eat milk and honey, John the Baptist did, and now who are you going to listen to, the bible or someone writing a health book that doesn't know anything about the subject. Milk of itself does not cause mucous. Mucous is manufactured by bacteria and the thing that causes the mucous is bacteria.

If a woman has a calcium deficiency, or mineral deficiency, her milk is going to have the same deficiency and she will pass that deficiency onto her child because deficiencies in the milk cause deficiencies in the child.

Children are children because their gastric juice is not strong enough for them to extract the mineral needed for them to be parents and the younger the child the more dilute the gastric juice and the lighter the diet must be which means that babies are fed on milk, not meat. Young children cannot digest the heavier foods like meats (until 12) and nuts (until 8) AND it does them harm if those things are eaten.

The more ill a person becomes the more dilute is their gastric juice and the less mineral nature is able to extract from their foods, and as with a young child, the more dilute the gastric juice the lighter the diet must be. It also means that the sicker the person becomes, or is, the lighter the diet should be such that it may even be necessary to feed them on baby food until their energies pickup. The very ill cannot digest the heavier foods and meats and nuts should be avoided because of the

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harm it does if those things are eaten. Babies, young children and sick people should not live on a log roller's diet. Sick people should not have even the clean meats over about twice per week, and very little even then. They should have mostly steamed vegetables, vegetable or fruit juices, raw salads, green drinks, skimmed milk, goat milk and so forth.

Vitamins and enzymes are products of a living cell, and a living cell is a hormone, and a hormone is a product of a mineral. Minerals make hormones (living cells), and hormones make enzymes or vitamins and if you were to get some live hormones from the store you'd get things like cheese. Actually when you eat cheese you're eating little bugs, bacteria, and cheese is not any more milk than milk is grass. Cheese is actually a meat and when you're eating cheese you're eating a protein meat. If it's made from skim milk it has less protein than if made from whole milk.

Excessive cheese is very constipating, and for people with colitis or diarrhoea you take them off of all milk and wheat products and feed them heavy on cheddar cheese.

Milliliter.
A cc and a milliliter is the same thing.

Mind Over Matter.
"Mind over Matter", or is it "Matter over Mind".

Which has the most bearing? Does the "mind" have more bearing on the "matter", or does "matter" have more bearing on the "mind"? Which comes first, "matter" or the "mind"?

In fact "matter" comes first, it's "matter over mind" comes first.

In the prisons there are men that are incorrigible, I mean they are dangerous to even let them out. They even get their food on trays with a long handle because they're so dangerous. Now these men are not insane, their body chemistry is so upset until they're in such conflict with themself until it would be dangerous to let them out of there. Now I believe that through a proper diet a lot of these men could be rehabilitated, they could be tamed.

You can take a diet and feed guinea pigs so that they'll chew each other’s ears off and even bite you if you put your hand in the pen, and then you can feed them another diet and they'll be so tame that any child could pick them up whether the guinea pig knew the child or not. Now this is the effect of diet upon people and in this class I've already briefly told you what brought about a revolt against society, against yourself, and what caused people to become alcoholics, or hooked on dope or to be out of control of their better judgement.

Now there's a certain amount of things that we say is natural, or instinctive, in other words:

- a heart beats naturally,
- we breathe naturally,
- we walk by naturally,
- we sleep naturally, and
- we do many things very naturally.

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Now a hen lays an egg very naturally, she doesn't know why she lays an egg, but she lays an egg and the poor little old hen's only got a thimbleful of brains so she get's up and she tells the world, she cackles for 10 or 15 minutes because she's so happy that she layed an egg.

Old brer fox is out in the woods and he knows that hen layed an egg so he comes and hunts the nest, and he eats the egg. If he didn't there'd be so many chickens on earth there wouldn't be any room for foxes. So it's the balance of nature. What I'm trying to get at here is that through the study of the energy that makes "matter" we can comprehend the balance of nature. To say that there's a perfect balance is an understatement, there isn't any such thing as a perfect balance because no two people have the same requirements, and there isn't any such thing as a perfect balance of food, or drink, or water, or exercise, or fruits, or anything else, there isn't any such thing as a perfect balance because our requirements are all different. Now if you don't know what those requirements are and you don't know how to express them mathematically how can you correct them?

Mineral.

The body is made of living cells, and a living cell is a hormone, and a hormone is the product of a mineral. If we're perfectly healthy then 35% of our body is material and 65% of our body would be pure water.

There's a total of 85 different minerals needed by the body to maintain "perfect" health, and in dealing with the mineral content of the body you'll be dealing with about 16 elements, but if you take care of about the first 10 then you won't have to worry about the other 75 elements that are necessary for nutritional life. Vitamins are minerals and minerals are minerals, this is what we're talking about when it comes down to that.

Taking minerals is not like taking vitamins, not at all, remember I told you that:

- hormones are living cells,
- living cells are products of minerals, and
- enzymes are products of hormones.

Therefore a breakdown in a hormone structure of your body is a loss of energy and it is the beginning of illness and therefore you can conclude that all illness is a result of a mineral deficiency.

The specific, non-commercial minerals like MinCol, Algavim, Dolomite and K-Min are Doc's, he's formulated them and he stands behind them and the reason that I recommend the minerals I do is that it has about every mineral that the human being needs, AND they work. Now anything that any doctor or any person can do to improve your patient then you're supposed to do it, and add to it. What I recommend is not all that you're supposed to do, these are only the supply of minerals that are most needed by the human body and if these minerals were in our food you would not need to add them in capsule form.

Many times people are getting the mineral in their diet but they aren't able to utilise it because their pH's are out of proper range. A lot of people make the assumption, "I have eaten the best foods, I have been a health enthusiast for years, why this?" but if they end up with high sugar, salt and ureas you know that they haven't been drinking water, and without water (one of the needed ingredients for the liver) you can eat all the nice foods you want to but your body is blind to them. If the body cannot make use of the minerals in the foods then problems begin to crop up, so it's almost as if you

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do any one thing wrong the whole thing goes wrong pretty much like the equation. You need to approach the whole body, you cannot treat one small part and if you will work out a diet with your patient to try to help them live to be a hundred years old you will get more patients than you can take care of because you are getting them ready to live and not ready to die.

Our body cannot assimilate and utilise inorganic salts and minerals in the inorganic form. It is only by the liver converting the energies into the organic form that any energies can be utilised. Remember this, "you do not live off the food you drink or eat, you live off of the energy from the food you get." In other words, you do not live off of the minerals that you take AS YOU TAKE THEM, you live from the energy created by those minerals. Those minerals have to go into the liver and are put together on your frequency, energy-wise, like silver plating, nickel plating, chromium plating takes place and that's called ionization.

The liver puts the minerals together on your frequency in the form of amino acids and amino acids form the cell in the enzyme and hormone. There are over 6 billion different amino acids that the liver manufactures to keep us alive through our lifetime and most of them haven't even been named yet.

Our bodies can assimilate and utilise inorganic salts as well as organic salts from the water and then can utilise them in the amino acid form which it does by chelation. In other words it takes protein and uses it for the core of the cell, for the magnetic attraction, which then pulls the cell together on the biological frequency of the species, down to the milli-milli-micron respectively for each organ.

The mineral content in your food is the same as with organic compost. The compost that you put on your garden is no better than the mineral content that's in it and some people think that when they put organic fertilizer on their garden that they've got it made. Well organic products can be deficient in potash, phosphate, calciums and iron, zinc, copper and so forth. The minerals you take as supplements and what becomes available to your body are two different things.

You will find that people that need to go to the retreat come in waves, and also maladies often come in waves. I have tested for 3 and 4 days, 50, 60, 70 people a day and none need go to the retreat, and the next day a $^{1}/_{3}$ of them would need to go and the next day maybe none. So they come in waves kinda like fish biting, also you'll find that leukemia patients come in waves. I have found as high as 3 in one day and go 3 months before you find another one. So they come in waves, same way with potassium deficiencies and same way with other problems they come in waves but you'll have an overall generality of problems in certain given areas. For instance:

- In Minnesota, North and South Dakota, Wisconsin, Nebraska, Kansas, Northern Iowa and Indiana there is a very high potassium deficiency and a very high brain tumor, 220, count among the people.
- In California you'll find a very high count of either sugar too high or too low, the extremes.
- In Louisiana, Arkansaw, Mississippi, Western Texas, Eastern Georgia, Western Tennessee and part of Okalahoma you will find a very, very high count of manganese deficiency there, a high delta cell count in the sex organs of both men and women.
- Also as you begin to study patterns of diseases, you will find it quite interesting to see how the different parts of the world are similarly effected.

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- There are parts of Texas in which all the people have sound teeth, all of them, and there's parts of Texas in which they all have bad teeth. You can almost draw a line across the State of Texas by the teeth division.

All of these patterns means that certain areas are more deficient in certain minerals which is only proving what I'm telling you, that diseases are caused because of mineral deficiencies. Mineral deficiencies cause diseases and there is no other cause.

Minerals and Elements - Air & Food Suppy.
See also "Air & Food Supply" and "Food, 80/20 Rule". There is a rule that says you get 80% of your minerals from the air you breathe and only 20% from the food you eat. The minerals to be supplied by your foods are calciums, phosphates, iodine, potassium and copper whereas the minerals supplied through the air are zinc, tin, gold and many of the very trace elements that's as far out on the Periodic Table as zinc is.

Since you obtain 80% of your food energy from the air, you are limited to getting no more than 20% from your food, and although you get 80% from the air you may not necessarily get all of the various kinds of mineral you need, but you will get 80% of the total from the air because only 20% can come from your digestive tract.

Minerals and Elements - Arsenic.
Arsenic (As) is a cationic element with 1 anion and 74 cation electrons.

Arsenic is the mineral for the heart, but in the form of a colloidal phosphate of arsenic. Arsenic of lead, or normal arsenic, is poisonous and will kill. Colloidal phosphate of arsenic is found in asparagus and is suggested almost right down the line for everybody so mark it on your recommendations for about twice a week, a serve each time, because most people are deficient in it and they need it. A deficiency of arsenic may also cause interference with the regular way the heart beats.

You've probably heard about people having surgery on their heart valve and having an artificial valve fitted or some other thing put in. Now the classical medical teaching for the cause of that is either:

- congenital, or
- bacterial action on the valves from damage, or
- roughening of the heart which normal blood bacteria built up on, like a rheumatic valve.

Doc maintains it's the lack of arsenic, simple as that. The lack of arsenic caused the heart valves to deteriorate, and remember, you get your arsenic from asparagus. Now it is also true that the skin around the almond, the husk, contains some arsenic just like the husk of peanuts or any other nut having a husk, but it's a very minor amount and it's very hard to digest in that form.

Now the difference in, say spraying apple trees with arsenic, and eating asparagus is that the spray is arsenic of lead or something like that and the arsenic that you get in asparagus is a colloidal phosphate of arsenic which is nonp oisonous but it is required by the heart. They are two entirely different products altogether. The spray could also possibly be an arsenic oxide which is known as black death, or an arsenic sulfate which is also a black death also an oxygen nitrate which is also a

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black death and also an oxygen raw phosphate. In other words the liquid phosphate added to the black powdered natural arsenic as it's mined is a black substance.

Between Egypt and Israel there's the Gaza strip and unless you're born and raised in that area you cannot live there because you can look down at the soil and see little black particles of arsenic that are large enough to pick up with your fingers. People over there will not eat vegetables from the Gaza Strip unless they were born and raised with it and have become immune to it.

I had a man who'd been sick all his life come to me when he was 80 and he walked like an "L", he couldn't straighten up, and he had two walking sticks so he could walk, and he couldn't bend his back at all.

When he was tested I said, "you have enough arsenic in your body to kill 7 people, arsenic of lead, plain arsenic", and I gave him a diet.

In six weeks he was walking straight and lost his walking sticks completely, and he was 80 years old then but one of the questions I asked him during this time was, "how and where did you get all this arsenic from in your system."
He said, "I don't know."

But at the end of 6 weeks he said, "when I was a boy between 10 and 11 years old I had a heart murmur and the doctors gave me high amounts of arsenic, and I've never been well since."

It might be interesting to you to know that his wife was born on Christmas Day and he was born on Christmas Eve, he's one day older than she and they were 80 years old then, and now they celebrated their 105th Christmas in 1977. He lives in California, still drives his car to the market, and looks about 65 five years old. They're strictly vegetarian, run their own little farm out there and it's amazing how he gets around.

He said he's been healthier in the last 25 years than he was in the first 80 years of his life. Now this is remarkable to know that every Christmas we get a card from them and this was mailed about a week before Christmas and they said they were doing fine, doing well, so it's remarkable what a good diet will do for you.

Minerals and Elements - Benzene.
Doc often referred to the mineral for the feet, sinuses and flesh as benzene and he said it had a specific gravity of 56. Overall in the soft tissue, the body has about 2% benzene and the feet have more benzene in them than any other part of the body, and second is the sinuses.

To those who have had chemistry, technically speaking Benzene is called an aromatic hydrocarbon and is also a six- sided structure with six carbons in it. Now Doc was asked specifically about benzene and he said, "it's an old term for beryllium, "Be", the 4th element, next to lithium in the periodic table. In the chemistry book it says "beryllium is not appreciably attacked by acid but suffered decomposition upon fusion with caustic potash, potassium hydroxide". In peppers and onions the potassium comes in a hydroxide form and that's what gives you the burning on your tongue and when Doc was in college many years ago they called this benzene, but it was an element, and now they call it beryllium, but for some unknown reason there's been a change in this

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particular book, but if you go back to some of those old, old books, and those old, old atomic charts you'll find that there's some difference.

Benzene does a number of things in the body:

- it mixes with copper and makes our skin stretch and makes our intestines and blood vessels able to expand and contract.
- In the same way that the fruit comes out of the seed, the tissues come out of the bones. In other words, the bone is the seed of the rest of the tissue to the human body, and benzene is the element that keeps the flesh from growing into the bones and keeps the flesh attached to the bone, and one of the favorite places for it not to stick to the bone is up in the face, or the forehead, around the eyes, and as the flesh begins to turn loose of the bone just the least little bit then bacteria gets in and causes a problem.
- The sinus discharge from a sinus condition is due only in small part to a bacterial liquor. Sinus is actually the result of a benzene deficiency and your feet use more benzene than any other part of the body and whenever you have aching feet then sooner or later going to have sinus trouble. When you find a person with sinus problems you'll also find they have foot problems, "Ooh my aching feet, my feet hurt". It's a benzene deficiency, and it's also a sinus problem, one follows the other. Generally the feet aching first and the sinus problem later.
- Ground itch is a worm, it gets under the skin it crawls all everywhere but doesn't make round and round circles. If you haven't had ground itch you missed about half your life. It's a benzene deficiency and a liver malfunction.

For all foot and sinus problems use "hot" foods and anything that has a hot flavor is a source of Benzene. The best source of benzene is foods like Mexican foods, chillies, cayenne pepper, onion, horseradish, radish, tabasco sauce and so forth. Learn to eat hot foods and try to get some in your diet every day if you can, and the best time is when you have soup at night. If it's real hot only use a couple of drops, whatever you can take. Also eat your radishes, onion and so forth and if you will eat hot peppers you won't have any aching feet and if you'll eat them long enough you won't have any sinus problems. Doc never had any sinus problem and never had any aching feet and sometimes he ate 30 pods of rams' horn peppers or cayenne peppers at one meal.

Regardless of it's exact composition, whether it's a six sided structure or is really "Beryllium" is largely unimportant at this stage and in this context. Doc's "Benzene" is found in hot foods and they're for the feet, sinus and flesh. There are two Benzene rings in Thyroxine.

Minerals and Elements - Boron.
Boron is a cationic element that has an atomic weight of 10 and a configuration of 1 anion and 10 cation electrons. In the body it is a germicide that works the same as the chlorine that comes from the salt that you eat which keeps your body from being destroyed by parasites.

Chickens make boron in their bodies and chicken meat is rich in boron, so meat eating isn't quite as bad as some vegetarians would have you believe.

Minerals and Elements - Calcium.
See "Calcium" under "C" in this Part.

Minerals and Elements - Carbon.

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Carbon is a cationic element with an atomic weight of 12 and a configuration of 1 anion and 12 cation electrons.

Carbon in its softest form is a sponge (that's what a sponge is) and carbon in its hardest form is a diamond. The carbon in the body is the governor for water, and the carbons plus (N x 6.4) = proteins, and it is that step that completes the cycle of the manufacture of one complete amino acid cell.

Now Carbon is not an isotope, not then and not now, and carbon 14 is not an isotope of carbon, there isn't any such thing as carbon 14 because if it was 14 it would be nitrogen, so some 4 year wonder is successfully confusing the issue.

By the use of an oscilloscope over the years the dietary isotopes have been determined and carbon is not one of them. In other words, in an isotope the electrons must be able to change places and that's what gives the see saw effect, the fulcrum, or the quick gain or quick loss of energy in gasoline, fuel, wood, air temperature or your diet, the principle is exactly the same.

The difference between organic and inorganic substance is carbon. If a substance contains carbon in it's structure it's organic, and if it doesn't contain carbon it's not organic. The percentage of our dry mineral matter that would be carbon is a variable and it varies from 6% to 12%.

Now water is a compound that expands and contracts when it's heated and frozen and where you find carbon there you'll find water, even in iron. Remove the carbon and you also remove the water because the rule says, "carbon is the governor for water in everything", and don't forget that rule. Carbon is the governor for water and it determines how much moisture anything contains:

- in all biological life (people, animals, plants),
- in all structural material (steel, iron), and
- everything else (soil, rocks, and even topsoil which has more carbon than other soils).

For instance, pure iron is an element, and iron in its crude state is not as hard as the pure iron. Pig iron is soft iron, and when you remove the carbon from pig iron you get hard iron, or steel. The difference in the hardness of iron, from pig iron to steel, is the carbon content and you get the carbon out of iron by heating and cooling, heating and cooling, heating and cooling. Did you ever heat pig iron and see the steam rising from it? It was the release of carbons from the iron that made it harder and harder and harder. The carbon goes out and the iron becomes harder and there's two reasons why this happens:

- the density of the iron is greater, and
- carbon is both the softest material on earth and the hardest material on Earth. In iron it's in its soft form.

In the body there are a number of catalysts that perform specific tasks. For instance sugar and starch are catalysts and so is phosphate. Phosphate is the catalyst that carries carbon into water and makes sugar. Also, water is the catalyst for carbon, and carbon is the governor for water because when you look at a carbon molecule it looks like a little rubber ball with a hole in it, a bit like popcorn. The chemical structure of popcorn differs from other corn in that the moisture is within the molecule. In ordinary corn the moisture is more on the outside of the molecule and it won't pop. With popcorn, when the heat is great enough that molecule explodes and turns that molecule wrong side out, and that's pop corn and it won't do it in the other corn. Now the carbon molecule is

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something like the popcorn, in other words, the moisture is within the molecule and when it dehydrates the molecule shrinks down and when it comes in contact with moisture it swells up, it sucks itself full of water. Now, if it sucks itself full of water then how can water be a catalyst for carbon? In human beings there are 12 or 13 carbon atoms in each whole amino acid cell and the number of carbon atoms in each amino acid cell determines the amount of water in each body per gram of flesh. There are more carbons in the 26 frequency (female) than the 24 frequency (male) meaning that women have more carbons and more water per gram of flesh than men, because they have more calcium in their bodies, if they didn't they be more brittle. Also women are softer, they have more calcium, more carbon and more water. Now, it doesn't look like that one molecule of carbon would make any difference between men and women, but when every cell in the body has one more it means a whole lot to the system.

Remember, energy is like parts of a jigsaw puzzle and the energy of the elements can form into 9 different crystalline structural possibilities and if you'll take a look at a good periodic table it'll show the lattice structures of the elements, hexagonal, rhombohedral, tetragonal and so forth and it's the tetragonal formation of paired carbon atoms which is important in the cell structure as related to the stole. Now the shape of the single carbon atom is tetragonal, and two carbon atoms join together to form an "L" or a "V" shape, depending on your point of view, and these "L" shaped double carbon atoms are stacked into a whole series of platelets.

It is the actual shape of these carbon atoms that is important to the body and the site of their importance is at the stole and this is the "why" of why some people go through some times of pain crisis when they're getting their body chemistry changed. The "V" shape is the formation of the carbon molecule because they work in pairs, and in this pair in the stole it becomes important in relation to nerve impulses.

It was mentioned that carbon was the governor for water, "the water regulator", and the hardest form of carbon we know is diamond. Now a diamond is a dry carbon, it has no water, and it's also a non conductor of electricity. In talking about the water content, the higher the water content the greater the conductivity and the softer the texture. In regard to carbon in the cell structure, specifically with conductivity, it is the carbon in this paired tetragonal formation in the stole that is responsible for insulating the cell, or stopping messages, from going down the connecting nerve to the brain. Picture the brain having a nerve connection to a stole off of which there is a cell. In the stole there is the paired tetragonal carbon formation that acts like a lead barrier towards nerve impulses. For instance, the brain sends a message down the nerve to the cell. In the stole it's absorbed, programmed and stopped. If there is a return message from the cell up the nerve to the brain it can only tell that something is wrong, and the telling is pain. For instance, if you have carbon in the stole as a nerve impulse insulator, and it's insulating alright then suddenly you have a message reflex back to the brain from that cell then it means there's a disruption of the stole structure, and when that happens we get what we call pain at the cellular level.

Now we could say that the stole is the germ of life, or we could talk about a nerve ending with the stole at the cell end, but however it's referred to the stole is the actual programmer for the building of a new cell and within the stole is the program that determines the micronage of the cell, and it's the micronage that determines the composition, ratios and size a cell will be at maturity, in other words, depending on the micronage is when the cell stops growing and in terms of relativity, a cell starts with a stole and stops with the stole. Now it's the carbon atoms in their tetragonal pairing that are working as an insulator on the stole, and as the cell builds it'll build carbon atoms as

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insulators to make sure that the nerve impulse is not going to the brain. So if you disrupt this tetragonal carbon formation then you get a return to the brain which is pain. In other words the carbon formation acts as a barrier and if the barrier is broken then there is a pain sensation interpreted by the brain to be in that specific cell, in other words, it's got to be a feedback to the brain.

In summary then, pain occurs when the carbon tetragonal "V" shaped structure in the stole is damaged and the electrical impulse returns to the brain. If the is no impulse to the brain it signals one of two things:

- the carbon barrier is intact, or
- there is severe damage to the stole or that end of the nerve from the brain. For instance if someone has a severe ulcer and there is no pain.

Where there is nerve deterioration it is showing a lack of minerals. In other words, if we have a nerve ending with a stole then the lack of mineral will cause disruption or degeneration down the line, so nerve impulses are neither coming nor going. Now when you start replacing the mineral then you can begin getting a nerve impulse even before the carbon atoms are in proper alignment in the stole, and when that happens you can start having a lot of pain for a period of time as a healing crisis. In line with that, when the nutrient level of the body is high the pain is less. Now there are two types of pain:

- Sharp, stabbing pains, and
- constant, nagging pain.

We can deduce that if we've got pain of any type then there's a message going down the nerve and through to the cell and back, and also that there is a stole and it's functioning. Now sharp, stabbing pain is a sign of healing or knitting taking place and if there is sharp, stabbing pain then it's periodic, it's not constant, which indicates that the carbon atoms have not yet taken their specific location in order to provide for the insulating effect.

Now, when there is a tingling sensation like pins and needles, instead of the sharp shooting pain then it's a sign that there's a change taking place but it's generally the circulation that's causing it. For instance, if your hand or your foot go to sleep then as long as it's asleep it doesn't bother you, but when it starts to come awake there's pins and needles. The tingling pain is a reflection of that nerve impulse back to the brain and it happens because of the lack of complete arrangement of this tetragonal structure in this "V" shape pairing together. For instance, consider the lack of the tetragonal, paired carbon insulator, the nerve impulse would come down the nerve and without the insulator it'll reflect back to the brain and it'll also travel out into other cells until it comes in contact with a carbon atom. Now physiology does not act so fast that when you put your arm to sleep sitting on it for ten minutes you rob those cell stoles of their carbon and then ten minutes after the pressure is off you created a whole new set of stoles.

The common reason that it's asleep to start with is the circulation, the blood and the oxygen is cut off and the cells have started deteriorating but not enough to measure. Later when the oxygen starts to go back into those cells it gives a tingling in the cell like lighting a jillion candles.

The constant pain has to do with the fact that there is a lack of mineral and a dying back of the nerve but it's not complete. The dying back that's taking place is a sign of degeneration or lack of mineral.

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Minerals & Elements - Chlorine.
Chlorine is an anionic element with an atomic weight of 35 and a configuration of 1 cation core and 35 anion electrons.

Chlorine is also an essential element for life, you can't get along without chlorine because if it were not for the chlorine in our bodies the bacteria would eat us up within 24 hours, and all we'd be is a little bit of compost, and some folks are full of it already.

Vegetables have some chlorine in them, so you don't have to eat meats to get your chlorine. In the vegetable salts you have magnesium chloride, sodium chloride, potassium chloride, iron chloride and so forth and you can get that out of your vegetables.

Our system separates the sodium or the potassium from the chlorine and the chlorine is then used by the liver for the manufacture of hydrochloric acid. When your liver gets the necessary calcium and oxygen it is activated by a catalyst (water) to produce amino acids. If the liver's malfunctioning then the main element missing in the liver bile is calciums, and the next element is oxygen, then water is a carrier and the next substance it needs for hydrochloric acid is chlorine, and it gets that from vegetable salts or sodium chloride table salt and so on, and then you have a dilute hydrochloric acid.

With the liver function, any reading off of perfect means a lack of calcium in the liver which means a dilution of the liver bile and the gastric juice. The more dilute the gastric juice the weaker it gets; the weaker the hydrochloric acid then the liver is unable to split the salts that come in, is unable to ionize them, and therefore the body accumulates the salts because there is generally insufficient water to wash them out.

When the liver splits salts it takes the chlorine and uses it as a germicide, a cleanser, in the body and it's that that keeps the bugs and worms under control. The chlorine keeps us from having too many worms and keeps the bacteria out of our lives. Now people that are troubled by viruses, funguses and worms have a dilute hydrochloric acid in their stomach and their body cannot make use of the chlorine in their diet.

Calcium phosphate is very important in forming bones and teeth, but it's the fluorine, chlorine, silicon and calcium phosphate which forms the enamel that's on our teeth.

Minerals & Elements - Chromium.
Chromium is a cationic element with an atomic weight of 52 and a configuration of 1 anion core and 52 cation electrons.

There's been a lot written lately on the involvement of chromium in metabolism, especially as a component of the glucose tolerance factor (GTF) for proper function of the pancreas and its proper production of insulin.. We pick up chromium from two sources, one is from the air and the other is from MinCol. Chromium is mainly in the harder gristle and tissues of the body.

Minerals & Elements - Copper.
Copper is a cationic element with an atomic weight of 63.5 and its atomic structure is 1 anion and 63 cations.

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Copper is an essential element of the body and forms part of every body tissue, both soft and hard tissue. It does a number of important things including assisting with the digestive function and aiding the ability of our tissues to expand and contract, to stretch without tearing, and that includes the skin, intestines and blood vessels.

If you have plenty of iron in your system your own body will pickup enough copper from the air, and between the copper and the iron the muscles become flexible and natural childbirth is very easy.

Many people are deficient in copper and while beets are normally recommended about three times a week, other good sources include fresh nuts and seeds like sunflower seeds and almonds, as well as broccoli, spinach, parsley, green beans, dates and offal (liver, kidneys and heart).

You need to be careful of ionized metallic copper from copper pipes in drinking water because it can accumulate. Now if you distill water in a copper still and the water has no sulfur in it then the copper will not ionize the water, but if the water contains the least trace of sulfur then it will cause the deionization of the copper in which the ionization will appear in the drinking water, and that's not good.

Minerals and Elements - Essential.
Chlorine, sodium and silicon are very essential elements in the body. Sodium and silicon act in strange ways but there's something common about those two. Now the atomic weight of sodium is 23, of chlorine is 35 and silicon is 28:

- Sodium is called the free-loader, it will grab onto anything. It will readily exchange electrons in order to unite, to form a bond with anything that comes in contact with it. In other words, it readily synchronizes, and there are many compounds in the body that are synchronized with sodium, like sodium carbonate, sodium chloride and sodium silicate. Doc says it's like a lady who's getting along in years, anxious to get married, she'll grab any man that's got britches in order to get married to. Sodium is found in the lining of the stomach, nerves, all over, everywhere. Sodium by itself is not an electrolyte, it has to be combined with chloride. Can you get sodium by itself in the body? Yes, for instance, whenever people empty the salt shaker on their food and the liver breaks down a certain amount of the salt and both sodium and salt go out through sweat. Let me say it this way, there's some salt in it but if that salt's too strong it chaps the skin, it irritates it very, very much so nature prepares it to break it down so that a lot of it can be removed out as the sodium because the chlorine becomes the agent in our system that keeps the bacteria and funguses from eating us up. Now, in the case of sodium, do we have to have an opposite ion in order to make it an electrolyte? For instance, in chemistry, sodium is a cationic substance, the electron travels counterclockwise, but it will not conduct electricity. Now if it wasn't cationic then chlorine couldn't connect itself to it and the very fact that the electron travels so slowly in it makes it like glass. The electron travels so very, very slowly until it doesn't create resistance, in fact, you can take sodium and make glass out of it. Did you ever notice crystal salt, you can see through it. Well, you can take the sodium and you can make glass out of it just like you can silicate, but it's because the electron is travelling so very, very slow that makes it transparent. Silicate makes a better glass than sodium, a much clearer glass than sodium and there's so much more silicate than sodium and it's so much easier to get. It's just a non conductor of electricity, the way God made it and that's all I can tell you about it. Now, if

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you'll attach or mix something to it then it can carry a charge. Now the three anionic substances are chlorine, calcium and potassium. Now, if that sodium had a high conductivity, very high, then it wouldn't join, but it has a very, very low and therefore it can join because an anion doesn't ordinarily join to a cation without creating heat and destroying themselves, or joining into a compound.

- But all I can tell you is from experiments and research in the laboratory, pure, dry sodium will not conduct electricity any more than dry sand will conduct it. But you wet it and it'll carry a little bit. Also sodium rather than silicon is used in the manufacture of many of our electrical, old fashioned tubes in television and radio because it gave up heat a lot faster and it wouldn't crack all to pieces like glass when it cooled off.
- Silicon also does the same thing as sodium, it grabs on and holds but it will also turn it loose. It won't exchange it's anions and cations with the same degree of freeness that sodium does, but it does combine with many different minerals and forms many different compounds. Silicon is found in the bones, toenails, fingernails, hair and teeth.

Minerals and Elements - Hydrogen.
Hydrogen is known as the simple element because it has a ratio of 1 cation to 1 anion. The atomic weight of hydrogen is 1, and hydrogen is an isotope.

Minerals & Elements - Iodine.
Iodine is a cationic element with an atomic weight of 126 and a configuration of 1 anion core and 126 cations.

The liver is largely composed of calcium, iodine and iron. The two elements that primarily constitute the liver, that makes the liver the liver, are iron and iodine, and in foods we have:

- Sweet potatoes have vitamin A and iodine,
- Molasses,
- Tomatoes,
- Beets are rich in it,
- Carrots and carrot juice are rich in iodine if it's grown in soils that have sufficient iodine in them.
- Chlorophyll Green Drink is rich in it, and
- Quail meat is the richest source of iodine in all the world.

there are so many of our foods that naturally have it in them and if people that really have a liver problem and an iodine deficiency quail meat is the richest source of iodine in the world. That is why when the Children of Israel was going through to the Promised Land, wandering in the wilderness, God give them quail to eat and in 30 days most of them were dead because they had so much iodine.

If you eat one quail every day for 30 days you'll probably be dead. Quail seems to have the most iodine, but pheasants and some of the wild animals have some, venison has some, but quail is the highest of all.

When a person gets iodine in their diet the first thing that happens is it's got to turn to iodine energy in the gastric juices of the stomach and then the iodine energy goes into the liver to be converted

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onto the frequency of the part of the body that it's to be used in, chiefly the blood through the marrow of the bones.

If the pH of the liver is too low, say 5.10, then I would recommend foods like molasses, beets, tomatoes, chlorophyll, sweet potatoes, and carrot juice is one of the richest sources in order to get the iodine in for the liver to raise the saliva pH. Many times when you can't get the saliva number up you can do it with carrot juice providing you're not a diabetic on insulin. Sometime you can have one malady, or two maladies, requiring an exactly opposite diet.

Minerals & Elements - Iron.
Iron is a cationic substance with an atomic weight of 55 and a configuration of 1 anion core and 55 cation electrons.

Pure iron is an element, and iron in its crude state is not as hard as the pure iron. Pig iron is soft iron, and you remove the carbon from pig iron to make hard iron or steel. The difference in the hardness of iron, from pig iron to steel, is the carbon content. You get the carbon out of iron by heating and cooling, heating and cooling, heating and cooling. The carbon goes out and the iron becomes harder. There's two reasons why iron becomes harder as the carbon is removed:

- The density of the iron is greater, and
- Carbon is both the softest material on earth and the hardest material on Earth. In iron it is in its soft form. Carbon in its softest form is a sponge, and carbon in its hardest form is a diamond. Water is a compound that expands and contracts when it's heated and frozen and where you find carbon there you find water, even in iron. Remove the carbon and you also remove the water. Carbon is the governor for water in everything and don't you forget that rule.

Did you ever heat pig iron and see the steam rising from it? It was the carbons that were being released in the iron that made it harder and harder and harder, the release of carbons.

One of the great problems with pregnancy, and our diet today is there's not enough iron. One of the finest forms of iron is ferro, it's a natural iron bubbling up out of the ground in a spring and it seems to fit human beings so beautifully, easily available and is not caustic. I've never seen a case in which it did anyone any harm and benefited all for whom it was recommended and in all cases without exception it has done a marvelous job.

Iron is necessary in your system during pregnancy in order to make the muscles flexible. If you have plenty of iron in your system your own body will pickup enough copper from the air and between the copper and the iron the muscles become flexible and natural childbirth is very easy.

In addition to calcium, the two elements that primarily constitute the liver, that makes the liver the liver, are iron and iodine. At around 7.6 you have the iron deficiency.

It has been reported that there is a conflict between iron and Vitamin E. I have never found any conflict. 35, 5' 7", 155, Male

$$4.4 \qquad \frac{7.20}{5.10} \qquad 10 \qquad 4 \qquad \frac{7}{8}$$

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In this case he wouldn't have any trouble picking up iron, and the zinc he'd get from the air. Now he wouldn't have trouble with iron, even though it's 55 and manganese is 54 and he's not getting the manganese, because iron comes in soluble form like in Ferro, in syrups and in many fruits in greater amounts than manganese. There's a greater amount of iron in foods than there is manganese in ratio and proportion.

Minerals and Elements - Magnesium.
Magnesium is a cationic element with an atomic weight of 24 and a configuration of 1 anion and 24 cation electrons.

The rule for magnesium is, "Magnesium is the greatest enemy nitrogen ever had". Don't forget that rule. Magnesium releases nitrogen.

Magnesium sulfate is Epsom Salts, Magnesium Oxide of Calcium is dolomite. I use dolomite instead of magnesium sulphate because it's not a purgative to most people, but sometimes you'll find a person that dolomite becomes a purgative.

Protein and nitrogen is the same thing, only multiplied by a factor 6.4, if you have a breakfast cereal with 6% nitrogen, the protein value is about 38.5. If you have a cereal with a 64% protein in it, the nitrogen factor is 10. If you had a 64 protein and you divided by 6.4 you come up with a 10.

Magnesium is the greatest enemy that nitrogen ever had, and that is why people who have tried to lose weight by continuously taking magnesium really lose weight until they are seriously dead. It kills them and I have known people to die because they'd rather be dead than be fat and they took enough magnesium over a period of time to kill them. What actually killed them was a lack of protein, and the lack of protein softens the muscles, makes them flabby, makes them atrophy and the age group most susceptible to flabby muscles is senior citizens because it requires more energy to replace each cell.

Minerals and Elements - Manganese.
The atomic weight of manganese is 54 and the configuration is 1 anion core and 54 cation electrons. There's only one cation electron difference in iron and manganese, iron has 55 cations.

In our system manganese is the element of life because it is the one element that has power to leave offspring, and without manganese there'd be no life on the Earth. Nothing can leave offspring without manganese. Manganese is the element of life, manganese is the element for the sex organs.

When the pH is away from normal the digestive juices are not as strong and efficient as they should be and because manganese is a heavy element, and low in ratio and proportion in foods, so manganese is not extracted and utilised as it should be. The first organs to be effected by a poorly functioning digestive system are the sex organs, and that's in both the male and female. So the breasts, vagina, uterus, ovaries or prostate are the same functional organ, and use the same thing by way of remedy, manganese.

A deficiency in manganese is the cause of cancer in the reproductive system, breast cancer and prostate cancer and so forth.

For manganese recommend anything that has seeds in it:

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- squash, cucumber and melons including watermelon,
- green beans, peas, corn and okra,
- tomatoes and berries including grapes with seeds,
- berry juice, especially "Ocean Spray" cranberry juice.
- hot peppers, chillis and capsicum,
- millet, wheat, wheatgerm.

and so forth, foods with a lot of mature seeds.

Now if you have a potato in which the eyes are sunk deep in it and you have to gouge them out then you have a potato with a low manganese in it, but if the eyes are level with the outside then it has a high manganese in it. Squint eyed potatoes don't need any glasses, but they are deficient in manganese.

Your calcium content and your manganese content need to be kept up because if the manganese goes down, and the valve to the bladder becomes weak, you've got to go more often even if your bladder is large.

Minerals and Elements - Molybdenum.
Molybdenum is a cationic element that has an atomic weight of 95 and a configuration of 1 anion core and 95 cation electrons.

The bone is a storage area for many of the heavier trace minerals in the body like molybdenum, for which a few parts per million would last ten years. Now trace minerals like molybdenum and strontium collect in the bones and the less trace elements you have in the bone then the softer the bone and the more you become a candidate to have cancer of the bone, or deterioration of the bone.

Molybdenum in the body is a very essential element and one of the things it does is make vitamin A available to your system, and it takes the smallest trace to do it.

It is present in algavim and MinCol, and other things that should have it in are milk, but a lot of milk doesn't have it in it because the soil doesn't have it in it. That all depends on the soil the food comes from, or the area in which it comes from.

Some of it comes from sunlight through the process of photosynthesis, but there's also poor soil chemistry that prevents molybdenum from becoming available to the plant.

Minerals and Elements - Nitrogen.
The atomic weight of nitrogen is 14 and the configuration is isotopic with a ratio of 1 to 14.

Elementary speaking, nitrogen and protein is the same thing. Protein is the end value of the nitrogen content of any substance and if you want to convert the nitrogens to proteins multiply the nitrogen by 6.4, then you have your protein content. For instance, if you have a breakfast cereal with 6% nitrogen then the protein value is about 38.5. Conversely, if you have a cereal with a 64% protein in it then the nitrogen factor is 10. If you had a 64 protein and you divided by 6.4 you come up with a 10.

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The important electrolyte in our system is nitrogen, or protein, as it is the origin of the magnet for the amino acid cell, in that it holds the cell together. Without that little cationic speck of nitrogen no biological life could exist on Earth, because it is around that little speck that a cell is plated, or ionized into existence on the frequency of the organ that's needed. As salt is the ionizer for silver plating and nickel plating, in all biological life it is nitrogen, and only nitrogen, that is the ionizer, and that's the key that makes all biological life different from metals and there is no exception.

Proteins are also carriers of energy in the form of electrical current that takes the minerals to the various organs of our body so it is a transportation mechanism within the system that builds tissue, and protein, or nitrogen, makes a plant grow, or seeds sprout by acting as an electrolytic carrier in the water.

For instance, the liver is the atomic reactor for the whole system, it's function is to manufacture the amino acid building blocks (enzymes) for the body and the elements it uses in the chain reaction are calcium, iron, iodine, oxygen and water, but when you start to form the amino acid in the chain reaction we first need nitrogen because no amino acid can be formed without a cation of nitrogen in every cell of the body, that's the one common denominator, and that's what helps give us the frequency. Every single cell in your body has the same frequency and it's the nitrogen that allows it to have that frequency. Now it is the elements that have the variable frequencies but in the compounds, meaning cells, it's equal and it's because of the nitrogen.

In the cell, nitrogen is stored in the cell membrane and the cell protoplasm and when you take the albumin reading you are actually analyzing cellular debris, dead cells, which in fact is nitrogen that's still bound up in there. If your system retains the protoplasmic parts of these dead cells for three days they'll start breaking down into ammonia salts, which then build up the toxicity and increase the salt content. Now a high salt content does many things including weakens the smooth muscles and increases the plating effects.

Hair is a covering for your head. It is made of a natural cellulose and minerals that are drawn together by nitrogen, and it's the excess protein that actually brings hair into existence. Hair wouldn't exist if it didn't have some nitrogen in it because nitrogen is the basic substance that pulls the molecules together to make the substance called "hair" and the basic cellulose for your hair comes from casein.

When a skin diver goes down too deep and comes up too fast he gets what they call the bends. That's the nitrogen gas coming out of the blood and it actually causes a clotting of the blood, a poisoning of him. There's not an even change as he comes from deep water up, they have to depressurise slowly so the extra gas that's dissolved in the blood can be taken care of slowly.

Nitrogen makes a plant grow, or seeds sprout by acting as an electrolytic carrier in the water. Nitrogen or protein is an electrolyte in the water, or in our plants, or in our system, and remember nitrogen is the important element in protein as the electrolyte.

That foam on the sprout is nitrogen and it's the process of sprouting that causes the seed to released nitrogen, thereby lowering the protein content while still remaining a very nutritious food. It can be low protein and yet have all the other enzyme factors that are extremely important.

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The foam on the ocean is nitrogen and that foam is also a cyclic, it comes from the atmosphere into the ocean, is built up, released and goes back through the wind and this is part of the cleansing process that the earth has. Now if you sprout grains there is a foam formed on the grain that sprouts and if you don't wash that off it sours or ferments, but the bottom line is it kills the sprout.

The cause of foam in urine is nitrogen. The higher the nitrogen the more it foams. For men, urine should not foam whenever they urinate into the water. If it forms too much foam it means a high ureas and if it smells of ammonia it also means a high ureas because the ammonia occurs from the urea breakdown in the proteins that are thrown off and if you can smell the extremely strong odor of ammonia then it's a very high concentration, in fact, you're on the verge of a major heart attack in that condition. While we're on this aspect of urea, many times mothers may say, "my baby's urine smells so strong of ammonia and it's really rough to change the diaper". In that case the diet is too rich in proteins for the baby and if she's nursing the baby then the mother should begin taking dolomite

There's more mineral at night and the resistance is less at night, and when the resistance is less the ionization is greater, just like a see saw, see sawing up and down. Now there are people that plant according to the moon, because on the full moon there is more nitrogen released from the soil into the air than there is on a new moon because the soil is the hottest on the full moon when the air is the coolest. Now if the soil contains too much nitrogen then all the blossoms shed off the plants and consequently you get all vine, or all plant, and no fruit, but if it's the opposite of that then it makes a world of difference and that's the reason we have bumper crops some years and light crops other years, aside from late frost and things of that nature.

The colors of a rainbow are made by light striking a particular moisture in the air. There's three moistures in the air that causes the color:

- the blue color of the rainbow is Nitrogen or protein,
- the yellow is Potassium, and
- the red is Phosphate.

The greatest enemy to nitrogen is magnesium, don't forget that rule, "magnesium is the greatest enemy nitrogen ever had because magnesium releases nitrogen". I use dolomite (magnesium oxide of calcium) to reduce the undigested protein in the body and because dolomite is not a purgative to most people.

In the analysis expression we measure the nitrogen and the difference between the nitrogen readings is:

- Nitrate nitrogen is anionic, and
- Ammoniacal nitrogen is cationic.

The nitrate nitrogen is the most dangerous because it causes the heart to beat harder, tiring it out pushing you, building up the inward tension a lot more. It's anionic and works faster and the ammoniacal nitrogen causes the same thing only it just takes a lot more of it. It effects the heart too but it doesn't do it as fast and as quick and it's not as quite as violent. Now in the equation nitrate nitrogen is the top number, and ammoniacal nitrogen is the bottom number.

Minerals and Elements - Oxygen.

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The atomic weight for oxygen is 16 and oxygen is an isotope with a ratio of 1 to 16. As an isotope it's going to be on the side with the greatest magnetic pull in accordance with the line of least resistance, that is, it'll get on the winning side. Oxygen will often have 16 cations and 1 anion because it's often linked with cationic substances and it's the 1 to 16 that makes oxygen, oxygen.

You were taught that an atom had to have the same number of protons as neutrons. That's wrong, because any time in chemistry, or math, you have a ratio of one to one you have the same thing. Now you were taught you had to have 8 anions and 8 cations for a one mol of oxygen. If that were true the physics of that structure would follow the line of least resistance and break down to be eight molecules of hydrogen.

In the formation or manufacture of an elementary cell there is the triangle stage where on each point of the triangle you put iron, iodine and oxygen. These elements are then unified with a catalyst, and that catalyst is calcium, and in the programming of the cell structure it is the calcium ratio that determines the micronage, because the calcium got there "first with the most" and so has the greatest effect of anything else, and that effect is related to micronage.

Now calcium is an anionic substance but we don't have anionic bodies because of oxygen, "the sword of the elements", "the element of time" and Doc has many devotionals where he explains what happened with oxygen at the time of the Garden of Eden. Being the "sword of the elements" oxygen is the element that distinguishes anionic life from cationic life because oxidation denotes energy loss of some type which is figured in heat loss, and without heat loss we cannot have cationic life.

Where do you feel we get our oxygen from, and how does the oxygen get to the liver? It comes in through the lungs, enters the bloodstream, which takes it to the liver. The liver can also get oxygen through the water you drink and through the colon by using oxygen in a colonic. Emphysema prevents oxygen coming in through the lungs. In the relative realm it can be said that there is a pathway for oxygen from the lungs to the liver, but keep in mind that there is no physical vessel to do that.

To get the lungs working for more oxygen you need to sing or play the harmonica. The harmonica's one of the best things if it's played correctly and that's not necessarily playing a tune, but to play a harmonica correctly you breathe out and breathe in and really make yourself work at it. In the Blue Ridge Retreat everybody would either sing or play the harmonica, you had no choice. He didn't ask you to play it well, you just had to play it properly. Most people chose to sing, but you play or sing and it's usually when the lungs are showing lack of oxygen.

When the oxygen enters the blood through the lungs it "refines" the blood, and the blood that is refined the most and is the purest of all goes to the brain through the vessel that comes off the top of the aorta. In Doc's terminology, refining is combining with oxygen and remember, you get most oxygen from the lungs (but a very minor amount you can get from water) and in the blood stream a platelet is any cell that will carry oxygen, and all red blood cells are platelets.

Now there are two main causes for lack of digestion:

- first is the lack of calciums, and
- second is the lack of oxygen.

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Sometimes you'll have a saliva reading that you have a very, very, very difficult time in getting it to rise. You can do everything in the book and it just about won't rise and generally, I have not found any exception, in this case the reason is that the liver is not getting enough oxygen from the lungs and in order to change this the person must do absolutely nothing for weeks, and weeks, and weeks, I mean practically nothing except go to the bathroom, walk around the block slowly, or walk slowly for a quarter of a mile in the morning, maybe a half a mile a little later but very slowly, because if the saliva does not respond and rise then it's a lack of oxygen is the cause of it.

These are the beginning of problems, and many times they begin in childhood and they cause children to form habits that become stumbling blocks throughout their entire life.

Now when a woman becomes pregnant the foetus will use 300 to 500 per cent more oxygen than we do, and as it only gets it's oxygen from the mother's blood stream it is very important to know whether the mother has emphysema, and whether she's getting enough oxygen or not. One of the sad things about this is that smoking mothers have a higher abort ratio than non-smoking mothers, and in cities or areas where there's a high smog content the unwanted and undesirable natural abortion rate is greater than in areas of pure clean air and these are factual statistics. The sugar brix of 1.0 is the point at which the urine sugar must not drop below or it will abort, remember that.

There is a ratio between the carbohydrate content of the blood and the amount of oxygen it can carry such that when the sugar reading is 1.4 and below they're beginning to starve the brain of oxygen, and the lower the reading the greater the usable oxygen deficiency until at a sugar reading of 0.6 (including tolerance, and under normal conditions), the person will go comatose due to low oxygen. When the sugar is 1.4 and lower they're probably:

- under a lot of stress,
- working very hard, and
- they need more rest.

At 1.4 and under the blood actually carries too much oxygen and they run out of steam, they have problems. By saying too much oxygen it's actually oxygen in a non usable form to the brain.

Anyone with a sugar reading constantly below 1.2 should be in a retreat because there's one or two critical things you do not know:

- Whether it's the person's diet, or not the diet, that is causing the pancreas to flush, and
- At what hour the flushing takes place, whether it's a day thing, or a night thing.

It is perfectly possible that if you give a diet to a person who has a tendency to extremely low blood sugar then after they go to bed at night as usual, then during the night the pancreas may flush causing them to go into a low oxygen coma with nobody there to help them. Now if they go into a coma with lowered oxygen to the brain then in the space of a few hours, if they even survived it, they would be a vegetable.

If you have this type of extremely low blood sugar case, and the person must stay at home with no chance for them to come to a retreat, then they should have someone sleep with them, someone who they can call to, or who can check on them at least every half hour. Now it doesn't do much harm for a person to be in a low blood sugar coma for up to two hours, but after that great damage could be done to the brain.

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Generally when a persons' body chemistry starts to lower real quickly, like the sugar content, they can generally let somebody know that they need help, especially if they're laying down and taking it quite easy. Even if they're asleep when they begin to feel very badly they'll generally wake up, they know something's not right and they can call out for help, and this why we need to have them in the retreat where there is on-call care should this happen.

If it should happen that when you give people a diet to do at home (and the person had a low blood sugar on their test) and the family calls you and says:

- the person is having a seizure, or
- they're in a comatose condition, or
- they're asleep and they can't wake up, or
- they're stiffened up, they're just perfectly stiff and they've thrown their head back, or
- they're thrashing around with their arms or kicking with their legs, or
- their legs are twisted together or something, or
- all kind of things they may be doing,

there's no two seizures alike. Just keep your cool and tell them to put a little honey or sweetener on their tongue and in one minute they'll be back. Now a hypoglycaemic may be able to take fructose between meals to keep the blood sugar up but you'd have to try it and see but raisins are generally a better way.

At 1.5 brix the sugar-oxygen ratio in the blood is at it's most optimum, and as we go above 1.5 the blood begins to carry too much sugar and the blood cannot carry sugar and oxygen at the same time in the ratio that you need it here at 1.5, therefore it gives up the oxygen.

When you hit the borderline for high blood sugar at 5.50, and up, you start to deprive the brain of the oxygen that is needed, you've got all kinds of sugar up there but you don't have an awful lot of oxygen and headaches will take place. People will complain about dull headaches for years, they'll come in and say, "I don't know why I have headaches, I feel pretty good except I have headaches all the time", and quite often when you test them you'll find their sugar level is extremely high. Get the sugar level down and they'll say, "my headache's gone". When the sugar goes up and the oxygen goes down:

- vitamin A is not being utilised with a high sugar, and
- potassium will generally be absent from the system.

As the sugar continues to go up near 7.50, and the oxygen continues to go down, if you had to have them describe themselves, many people would say, "I just don't feel good, but I don't know what's wrong. I just feel punky and I just can't put my finger on it." This is the fatigue zone and they're frequently tired and the main characteristic is that anything you ask them to do it's just too much trouble and too much effort, and if you push them you're liable to end up with somebody on your hands who's crying because their emotions are right there at the surface.

At 8 and 9 it is getting quite dangerous but it's not deadly yet, and it also depends on how long it's been there, for instance, the average sugar in the urine over any 24 hour period is the average of what it is in the blood for 24 hours, that's a rule and don't forget it. If the system is throwing off that much sugar it means there is a terrific deficiency of oxygen to the brain. If you start getting near 10 or above you could enter into a coma, and many people who are diabetics are acquainted with that.

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They have an imbalance of oxygen and sugar and the body responds in the only way it can, it closes down. Now if there is a potassium deficiency AND an oxygen deficiency you die around 11, but if there is plenty of potassium and just the high sugar then at 13 all die from a lack of oxygen to the brain. Those are your fatal marks, so please remember them.

When the sugar level is at 1.5 the carbohydrates actually hold and transfer oxygen, but with a higher or lower reading then you build up oxygen debt. Sugar is a chelate (meaning "claw" in Greek) because it becomes a binder for oxygen transfer. The chelate grabs onto the oxygen to hold it in as a transfer basis, and in our system this is why the sugar's important, as a transfer mechanism. Now oxygen is desperately needed by the brain and you take the oxygen supply away from the brain for a few moments and it's going to be a different person, if any person, that you've got left. Now tissue that is damaged by vehicle exhaust fumes is caused by a lack of oxygen.

When you put your arm to sleep by sitting on it for ten minutes the common reason that it's asleep to start with is the circulation, the blood and the oxygen were cut off and the cells have started deteriorating, but not enough to measure. Later when the oxygen starts to go back into those cells it gives a tingling cell like lighting a jillion candles, pins and needles.

Now something that is really not clarified in many medical texts is that healing will not take place without enough oxygen in the body, not because the blood sugar's too high, hence the problems that diabetics have with their extremities, the oxygen is not getting out there. It's the lack of oxygen that prevents our healing and so people will rub vitamin E in and they'll do everything else they can think of on their sores and cuts, and for some people it may help and other people it won't.

In the bible, 2nd Chronicles, 16:12 it says, "And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease was exceedingly great: yet in his disease he sought not the Lord, but the physicians." In those days the king ate a lot of sweets and Asa was probably a diabetic, and had sores on his feet that wouldn't heal. And in the 13th verse it says, "And Asa slept with his fathers, and died in the one and fortieth year of his reign."

This brings us to so many of the facts that are in the bible and how marvelously we are made. We are made in the image of God and after the fall we have a cationic body, but before the fall we had an anionic body which did not have to have bowel movements, it did not have to have sweat, tears or death, it was not limited by time or space, it did have rhythm but it did not have death and illness and so forth, so we see here that the body was entirely different, the food was digested by heat energy and electrical energy, the temperature of an anionic body is 980 degrees Centigrade, the temperature of a cationic body is between 98 and 99 degrees Farenheight, there's quite a lot of difference. Adam and Eve while they were in the Garden before the Fall were clothed in light, they were not naked, they were clothed in light, they were naked only after the Fall, after they had sinned, after God had used a sword of oxygen to drive them from the Garden of Eden did they know that they were naked and they made clothing of leaves and so forth, so what we're trying to say to you is this, our bodies are now cationic and they are in the image of God, they still have the same frequency, the same micronage, and milli-micronage as we will have in our celestial bodies as we have in our cationic terrestrial bodies, so whenever we begin to study the great phenomena of this we come to the point of energy.

Minerals and Elements - Phosphorus.

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The atomic weight of phosphorus is 31. It's a cationic element with a configuration of 1 nuclear anion and 31 cationic electrons. Phosphorus is used in the body in the phosphate form and is second in abundance by volume in the body to calcium

Phosphate is P_2O_5 and the rule that I gave for phosphates is the higher the sugar content in the vegetables, the higher the mineral content, and the higher the mineral content, the higher the calcium is first and second would be phosphorus, and phosphorus is the catalyst for CHO.

Calcium is needed more by weight and volume than any other mineral and second is phosphate. The body uses more of those two by weight and volume than all the rest put together. A general rule of thumb in dealing with all biological life is if you will take care of the calciums and the phosphates in the diet you won't have very much trouble with the rest of the elements, providing you start early in life. The later you start in life the more difficult it is to synchronize the ratios of elements, and the reason for that is because of the variable of the elements in different people, it's a very difficult thing. Take care of those two and you won't have to worry about the rest. Now if those two are normal and you eat foods with the minerals in them that you need for perfect health, the liver will get it out, and if it isn't it won't.

Your calcium, potassium and phosphates must come from the soil. Those three substances must come from the soil. God does not supply those three elements. Remember this also, that if you will supply those three elements God will supply 80% of all the plant food necessary to produce a plant. If man will supply 20% of the plant food necessary to produce a plant, God will supply 80%. The average American farmer today supplies less than 5%, so therefore he's broke and he owes his soul to the bank.

If we look at a plant we'll find out how the phosphate gets into the plant sugar. Now it's more complicated than this, but this is a simplistic way in which the phosphate is bound and how the phosphate, as a catalyst, makes sugar. Oxygen comes into a plant through the water and if you take several molecules of water and look simplistically at the effects of light energy upon them. We have the sunlight hitting and expanding the water molecule, opening it up to allow the phosphate to carry carbons in and distribute them within that molecule. When the weather cools at night the water molecule contracts, the phosphate slips out (remember it's a catalyst) and leaves the carbon, hydrogen and oxygen as sugar. Now in Iowa where it doesn't cool down at night at all the ionization picks it up anyway.

Now he also gave an illustration of the corn silk. In plants he talks about the higher the phosphate the higher the mineral content of the plant. The higher the mineral content the higher the sugar content. Now when corn is ripening sugars are given off at the end of the corn silk and this makes it sticky. When these sugars come out they bring oxygen which comes in contact with hydrogen and forms alcohol so that when a moth comes along and lays her eggs on the silk, the worm eats the sugar alcohol, gets drunk, falls on the ground and the plant is protected. If there is not enough phosphate there is not enough sugar. If there is not enough sugar there is not enough alcohol and the worm eats the plant. Corn that has a dry silk is low in mineral content and has worms.

When a jellyfish stings the thing that burns is the phosphorus in it. Doc used to pay people to bring him as many fire flies as they could because he wondered what made them glow. When he examined them he found it was the phosphorus that made them glow and again he wondered what keeps them from burning up, and he found that they have a unique "plastic" body. He said if you

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ever heard one they click and pop and everything else when they're flying around, and it's the "plastic body that resists the heat of that phosphorus energy being released from the phosphorus in them.

Minerals & Elements - Potassium.
See Also "Brain". The atomic weight of potassium is 39 and the configuration is 1 cation nuclear and 39 anion electrons, and remember, potassium is one of the three alkaline elements in all of our foods.

Potassium is the element for the brain and it has to do with memory, but not nervousness, and even coma may be from a potassium deficiency, but it may also be an oxygen deficiency. If there is a potassium deficiency and an oxygen deficiency you die around sugar reading of 11 because of the terrific oxygen deficiency to the brain, but if there is plenty of potassium and just the high sugar then you die about 13 in ratio.

The expression "220" is a math term for "a brain tumor caused by a potassium deficiency", but not all potassium deficiencies are brain tumors. A "220 Case" is quite probably the result of a low potassium over a period of time because if maintained long enough, a potassium deficiency results in a brain tumor. The cause of brain tumors is a potassium deficiency.

A child that holds their mouth wide open like they were saying "O" has a potassium deficiency as well as a vitamin C deficiency. This also applies in adults if they are very ignorant, or very uneducated, or very uncouth or mentally weak.

There is a rule that "if you are low on potassium you are tumor prone, and that's throughout the whole body and not just the brain." In fact a principle would be that the lower the potassium level the higher the probability of tumors anywhere in the body and this is why you need to work on the people to increase their potassium level.

When the sum of the ureas is below 12 on a first test it is a potassium deficiency, and when it's below 9 it's actually a brain tumor. The rule says, "anytime your total ureas are at 16 and below on a first test, you're fairly sure you have a potassium deficiency", and you can verify that by looking throughout the other numbers, the further you are from perfect the more assured you are. Around total ureas of 16 they may be developing a potassium deficiency depending on the other numbers. You cannot always say "at that point .... ", but at 16 as it drops lower and lower and lower you know that the potassium deficiency is getting worse and worse and worse, or more compounded.

Now the converse is that as you work with the person one of the things you would look for is the ureas to do something that apparently is a contradiction, you want the ureas to go up to about 20, 21 and hold, drop a bit and hold, drop a bit and hold and so on like stair steps coming down, and that signifies that the body is accepting potassium.

With the urea numbers, a 6 over 6 is a much more acceptable than a 10 over 2, in that the 10 over 2 is showing a greater deficiency in potassium. When considering the borderline numbers about 12, the more irregular looking the numbers the greater the likelihood of a potassium deficiency, and a potassium deficiency will spill over and effect the other parts of the equation.

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Now everything you eat has got protein in it but I do not use, nor recommend the use of powdered protein. The only time I would ever recommend them at all, and it's almost useless in these cases, is whenever the urea is below 12 and you can't get it above it. But the ureas will not rise above 12 if you do not get potassium to the brain and therefore the best way to get potassium to the brain is a banana or two a day because it's one of the richest sources of potassium that there is in a natural form. Also little bananas have more potassium in them than big bananas so you can also sometimes use potassium tablets but I prefer to use the banana for potassium and also a little blackstrap molasses for iron and potassium. The thyroid also manufactures one of the potassiums needed for the brain.

As you look across the equation the more out of line the pH's are so the salt should also be way out of line. The farther away from perfect the pH's and the potassium go, so should the salt be out of line. Basically if the numbers are out of line, and the salt reading dips to near perfect, then it's an artificially low salt reading and there's a problem somewhere, and that problem deals with the electrolytes in the system and that's also what the potassium deals with. Lack of potassium effects the electrical currents within a person's body and that's also compounded by the salts.

The only time you can really determine a potassium deficiency easily is on the first test when the person has not been on any special diet, you just take the body as they walk in off the street. The minute you start playing around with the ureas you have to follow it because if the ureas on a first test were 25, and 6 - 8 weeks later the test showed 1 over 6 it would appear to be a potassium deficiency but it's not, what it's telling you is the whole body is going through a state of change.

With the ureas number the first test is most important. On a first analysis, on a first analysis, don't forget, on a first analysis, if the sum of the ureas is:

- 15 There may be an ever so slight potassium deficiency, depending on weight.
- 13 There may be a potassium deficiency, depending on weight.
- 12 Definite and noticeable potassium deficiency.
- 11 Early stages of 220 case, look at the other numbers.
- 9 Definite 220 case. The tumor has formed and it's not a minor problem, it's a major problem and those people should be gotten into the retreat at the earliest date possible. They may look perfectly healthy as though there's nothing wrong and about the only thing that they will notice, and sometimes they don't notice it because it depends on where it is in the brain, that they are absentminded or forgetful.
- 8 Serious 220 case.
- 7 Very serious case.

Now if they have a 220 case and an acute low sugar, less than 1.0, then it's very noticeable, but if they have a higher "low blood sugar", say 1.4 to 5.4 then many times they don't notice it as much. But remember also that the sugar zone from 2.0 to 5.49 is called the "Zone of Misery".

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Suppose that you have a urea reading that is a total of 10 and all the other numbers are way out of line, one of the things you want to know for any urea from 10 to 13, you want to ask this question:

- Are you working quite hard?
- Are you very busy?
- Do you work long hours?
- Are you a hard worker?
- Are you a busy bee? Not a trouble maker, but someone who works like crazy.

One of the signs of a brain tumor is a person who works, works, works like a machine, they never slow down. It seems that nature knows that their time is short and they're trying to turn out as much work as possible, they work like crazy, and the ureas (potassium) keeps dropping until it's down to about 7 or 8 and they're in serious trouble, and all of a sudden they either have a heart attack, or they slow down because they can't go, and this is a potassium deficiency. Where you have whole series of people that have, say, 1 over 10, or 1 over 9, or 1 over 8 you'll find a severe potassium deficiency in their areas, and there are whole areas that have acute potassium deficiencies, and these areas are going to form the insane asylum areas of any country. If you think someone has a potassium deficiency give them algavim, bananas and MinCol like crazy.

Brain tumors appear at other places besides below ureas of 12. You may find people with brain tumors where the total urea is 22, 23, 24, or 25 but it's a different kind of condition.

With a potassium deficiency, and a true reading, the greater the deficiency the less people are able to function. For instance, if on a first test you find a total ureas of 7, and all other numbers are way out, and yet the person walked into your office looking good and alert then that may not be a true reading, they may be in a slight withdrawal from recent changes in things like:

- Diet. They may have read a diet book and be trying it.
- Living location. They may have just moved house.
- Personal circumstances. They may have just gone on holidays.

and you'll need to etablish what is happening by questions. But whatever the reading remember this rule, "magnesium is the greatest enemy that nitrogen ever had" and while magnesium in dolomite form is used with high ureas it is NEVER used when the ureas are below 15. Do not use dolomite until the ureas get above 15. Remember this, "one no-no is never, never, never use dolomite or magnesium when you have a 220 case, a brain tumor caused by potassium deficiency, because it will aggravate the condition".

The northern United States are now being inundated with hominy, and they've never had that before. We tell so many people, "it's time to add hominy to your dinner", or "add hominy to your lunch", and they look at you, "what is hominy?" You say "hominy" to the Southerners and they know exactly what it is.

There's certain areas in the United States (Minnesota, North and South Dakota, Wisconsin, Nebraska, Kansas, Northern Iowa and Indiana have a very high potassium deficiency and a very high brain tumor, 220, count among the people) where the amount of brain tumors showing is increasing because the soils in those areas are so depleted in potassium. There is concern that all the foods and fruits grown in that area are very deficient in potassium, and the yields in their crops are very low, yet they continue to rotate their crops and the yields are going lower and lower.

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Any time you see crops that are rotated for ten years you will find the yield less after ten years than before they started rotating because they're slowly draining out the last bit of mineral in the soil without putting it back in. The great concern is that the people getting their food from those areas are not getting enough potassium in their diet and the extended lack of potassium means a brain tumor. Simple as that. It is the cause of a brain tumor.

You can find out 2, 3 to 5 years or longer when a potassium deficiency starts you know sooner or later that person's going to have a brain tumor if it's not corrected, and when you begin to deal with a tumor you begin to deal with many, many factors. So many people think of a tumor as being round, like a ball or a marble, but tumors come in all kinds of shapes, all kinds of patterns and they generally follow nerve centers, or certain types of them do, but the cancer type of deterioration has a habit of following the nerve sinew, therefore causing no pain in the area until it's really to late to do anything about it, so this is why people can have a tumor so many years, or cancer, without even knowing it's there. All tumors are a mineral deficiency. If the body responds then nature will heal them, if it doesn't respond they cannot be.

The brain has more aluminium in it than any other part of the body, and aluminium is needed by the brain, but it's far less than the potassium content. It's just got a good trace. Now in treating 220 cases you work with the potassium because that's the largest critical percentage for the brain. Always work with the big percentages and don't sweat the small stuff. Get the big ones. Remember, people have more calcium by weight and volume than anything else so work with calcium, and the next most important one is phosphate. So if you can take care of the calcium and the phosphate you've just about got the whole ball of wax. But for the brain you need the potassium.

Now you can tell within 4 to 7 days whether your body responds or not, and one of the first ways to tell whether your body is responding is in the first 3 day fast the ureas will probably drop down to 1 over 2, or 1 over 4, and then it'd begin to pick up, it'll be 6 over 4, and the next day it'll probably be 6 over 6, and this day is the first day that body chemistry is out of withdrawal because it's up to 12, it means that the body is responding to potassium and the brain tumor is receding or the tumor anywhere else in the body is diminishing.

Potatoes are a very poor food and most people eat far too many. The difference between the white and the red potato is that the red potato has a little bit more mineral in it, but the white potato is a heavier producer and therefore the farmer wants to produce as many tons, or pounds per acre as possible, so they make potato chips out of them. Whenever you make a potato chip out of red potatos it is still very white, but if you put vinegar into the cooking oil while at 450 degrees you can come up with a beautiful, golden brown, tasty potato chip, much more tasty than the subago which is the white potato. As far as mineral goes, there's a little bit more potassium in the red potato and that's what actually gives you the purplish color in the skin. They call it red but when you first dig it, it's kind of a purplish red tint more than it is red but after a few days dries out a bit and looks more red, but it's got a purple tint to it and that's because of the potassium.

Now you take that same potato and if the eyes are sunk deep in it so you have to gouge them out you have a potato with a low manganese in it, but if the eyes are even with the outside then you have a high manganese in it. Squint eyed potatoes don't need any glasses, but they are deficient in manganese.

Minerals & Elements - Silicon.

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Silicon has an atomic weight of 28, it's anionic, and it's structure is 1 cation and 28 anions. Now silicon actually is not a food, some of it gets entrapped in us but really it isn't a food at all. Silicon is an anionic substance but it's not considered a primary substance in our foods although it is an essential mineral for our bodies, for our teeth, for our bones and so forth and calcium and silicon cannot take the place of the other except in a base exchange form, for instance you take bones that do not have enough silicon in them are softer than those that do have.

Minerals & Elements - Sodium.
See Also "Minerals & Elements - Essential" Sodium is a cationic element with an atomic weight of 23 and an configuration of 1 anion and 23 cation electron. Sodium is NOT an isotope. Now something's got to be attached to sodium to get the pull along the line of least resistance, in other words, whoever gets there the firstest with the mostest it will pull towards it.

Sodium is a very essential element in the body and it's actions can be linked in a strange way with silicon. Sodium is called the free-loader because it will grab onto anything, it will readily exchange electrons in order to unite and form a bond with anything that comes in contact with it. In other words, it readily synchronizes, and there are many compounds in the body that are synchronized with sodium, like sodium carbonate, sodium chloride and sodium silicate.

Doc often referred to sodium as like a lady who's getting along in years and anxious to get married, she'll grab any man that's got britches in order to get married.

Sodium is found in the lining of the stomach, in the nerves and really all over, it's everywhere. Sodium by itself is not an electrolyte, but when combined with chlorine in the form of sodium chloride it is. When the liver is working properly it will split the sodium chloride and use the chlorine to kill the bugs and bacteria and you can even have sodium by itself in the body, for instance, whenever people empty the salt shaker on their food and the liver breaks down a certain amount of the salt and both sodium and salt go out through sweat. Let me say it this way, there's some salt in it but if that salt's too strong it chaps the skin and irritates it very, very much, so nature prepares it to break it down so that a lot of it can be removed out as the sodium because the chlorine becomes the agent in our system that keeps the bacteria and funguses from eating us up.

In chemistry, sodium is a cationic substance and the electron travels counterclockwise and it will not conduct electricity but when combined with chlorine it is an electrolyte and in the form of a sodium chloride salt you can see through it. The very fact that the electron travels so slowly in it makes it like glass. The electron travels so very, very slowly until it doesn't create resistance, in fact, you can take sodium and make glass out of it. Did you ever notice crystal salt, you can see through it. Well, you can take the sodium and you can make glass out of it just like you can silicate, but it's because the electron is travelling so very, very slow that makes it transparent. Silicate makes a better glass than sodium, a much clearer glass than sodium and there's so much more silicate than sodium and it's so much easier to get. It's just a non conductor of electricity, the way God made it and that's all I can tell you about it. Now, if you'll attach or mix something to it then it can carry a charge. Now the three anionic substances are chlorine, calcium and potassium and if that sodium had a very high conductivity then it wouldn't join, but it has a very, very low conductivity and therefore it can join because an anion doesn't ordinarily join to a cation without creating heat and destroying themselves, or joining into a compound. All I can tell you is from experiments and research in the laboratory, pure, dry sodium will not conduct electricity any more than dry sand will conduct it. But you wet it and it'll carry a little bit. Also sodium rather than silicon is used in the

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manufacture of many of our electrical, old fashioned tubes in television and radio because it gave up heat a lot faster and it wouldn't crack all to pieces like glass when it cooled off.

Minerals & Elements - Sulfur.
Sulfur is a cationic substance that has a configuration of 1 anion and 32 cation electrons. It is a blood purifier and it could only do damage whenever the pH gets below 6.0.

Minerals & Elements - Zinc.
Zinc is a cationic element with a configuration of 1 anion and 65 cations.

You can take zinc from the air and in all of my 47 years of practice I yet have not given zinc to anyone. Not to anyone. Now there are people who are deficient in zinc but zinc can come right through the air from anionic beams and cationic beams right into your system. When you have enough vitamin A your zinc will be plentiful but if your vitamin A goes down then your zinc goes down too. So you don't have to worry about your zinc if you keep your vitamin A up. The foods rich with vitamin A are carrots and cucumbers, all yellow foods, chlorophyll and green drink.

The reproductive organs need minerals to remain in a healthy state, manganese for the man and woman and zinc for the man. Cranberry juice contains the manganese and you get plenty of zinc from the air and sunshine, provided your vitamin A levels are up.

Mineral Composition of the Body - Bone
Male or Female, 20 years old, 5' 0" tall, 100 lb, body temperature of 98.60 f, perfectly healthy, Reserve Energy 100. Now a 20 year old in perfect health would have:

- A Reserve Energy of 100,
- Be 100% efficient, and
- Contain a minimum of 84 different kinds of mineral. (84 is all I've been able to measure in enough research over 50 years that amounted to anything and other minerals may be there in such a far out trace until I've never been able to connect it as a catalyst or as a necessity because I found people in perfect health without it, but I have not found anybody in perfect health that had less than 84. So we need the variety. Now in the body the mineral that is found most by weight and volume is calcium.

This 100 lb person has in their body:

- 75 lb of water, and
- 25 lb of mineral.

Changing the units to grams, 25 lb of mineral is equal to 11, 360 grams.

The calcium in the body is equal to 60% of the total body weight of MINERAL, therefore 60% of the 11360 grams is found in ALL the different kinds of calciums.

You must remember that what we're giving you here is not a constant, it is a variable, some people have small bones, some have large bones, some are double jointed, etc, and this is just a rough average to work on to give you an idea of the mineral content of the system that you will be working on later.

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Now bones have the most calcium of all the tissues in the body and the calcium found in the bone is equal to $^{1}/_{3}$ (or 33%) of all the calciums. Now memorize these figures, especially because calcium is the mineral available more by weight and by volume than anything else in the body, and calcium is available to all biological life, for without calcium there would be no life.

Remember these two figures:

- Calcium is 60% of all the mineral in the body, and
- Calcium that's found in the bone is equal to 33% of the total calcium.

The most common form of calcium that's found in the bone is phosphate. One of the terms that Doc likes to use a lot was his term phosphate. Essentially what he says is P_2O_5 is phosphate, but you have to remember that there's a Ca_2 before the P_2O_5 so if he ever says the word, "phosphate" in relation to bone you have to interpret it as being calcium phosphate.

Now the ratio of the mineral content found in bone (and it may be a variable) is:

- Calcium Phosphate, 24% (soft bone) - 34% (brittle bone), say 29%. — At 24% there's not very much calcium in the bone so it's going to be soft and be like rickets, bowed legs. On the other hand if you get up on the 34% side your bones would become very brittle.
- Water. 22% - 24%. — The bone is not soft, nor mushy, nor gooey like gello, it's firm.
- Silicon. 12%.
- Carbon. 6% - 12%. — It's the governor for water, it regulates the moisture. One molecule of carbon is able to hold, at 100% saturation, 4% (or four times) the amount of water. In other words, one pound of carbon can hold up to four pounds of water at 100% efficiency. That ratio is going to become important so memorize it because Doc will do a lot of shifting, he'll say "at 50% efficiency, how much is it ..", "at 75% efficiency how much is it ..", but it's always that 1 in 4 ratio that you have to come back to, 1 lb of carbon can hold up to 4 lb of water at maximum efficiency, which equals 100%. In the body you wouldn't find the saturation point anytime, the average is 50% in lean meat muscle. Now in the bone there's a lot of dry carbons that aren't holding any moisture, they do not have a single thing to do with holding any of the moisture in the bone. The bone has 22%-24% water so the carbon at 100% efficiency would be 5%-6% but since there are dry carbons too the figure goes higher.
- Nitrogen 3-4% — Every single cell in your body has the same frequency and it's the nitrogen that allows it to have that frequency. Now it is the elements that have the variable frequencies but in the compounds, meaning cells, it's equal and it's because of the nitrogen.

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- Phosphorus 3%
- Colloids 3% — MinCol has about 66 different minerals but it's importance is also due to it's colloidal state. In considering a ton of bonemeal there is about 3% (or 60 lb) of colloids.
  Total Colloidal Calcium = 33% of colloidal mineral, thus 1% of bone colloid is calcium.
  100% of colloidal calcium is in phosphate form:
  - Tricalcium - $Ca_3P_2O_5$ is 3% of colloidal calcium
  - Calcium Carbonate of Phosphate- 5% of colloidal calcium
  - Calcium Oxide of Phosphate - 4% of colloidal calcium

  Other colloidal elements 67% of the 3% Colloidal substance.
- Zinc 2%
- Aluminium 2%
- Sulfur 1.2%
- Trace Minerals 2.8% — Under this group we've got iron, manganese, copper, gold, silver, etc. and he didn't list them they're just so many of them in so small amounts they're just called trace.

Mineral Composition of the Body - Soft Tissue.
In a 100 lb person with a mineral content of 25 lb (or 11360 gm):

- 26% of the mineral (or 2954 grams) is in the skeleton, and
- 74% of the mineral (or 8406 grams) is the soft tissue.

This is the total amount of all the rest of the mineral which is found in the soft tissue, which means if you take the bone out of the soft tissue and you fall like a heap onto the ground you've got 8406 grams there split up into brain, into skin, into muscle, etc..

The soft tissue does NOT include the blood.

The average, dry weight of mineral levels in descending order in soft tissue are:

- Calcium 54% — The mineral used most by weight and by volume in the body.
- Nitrogen 8% — Now in bone the value is 3-4%, but the protein content is higher in soft tissue because the cells are smaller. Now nitrogen is the electrolyte that determines the frequency and every cell has nitrogen in it and there are more cells in your the soft tissue than you have in bone. Remember nitrogen is protein.
- Silicon 4% — The figure is less than in bone because soft tissue doesn't need the stiffness.
- Iron 4% — The main locations for iron are the liver and in blood production in the bone marrow.

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- Carbon 3.4% — The carbon is a variable.
- Sulfur 3%
- Chloride 3%
- Benzene (Specific Gravity 56) 2% — For feet, sinuses and flesh.
- Sodium 2%
- Trace Elements 2% — Arsenic, Iodine, Manganese, Magnesium, Molybdenum, Zinc, Hydrogen, etc.,
- Copper 0.5%
- Phosphate 10%
- Potassium 5% — There's a ratio here that Doc gave us, he said, "calculate what I've given you already and then the remainder is split up into the phosphate and the potassium". This totals so far add to about 85%, which leaves 15% but the important ratio to remember here is 2:1. That there's twice the amount of phosphate as there is potassium which out of the remainder breaks down to 10% and 5%.

Now that is the general, overall picture for all the soft tissue. Later on we're going to add the water back into it and when we do this is where the numbers get huge and we've got to start using our logarithms. Now, the general percentage breakdown of all the soft tissue content, and multiply 54% times 8406 grams you're going to get the amount of calcium out of that soft tissue. If you multiply 8% of nitrogen you're going to get the amount of grams for nitrogens and so on and so forth, and that should all total up in weight to 8406. Remember any decrease in mineral is a loss of energy. Now when you start to form the amino acid in the chain reaction we first need nitrogen. No amino acid can be formed without a cation of nitrogen in every cell of the body. That's the one common denominator, and that's what helps give us the frequency. Remember that all elementary atoms, or minerals, at the same temperature and same pressure are the same size, but that's not true for compound substances or cells. Under the same temperature and the same pressure the liver will put together different enzymes for different cells for different organs and the cells will have different sizes or shapes. The cells have different sizes or shapes because their micronages are different. Micronage also specifies cell size under shape and therefore varying cell life span. Therefore, any variable in the elementary mineral texture, in elementary mineral texture, which we called micronage which is the shape, is a variable in the size of the cell on any given frequency.

Misconceptions.
The bible says that a little learning is a dangerous thing. You know there are people that would prefer to die orthodox than to live unorthodox. They'd rather die with their misconceptions than change, AND THIS IS A PRIVILEGE THAT SHOULD NOT BE DENIED ANYONE.

Mistakes.
Knowledge plus meekness plus humility equals wisdom from God.

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The Lord in Heaven will look after his own, and He'll turn the very mistakes that you make into blessings if you'll only give him the glory. Without God's blessing on your mistakes you can't survive it, but remember also, the more mistakes a man makes the more valuable he is to you, provided he learns from them.

Moisture.
The moisture in the skin is much higher than it is in muscle. Good hay should have a moisture content of 28%.
Feeding pellets should have a moisture content of 18%, if it has less than, say 14%, it'll fall apart and if it has more than 18% it'll mould and spoil.

Molecule.
A "mol" is short for molecule, instead of saying molecule we just say mol.

A molecule is any substance that's composed of two or more elements, the same as a compound. It is a complex atomic atmosphere composed of two or more atoms in a definite energy ratio to one another and they are synchronized and it is the synchronization that forms the frequency.

We usually think of an atom as being an element and a mol as being a compound. However it's not always necessary that it's viewed like that but we generally think of it in those terms. For instance, you may have an element, like iron, copper, zinc, silver, gold that would be made up of atoms but yet there's also molecules there, you can have molecules of elements as well as compounds, but generally speaking, in biology, we think of mols as being compounds rather than elements because they come in that form.

Mongoloid Children.
The program will not help in cases of genetic retardation but there's a lot that can be done for mongoloid children. A whole lot can be done for a lot of the children and there's a lot of children that's called transitional children that are not transitional. So get your facts and go by the numbers.

Monkey Wrench.
As I often say "I'm just a monkey wrench in the Master's hands". If you know anything about wrenches it's the sorriest of all wrenches, it's a knuckle-buster, it only fits a square-headed bolt but God uses me to adjust a few nuts and I hope He does you too. I hope you become a monkey wrench, or even a powerful wrench in His hands.

Monthly Cycle.
In the woman the ovaries alternate the egg release from month to month, from one ovary to the next. There is a rule by which the ovum and sperm are joined together and it's in the milli-milli-micronage realm. In other words the ovum and sperm have got to be compatible down to the milli-milli-micron and no two of those sperm are alike and unless they fit milli-milli micron to mill-milli micron they will not join. This is what makes identity, identity.

Moon Phase - Ionization & Resistance Factors.
If an electrical nerve impulse travels in our nerve ending to our cells at the speed of light then how long would it take for reprogramming of a cell after it was injured, and you were in Range 1, at

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100% reserve energy, and you had 4500 parts per million of vitamin C in the blood, how long would it take a cut to heal?

The answer is 7 to 10 days, yet there are two other factors:

- The moon. The healing process is related to the time of the year, which also relates to temperature, and the phases of the moon. Doc says that a "cut" on the increase of the moon (from a new moon up to a full moon) heals slower than a cut on the decrease of the moon (the full moon down towards the new moon). The example he gave was a calf being branded. When branded on the increase of the moon there was an increase in the scar tissue as the calf grows older whereas if it was branded on the decrease of the moon that scar tissue and brand would remain the same size as the calf gets larger.

- We can deduce from this (in reference to the music of the spheres) that the energy we get from the air we breathe, or absorb through our skin, or the ionization effect that the bone has in taking electrons from the air is related to this in that there is a lower 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. Now that is so and it's related to atmospheric pressure in that colder air at these times will hold more mineral than hotter air, and a change in atmospheric pressure relating to this is due to the effects of the moon. Note that the weather is normally cool and moist at the time of the full moon.
-
- Now, regardless of where the moon is, in a 24 hour day plants grow their fastest, or the most, between 4.00 a.m. and 8.00 a.m.
- Also more people die between 4.00 a.m. and 8.00 a.m. by statistics than at any other time of day,
- More people are born at that time of day too.
- Your car runs the best at night.
- You get the best radio and television reception at night.

These things happen better at night because not only is there more mineral at night but because of the heat pressure. The resistance is less at night, and when the resistance is less the ionization is greater, just like a see saw, see sawing up and down.

For instance:

- There are people that plant according to the moon because on the full moon there is more nitrogen released from the soil into the air than there is on a new moon because the soil is the hottest on the full moon when the air is the coolest. Now if the soil contains too much nitrogen then all the blossoms shedoff the plants and consequently you got all vine, or all plant, and no fruit, but if it's the opposite of that then it makes a world of difference and that's the reason we have bumper crops some years and light crops other years, aside from late frost and things of that nature.

Generally the ionization process of behavior is worse at night than in the day time for the same reason, low resistance gives high ionization such that:

- there's more sins at night than there is during the day,
- there's more breaking of the law at night than there is in the day and not because it's just dark but because the ionization is greater.

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- On the full moon more people go berserk and if you ever work around people who're schizophrenic just watch for that full moon, they're going to be a handful during that time.
- Babies that are ill are more difficult to take care of during full moon than they are a new moon, they cry more, and
- Doctors have more calls on full moon than they do on new moon, with one or two exceptions, the week after Christmas and the week after Thanksgiving are exceptions because of overeating.

Motion Sickness.
Low blood sugar is one of the most difficult things in the world for a medical doctor to detect because for 6 days and 23 hours and 45 minutes the sugar may be behaving excellent, but the next 15 minutes it drops and the person thinks they're going to die. There was not enough oxygen to the brain and low blood sugar is the cause of motion sickness and is also the cause of about 50% of the automobile accidents. Highway hypnosis also is always low blood sugar, never high blood sugar.

Mouthwash.
See Also "Cough Syrup". The mouth is one of the breeding places for bacteria and most people don't even know how to use a mouthwash to get rid of the bacteria in their mouth. In order to use a mouthwash you should rinse out your mouth real good with the mouthwash, get it all between your teeth, in your jaw, over next to the jaws, under the tongue, under the bridge and everywhere else. Really give the mouth a good going over.

The same method applies to cough syrups and cough tablets. Rinse out your mouth really well, get it all between your teeth, over next to the jaws, under the tongue, under the bridge and everywhere else, don't just take cough syrup or a cough tablet and swallow it. Once you've done the mouth then swallow a little bit of it and repeat the process until it's gone and that will help kill out or destroy the damaging bacteria.

Mucous.
See Also "Bacteria", "Cough Syrup" and Mouthwash". People will often tell you, "I have a lot of mucous all the time."

In technical terms mucous is called bacterial liquor, this is the scientific name of it, bacteria liquor is mucous.

Foods do not make mucous, even milk or dairy foods. Mucous is manufactured by bacteria and the thing that causes the mucous is bacteria. One of the breeding places for bacteria is in the mouth and the thing you need to do is get the bacteria out of the esophagus and mouth and then you won't have mucous. There are a number of ways to kill the bacteria in the mouth:

- use a mouthwash,
- use a cough syrup or lozenge, or
- use lemon water.

The lemon water should get rid of the mucous from their mouth, esophagus, throat and get it out of the intestinal tract. Drink the lemon water properly though.

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Now one of the complaints that you're going to have with people in all Ranges except Range 1 is, "I think I'm coming down with pneumonia, or I'm getting a really bad cold. My throat is sore and this lemon water burns all the way down to my stomach. It really burns."
So you say, "Praise the Lord."
"What do you mean 'Praise the Lord', when it's about killing me. I'm allergic to it, it burns my throat."
"Praise the Lord and keep it up. You've got the mucous out of your throat for the first time in 40 years. Keep it up and in 3 days you won't have any sore throat, I'm sure now."
"But it burns."

"Good ! If it didn't burn the bacteria and mucous would be back in there. Those bacteria have been eating on the lining of the esophagus itself and has it irritated and therefore it causes a little irritation, a sort of burning. What's happened is that the lemon juice has got the bacteria washed out and nature has started to heal it."

It's kinda like putting a little rubbing alcohol on a cut or a bruise, bad bruise, it burns a little bit, or salt water it cleanses it and in 2 or 3 days it'll pass over and they'll feel well.

Now not only does bacteria manufacture mucous so does fungus.

Muscles, Abdominal.
The colon and the abdominal muscles need the exercise of walking to function properly. Also, hot sitz baths, outside walking around, and the leg lifting will help these muscles tone up and help the colon to get back its elasticity.

I know some people that are real heavy and maybe you can start them out with two a day leg-lifting exercise and as you test them you up it to 4 a day, like that. You don't want anybody to strain themselves or anything. Just tell them to lift one leg at a time and don't try and have them do both legs. The more in shape they are the more you can put down for them to do.

Multiple Sclerosis.
MS is a mineral deficiency and we've had better than 80% success, and the other 20% didn't follow through long enough. We use chlorophyll from spinach and comfrey, providing they don't have a low sugar. Go by the numbers.

Multivitamins.
I have never recommended multiple vitamins because I know exactly what I want and how much of it.

I don't know whether you've ever hunted quail or not. When the whole covey flies up if you just shoot into the bunch you won't hit any, you have to pick out one quail and shoot at him, then if you have time pick out another one, but you cannot just shoot into the group and hope to have much luck hunting. So in this system we make a diet or a vitamin and mineral to fit the need exactly.

Muscle.
There's many reasons for palsy, or muscle weakness, but you'd have to go into the numbers. For instance, it MAY be a tumor causing pressure but many times it's only a calcium deficiency, and that will correct it.

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I have never seen a case of any kind of lack of muscular control that was due to a brain tumor, because a tumor puts the area out of commission completely, but spasms may be lack of oxygen or lack of mineral in their diet to strengthen it. The lower the Urine pH the more the muscles will tend to be sore and the person tends to ache all over.

N

Nails.
Why do we have nails? What is the nail composed of?

Nails are composed of a type of phosphate that we can't use in the bone and the way nature uses it is by channelling it into the nails. God put them on there but the type of phosphate that's in our finger nails is the part that's an excessive amount that's not used in our bones.

Now, before nature begins to lose very much energy it will begin to draw a little bit of the phosphate of calcium out of the fingernails, not for the bones, but for the muscle. In other words, it'll begin to pull it out of the fingernails and then when it does not get enough from there it'll then pull it from the bone. So nail problems are caused because of a phosphate of calcium deficiency and it'll correct itself if you correct the deficiency and get the phosphates into the system.

A phosphate of calcium deficiency will cause nail problems like:

- white spots or specks on the nails,
- rough nails,
- thin fingernails,
- brittle nails,
- tearing fingernails and so forth.

When the nail gets big and thick and fat it's caused by a bacteria, a bit like the 126 Arizona Salmonella, that gets within side of the nail and it's very difficult to get them out. The finest thing I've ever found to get them out was turpentine on the nail. It'll penetrate it faster and quicker than anything I know of.

We did a test on an 11 year old girl and she was in fairly good shape but she needed a little bit of a tune up. Also the test showed she had an ingrowing toenail, and I told her mother, "oh no, she doesn't have an ingrowing toenail."
and the girl said, "yes I do mummy." "why haven't you told me about it?"
"Cause you'd take me to the doctor and he'd cut it out."

Now the phosphate in food is stored in the sugars, and anything that has sugar has phosphate. This is hard to swallow especially for a dentist when you're used to saying, "cut out the sugar in your diet, you've got too much sugar", yet we're not talking about it from that standpoint, so it comes back to definitions. As a dentist I had to reverse my thinking about what we're talking about in our definitions of sugars because what we're talking about in our definitions of sugars, is carbohydrates.

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Now to make stronger fingernails you don't necessarily encourage your client to eat more carbohydrates because he may be a diabetic, so go by the numbers. The way to rebuild fingernails, toenails, teeth and bone is to take MinCol and I've never seen it fail to rebuild the nails, teeth or bones.

Name.
A person's name will frequently bring us to a understanding of an ethnic line and you will find there may be some physiological differences in certain ethnic fields, in other words, you may find certain problems for instance in a person from the Mediterranean area that you will not find say in a person from Scandinavia, and so forth.

Nature Knows Best.
Nature knows how to make you the right size:

- for your bones,
- your feet,
- the size of your head,
- the size of your skeletal frame,

and so forth, so everybody can't be a Clark Gable, or Miss America, but the thing that you need to know is:

- eat the right foods,
- keep your numbers right, and
- be satisfied with your weight.

But you'll generally look like the ancestor that you wish you didn't. Your uncle, your aunt, your father, your mother, your grandfather, grandmother, anyone that was so round and full and overweight.

Naturopathy.
This system we use is the practice of health. It is not the practice of medicine, nor chiropractic or naturopathy or anything else, it is the practice of health.

Neck, Stiff.
You needed a chiropractic adjustment.

Nephritis.
When their entire body swells from just drinking distilled water many times you'll find that they have Bright's Disease or Nephritis. The body retains too much water. It's a kidney disease, the final stages of nephritis and it's very difficult to handle.

I would suggest sweat baths, stay in an extremely warm room all the time, even too warm for you and even though you're not sweating the sweat evaporates, so hot baths even Epsom salts in the water, things of that nature. Try, try, try to get those kidneys to functioning because they're in bad shape.

I see so much kidney trouble especially during summer and winter. I see more kidney trouble in the summertime because of the iced tea that people drink and in the winter those that drink high amounts of chocolate have a lot of kidney trouble.

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One of the things that I've never understood is why one kidney will be a lot more effected than another. Sometime one kidney is half rotten with cancer and the other one is perfect. I don't understand how a kidney stone can be in one kidney and not the other but it is, or sometimes I find them in both kidneys but there's a lot of things we'll never understand this side of Heaven.

Nerve.
The main sinew of a nerve has thousands of nerves within a nerve, just like a telephone cable has many wires inside the cable, and these nerves have many little lines inside the nerves.

In order to keep those nerves from short circuiting each other out you need vitamin B6. Vitamin B6 is the substance that keeps the nerves from short circuiting each other out and when they short circuit each other out there's numbness.

The Pons in the brain is the computer that synchronizes the messages to be sent out to the respective parts of the body where it is needed for whatever desired action that you wish. The messages go via:

- The Vagus nerve. This does not go through the spinal column, it goes down through the side of the neck. The vagus nerve is controlled by the fourth quadrant of the brain which controls the vital organs, and about 99% or better of all diseases begin in the organs controlled by the vagus nervous system, and
- The cranial nervous system goes through the spinal column.

I don't believe that people are naturally nervous, I think that there's a cause of nervousness, and in fact I've proven it over and over many times.

I had a call a few days ago from a doctor and there was a child four years old and when I saw the numbers I said, "this child cries a lot."
They said, "that's the reason we called, the child can't stop crying"

The cause was plain nervousness, the child's nerves were going to pieces from too low a calcium and they couldn't stop crying. So I told them what to do, and if the child wasn't better in 24 hours to call back.

It's been a week now and they haven't called back.

We gave this child lime water, and it did the trick in just a few hours, so use your head, get all these facts and memorize them, memorize them, memorize them and God will show you which one to use at what time. The more you can memorize these things the more you can use them with great ease.

Nerves (Reams Was Taught).
I was taught that in the body there are two nervous systems that cover everything, but I also understand that within these systems there are divisions. The two main, separate systems that I was taught are:

- The Cranial Nerve, which goes through the Pons and down the spinal column, and
- The Vagus Nerve, which does not go through the spinal column, it goes through the side of the neck to the vital organs. The vagus nervous system is the automatic nervous system, you

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don't have much any control over it, it operates independently of your will. Vagus is a Latin word meaning "vital" when I went to school.

So I'm only telling you the way I was taught, but I find this, that the various medical books today have confused terms over what they were when I went to school until you don't know what they're talking about, in fact I was reading one medical book in where it had vagus nerves in the fingers.

I would suggest that in this course, regardless of the confusion in some of the books, that we stick to the following:

- Cranial Nervous System as starting in the pons and going through the spinal column and controlling the muscles, and
- Vagus Nerve would be the one that does not go through the spinal column. Now it has branches too entirely differently but it serves the vital organs and controls even the capillaries that are within those organs.

If you want to remember it differently it's alright with me I've no objection. For instance, the sympathic nervous system comes through the spinal column is controlled by the spine and interfaces with the vital organs. There's a relation between the sympathetic system and the vagus system but I don't think the nerves originate in the same area. Now when chiropractors work on the spine they are able to help visceral conditions it's true, but I think the explanations are wrong, the way I understand it.

So many times people do things correctly but they give the wrong explanation, for instance, that's the problem with the atomic chart between what I'm teaching you and current teaching. Actually it says exactly what I'm teaching only it explains it wrongly, and the way it explains it you cannot figure energy. I've never found anybody that can take that chart and measure energy with it in, say gasoline, or one slice of bread or one gram of anything. You need to know how much is in it and you cannot do it with that system. Now if it can be done I want somebody to show me how, and I'll eat humble pie.

So I want to know if there is a way that it can be done, but in 50 years now I have not found anybody and I've been to the top all over the world, and the ones that did teach me taught me the way you're learning it now.

I can't see the real, logical, scientific purpose in confusing the terms in books that you students use. Now today they have problems in communication between one university and another in the terminology in the medical books. There's so much confusion and it's to the point where a doctor who graduates from one medical school cannot understand what another from another medical school is talking about. Maybe it's a good thing, they'll find out that neither one of them know. But as long as I state the meaning of the word the way I use it in my classes there should be no confusion.

Nervous Systems.

Now we have two nervous systems:

1 Cranial Nervous System, and
2 Vagus Nervous System.

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Cranial Nervous System:

- goes through the spinal column,
- controls our muscles (the cranial nervous system covers all of our muscles and our movements, our actions, our work, our labor and so forth), and
- it requires reflex action.

Vagus Nervous System:

- does not require reflex action at all.
- it may create an action that appears to be reflex action but it's more of a spasm action than it is a reflex action. For instance when the stomach churns our foods in order to dissolve it and grind it into energy it's not a reflex action it's an automatic action taking place, a churning that does not require a reflex response.
- Remember this, our Reserve energy is determined by the vagus nervous system. You can draw on it and any day that you do not take in more energy in the vagus nervous area than you burn up in the cranial nervous area that is your first day of illness. This is the first day of illness.

This is why this system can pick up a loss of energy which is the only reason and causes of illness is a loss of energy.

So this is what makes the vagus nervous system different from the cranial nervous system.

Neuritis.
Too much of one kind of calcium and not enough of pantothenic acid, Vitamin B5, is the cause of arthritis, lumbago, neuritis and so forth. Too much oxidation in the muscle.

Neurosis.
When you have a low blood sugar AND a low calcium you also have an exaggerated neurosis, an exaggerated tension, and people are very hard to live with that have both. Also the resistance is low, their energy rating is dropping at a rather rapid rate and actually they are really in pitiful shape.

Neutralize.
Do not use pear and celery at the same meal, or do not juice them together, because they neutralize each other and you have nothing left but plain water, I mean they just destroy each other.

Neutron.
A neutron is simply an anion, a neutron and an anion is the same thing and it means a negative charge.

No-No's.
On the markoff sheet it's there as a reminder:

- no pork products,
- no shell fish
- no skin fish. We tell them about tuna, skin fish, so forth.

For Acid Systems. For people that have a highly acid system:

- no citrus fruit (except lemons), and that includes apples, pineapple, and other fruits and berries because they're cationic.

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- You can take citrus juice, pineapple juice, and apple juice or other fruit juice and add a level teaspoon full of cooking soda, bicarbonate of soda, to half a glass of these juices and stir it vigorously and as soon as it stops foaming you may drink the juice immediately and you have a pineapple carbonate or an orange carbonate drink which is very good.

In the bottom of the glass there will be some soda dregs left over that didn't dissolve, just don't drink that. You may drink these juices because you have neutralised their acid which is a very good thing to do.

Very Sick People.
These things are no-no's for very, very sick people. Remember we're talking about very, very sick people and we're not talking about diets for log rollers and heavy machinery operators and things of this nature, we're talking about people that are very ill.

- no figs,
- no black pepper, but they can have powdered cayenne pepper but not black pepper.
- no nutmeg,
- no black teas, Liptons, Nestle, or Tetley tea or the far eastern teas
- no catfish, kingfish, mackerel, king mackerel, tuna and bluefish,
- no shell fish including lobster, clams, crawfish, fresh water or otherwise,
- no chocolate or carob,
- no rabbit, duck and goose.
- no strawberries, unless peeled because the seed on the outside of the berry aggravates haemorrhoidal condition, colitis condition, ulcers and other intestinal problems.
- no huckleberries, blueberries
- no popcorn with a haemorrhoidal condition,

People for whom these are no-no's are not necessarily retreat cases and you may find people that have haemorrhoids that don't need to go to a retreat.

Now these things are no-no's for very, very sick people and here's a combination of foods or juices that you do not want to use at the same meal, do not use pear and celery at the same meal, or do not juice them together, because they neutralise each other and you have nothing left but plain water, I mean they just destroy each other.

No Picture.
See Also "Withdrawal". When the body chemistry is synchronized, even if it's synchronized in a poor range, there is a "picture" formed of the person and their malady.

When there is "no picture" it can mean one of two things:

- it can mean that the body chemistry is in a state of confusion, that the person's chemistry is in withdrawal, meaning a change from one range to another. If a person walks into your office looking reasonably well and the ureas are 1 over 5 it's likely that the person is in withdrawal at that point, and so there is "no picture", and
- the urine specimen is only good for about an hour, after that it loses any real meaning because the bacteria in the specimen changes it. You'll probably find at some time a very bashful lady that brings her sample in her handbag, hours old, and pours it in the bottle and brings it to you to test - "no picture" or "foggy picture". So just tell them the specimen must

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be fresh and then if they want to pay for another one after they do it wrongly I have no objection.

When there is "no picture" it generally means that most of them have changed their dietary habits in the last two or three days, or they've changed their entire program over the last few weeks, and some of them have changed it as much as a year previous and still are guessing and guessing and that keeps their body in a state of confusion. For instance, they might have become all vegetarian, or all distilled water or all this or all that and they're doing half of it right and half of it absolutely wrong and therefore it's kept their body in a state of confusion and they're about ready to throw the whole diet, books and everything else over the sandybank or in the fire because everything they've tried still has them in confusion.

But you will have the key to untangle that confusion and you and no-one else will have that key. You have the system that God made for us to make a diet to bring these numbers back to perfect.

In solving and working through problems it isn't really necessary to know where the problem is. If you never see a picture, if you do or you don't, all you need to do is give them the right diet and nature will do the rest. If you do not tell anyone what's wrong with them but just give them the diet to correct it that's legal, it's only illegal when you tell them that they have a carcinoma in the prostate or a carcinoma in the uterus or vagina or ovary area. You got to be licensed in order to do that without breaking the rules of the American Medical Association.

When you give a person a test and they need just a tune up you give them a diet and tell them to come back in 30 days.

When you give a person a diet let me tell you what will happen. In 30 days they'll come back and there's "no picture" at all, the numbers are all crazy and haywire and out of synchronization so now you say to them, "your body is now in a withdrawal, if you will do every day what you've been doing for the last two or three days you'll get all right, but you waited till just a couple of days ago to start on this program. You knew you were coming back here for a test and you want me to believe that you've been on this for the whole time and you haven't."

"How did you know?"

Because if they had of been on the program for the whole time they'd have already gone through that slight body chemistry change, not severe enough to put them into a retreat, and those numbers would have levelled off and they would have been somewhere in range one, but they were all over the place.

If you tested this person: 24, 5' 4", 130 lb, Female

$$0.8 \qquad \frac{7.80}{7.50} \qquad 3 \qquad 4 \qquad \frac{3}{2}$$

She would be in withdrawal because there is "no picture", and if these are the numbers on a first test on a new client I wouldn't even tell them to drink water, I'd ask:

- "have you changed your diet or your lifestyle in the last few days, or the last month?"
- "What have you done to change your body chemistry?"

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I'd also say to them, "go back to your normal diet and come back in a week and let's see what happens." Now there are some people that just simply delight in trying to keep you with "no picture" and they'll go back, behave themself till the day before you're supposed to, before they come back and do the same darn thing over.

You could not maintain these numbers very long and the only thing I would tell anybody, get a colonic, you're full of crap, you're trying to pull my leg. A colonic should drop that top number a little bit and a change in any number is a change in all numbers. If you tested somebody maybe two hours later it is possible it could change the whole pattern.

Suppose that you were in a retreat and gave a test to a person on their 2nd or 3rd day of a fast:

$$0.0 \qquad \frac{7.50}{6.00} \qquad 0 \qquad ? \qquad \frac{2}{1}$$

This is an excellent reading because the patient is in deep withdrawal, their body chemistry is changing and it's highly favorable, however you need to get them some carbohydrate, sweetening, into them real quickly and get that sugar reading up a little.

Cut down on the water and keep up the lemonade but use a different sweetener in the lemonade every day. Now if they had this kind of a reading on the 3rd day then you let them fast a 4th until the urea rises above 12, and maybe it's the 5th day, or the 6th day unless their energy rating is so low they can't fast, and then put them on very, very light diet, baby food.

If you tested a man and his numbers were:

30, 5'8", 180 lb, Male - Test 1

$$8.0 \qquad \frac{5.20}{5.40} \qquad 45 \qquad 4 \qquad \frac{15}{12}$$

Withdrawal has not yet taken place and he's not even close to changing his chemistry pattern. Now we'll put this fellow onto a program and see what happens. We start him on just plain water till the ureas come down to 20 or below:

Test 2 - Just Water

$$5.50 - 6.0 \qquad \frac{5.20}{5.40} \qquad 25 \qquad 4 \qquad \frac{12}{8}$$

When he has something like these numbers then we start him on the lemonade and water and no sweetener, and the first day on the lemonade and water his numbers drop to:

Test 3 - On the Program - Into the "Zone of Misery"

$$4.20 - 4.50 \qquad \frac{5.40}{5.40} \qquad 15 \qquad 4 \qquad \frac{9}{6}$$

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He feels like something the cat's dragged in and couldn't eat, and at times he's quite nauseated, sick at his stomach. His sugar numbers have changed range.

Test 4 - Program - Withdrawal.

$$2.0 \qquad \frac{5.50}{5.40} \qquad 10 \qquad 4 \qquad \frac{7}{3}$$

He's in deep withdrawal now because his urea numbers are less than 12, and if this fellow can vomit when he first starts to throw off these cells it's very, very green, and bitter; and then it turns to brown, but it comes and goes it doesn't stay, and then it turns to a yellow, and when it turns to a yellow he's practically to the end of it. This generally happens within two to three days at the most. You can always tell when the withdrawal is over because the urea will be above 12, it would be possibly 7 over 6 or 6 over 7, and it would mean he's out of withdrawal and it's time to start him on a light diet, whether it's three days or four days or five days. This is a way out one now, from range 5 to range 1. Now remember that the desired range is:

$$1.5 \qquad \frac{6.40}{6.40} \qquad 6 - 7C \qquad 0.04\text{M} \qquad \frac{3}{3}$$

and we're working toward it, and now we see that his energy is coming toward the perfect range. Now if one number is out all numbers are out. All numbers are in, or all numbers are out, there's no such thing as one number being perfect and the rest of them being not perfect.
Let's look at another case for a 69 year old woman, 5' 2" and 125 lb: Test 1, Date
69, 5' 2", 125 lb, Female

$$1.5 \qquad \frac{5.80}{6.60} \qquad 12 \qquad 4 \qquad \frac{5}{1}$$

If this woman walked in off the street and had these numbers on a first test there would be "no picture" because the body's in a state of change, and if you get an equation like this you can't do anything with it. If this is a first test, and those were true, genuine and real numbers then that person COULDN'T have walked into the office because the ureas are too low. So there is a conflict in the numbers, since a urine pH of 5.8 is not anywhere near perfect then how can the ureas be so near perfect, that's wrong, that's a conflict in the body.

How can the salt be down to 12 and nearing perfect, and the ureas are 5 over 1. Even though they're a total of 6 the difference between them is too great for perfect. You can't have that and have a picture.

Another way of saying it is, "Mrs Client, your body is in a state of change."

All of our bodies go through states of change all the time and some people hang in there longer which could be because of:

- stress, or
- they drive to far to your office,

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- they are driving to your office and two blocks away a cat runs out in front of the car and they slam on the brakes but it's too late, they hit the cat. They come in for a test and you're not about to get a true picture.
- Husband and wife had a big tiff in the morning, he threatened to leave if she doesn't give up this nutritional kick, she comes for a test.

If these things happened you better believe this is not a true reading on Mrs. Client. Now to show you we ask her to sit quietly, and 45 minutes later run another test, here is her picture:

Test 1, Date,
69, 5' 2", 125 lb, Female

$$1.7 \qquad \frac{5.80}{6.60} \qquad 12 \qquad 4 \qquad \frac{11}{3}$$

The new Test 1 now shows that there is enough total urea for there to be a picture on this woman. Remember if one number is wrong then all numbers are wrong. Although there is a total ureas of 14, the numbers are nowhere near even and there is a tremendous and significant imbalance in the potassium levels, and maybe even a brain tumor. She's possibly a 220 case.

We gave this woman about 3 to 4 tablespoons of hominy a day. There comes a point when the body can't take in anymore and it just throws it out and we tell the people that. Doesn't help you to eat half a can a day, but it doesn't hurt you either. On a retest her numbers are:

Test 2, Date
69, 5' 2", 125 lb, Female

$$2.0 \qquad \frac{5.80}{6.60} \qquad 26 \qquad 4 \qquad \frac{13}{10}$$

which shows her body is responding to the potassium and has started to rebuild.

If we look at another case of a 15 year old, and you need to consider the X factor, the amount of energy it takes nature to built one complete cell. A first test showed:

Test 1, Date
15,? , ? , Person

$$1.7 \qquad \frac{5.80}{6.60} \qquad 12 \qquad 4 \qquad \frac{11}{3}$$

After you put them on a program they come back and a retest shows:

Test 2 Date

$$1.7 \qquad \frac{6.00}{6.80} \qquad 14 \qquad 4 \qquad \frac{1}{6}$$

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What you're seeing here is that with a 15 year old (applying the X factor) their ureas may very well have dropped to 1 over 6, and the person would be into a body chemistry change, a deep withdrawal, and there is no picture. It is normal to see a state of change after you put a person on a diet, and you should expect to see it and look for it. It's quite normal that if you test a person today, put them on a diet today, that when they come back in 3 days and you test them again then expect those numbers to be all over the page, they'd better be because the body is changing and you want that to happen.

But if a person walks into your office, has a test, and their numbers are:

$$1.7 \qquad \frac{6.00}{6.80} \qquad 14 \qquad 4 \qquad \frac{1}{6}$$

then it shows their numbers are already all over the page, and you've never tested them before, and neither has anyone else and their body is in a state of change. If this was the case then how do you know what to do with them? You don't. So say something like, "Mrs Client, we've run the test and you give us a little bit of a challenge. At this moment your body chemistry is going through a state of change:

- it could have been something you ate in the last couple of days,
- you may have changed your diet,
- you may be under stress,
- you might have had a big business deal coming up,

who knows, and that's not the important thing. I'm not even asking you to tell me what it might be, but all I'm saying is your numbers don't make sense at the moment and I cannot recommend anything against them."

We try to get her to relax and wait for about 45 minutes, then do another test and hope for a result. If the test comes back the same, or very close, then I'd say, "your test is about the same, is there something bothering you or something troubling you? What's happening that may be upsetting you?"

And she may say, "my husband this .", or, "my son that .." or, "my daughter whatever ..".

Why don't you go on home and come back in a couple of days and we'll run the test then. We've had people come in and their emotions tend to effect the picture more than any number of other things. Remember, when the numbers don't agree it shows there is a conflict and therefore there is no picture.

If you look at the following numbers.

Test 1, Date
Female, 69, 5' 2", 125 lb,

$$1.5 \qquad \frac{5.80}{6.60} \qquad 12 \qquad 4 \qquad \frac{5}{1}$$

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$$1.5 \qquad \frac{5.80}{6.60}$$

The left hand side of the test shows that the digestion is way off, the pH's are away from perfect, and so there should be a collection

$$12 \qquad 4 \qquad \frac{5}{1}$$

The total ureas says the protein digestion is not too bad, while the differential in the ureas says that there is a problem somewhere. All the numbers are in conflict.

Looking at this next set of numbers:

$$1.0 \qquad \frac{6.60}{6.00} \qquad 11 \qquad 4 \qquad \frac{7}{13}$$

(total urea)

Even though the ureas are in the range 10 to 13 this is not a potassium deficiency it is a "no picture", even if the sugar was a 1.2, or a 0.8 over a 3 tolerance, there would still be no picture there.

There's no picture because it's just an absolute mass of contradiction and it means that the body is in a state of change. Now you would expect to see this from the second or third or fourth day on a diet, during the body chemistry while it's changing from one range to another you would expect to see something like this. The reason it's a contradiction is that it's so near perfect and yet you got a 4M in here, now if that was a 0.4M it would not be a contradiction. That one number makes it a contradiction, and your eye numbers will substantiate it because they're dilated, they got pluses in them verifying the 4M here, that natures trying to throw out the mineral and that the blood is full of delta cells or cancer cells and it can't get them out of there and it's in an utter state of confusion. The left indicates a good intake of energy and the right a poor output in relation to time.

The albumin at 4M shows that there's a disturbance taking place and the body is relieving the disturbance and the ureas at 7 to 13 show that nature is practically not cooperating at all, maybe at 13 very slightly, barely noticeable, just enough to be encouraging to continue. Now when the urea total is 12 or 13 it shows that nature is barely starting to relieve the disturbance, to throw out the delta cells. A urea reading of up to 24 or 25 is normal but if it gets to 27 or 28 they should begin to drink water like it's going out of style.

No Response With Diet.

Of all people that are tested there's less than 1% of their bodies that will not respond to diet. There's a reason for that, there's damage to either:

- the brain, or
- the vagus nervous system, or
- one of the branches of the vagus nervous system.

Nose Bleed.

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One person come into my office and said, "Doctor do you drink? There's a bottle of wine here in your office."
I said, "no, I don't drink, but I sometimes have patients with a bleeding nose. Can't get their nose to stop bleeding and I have to have the wine quickly. We get them to sipping on about 4 oz of ordinary medium-dry Manichewitz grape wine and it stops the bleeding in a matter of fifteen minutes."

Nose Itch.
May be caused by pinworms.

Nucleus.
In the atom, the atomic nucleus is composed of either cations or anions, but there's a void, a magnetic space, between the core and the shell just like there is between the Van Allen Belt and the earth. In other words, there's a magnetised space between the ion core and the ion electron in the atom and when the compound is made there's a change that takes place in that magnetised space.

Numb Hands & Feet.
This is a B6 deficiency if they're also warm. If they're cold it may be an alcohol insufficiency.

Numbers.
See Also "Cause and Effect". It is possible to use numbers to measure energy, mileage, wear and tear, evaluation and so forth. All matter is made up of chemical mathematical numbers and even electricity is not any more than numbered energy. Your earning power is determined by numbers, and what anyone is worth is determined by numbers, and I'll tell you how much anyone is worth, it's what you can get. Supply and demand, that's all anyone is worth is what they can get, and live the Golden Rule at the same time.

Also numbers are used in timing, it's also used in speed and momentum, it's also numbers are used for purchasing power and for the measure of distance and the measure of angles and the measure of size and position. It's also used for the quest in color, it's also used for intensity, temperature and age. It's also used for proprietorship, to know what your proprietorship is and for your indebtedness, but they tell you nothing, you've got to know how to apply the number to each of these situations for them to mean anything to you.

Some things that you need to do after you get an analysis, and start to interpret that analysis, is to first get your facts and all the numbers because when I refer to the numbers, I mean ALL the numbers:

- the equation,

$$1.5 \qquad \frac{6.40}{6.40} \qquad 6-7 \qquad 0.04 \qquad \frac{3}{3}$$

  Do not try to get any set of numbers in your head except perfect, that's the only one you need to remember, all of the others you see won't help you any more than in class. With any set of numbers the first thing we look for is, "What's perfect", and the second thing was "How far away from perfect." What kind of a picture do you see when you see perfect, because if you don't see your perfect picture there's no comparison that you can make between the two.

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- eye numbers,
- age, height and weight. Remember that age, height and weight are ALWAYS a part of the problem.
- Sex. On reaching puberty women use 7 times as much calcium each day as a normal man, and the body has more calcium by weight and volume than any other mineral.
- Race. Race, or nationality, is a part of the problem because the darker the skin the more energy they collect from outside, and their body temperature may generally be a few degrees higher, and
- Religion. Religion can be part of the problem, for instance, in some parts of the world some religions specify a diet, some are vegetarian and some are non-vegetarian, and that's all that it lets you really know. For instance, the Indian people won't eat any kind of a meat because they're afraid they'll eat one of their ancestors. Religion can make a difference in your writing a diet.

So remember those basic facts in discussing or seeking to see the picture in the numbers.

Wherever is the greatest loss of energy is what we pick up in the test. The test picks up the loss of energy, and it's the loss of energy which results in these numbers, the loss of energy makes these numbers, it's what they actually are. In other words, if it wasn't for the loss of energy these numbers would be perfect. It is the loss of energy that we pick up in these tests which is why you must think back to what perfect is each time. The amount of variation in the numbers is dependant on the energy rating, and if the energy rating is low the numbers will be a lot different, if the energy rating is high they won't be.

These numbers

58, 5' 8", 165 lb, Female

$$1.4 \qquad \frac{6.50}{6.30} \qquad 12 \qquad 2 \qquad \frac{7}{8}$$

are not normal and they're not even nearly normal because when one number's out, they're all out, but even so it still indicates the strength of the digestive juices. When you refer to pH as high or low you always go by your lowest number, always. Go by your lowest number.

When you take a first test, any time one number is out look for the other numbers to be out too. The greater the digestion is out, the greater the other numbers should also be out.

One thing you want to do when you see these numbers, you know you want to move them toward perfect, and you tell the patient what to do to move them towards perfect, that is unless they have to go to a retreat then don't do anything at all. If they don't move toward perfect then find out why they didn't move towards perfect. If any one number moves toward perfect it means that nature is beginning to restore or replace the mineral necessary to bring that person back to good health. In giving a diet to someone these numbers will jump all around, they never stay put. If they stayed put you wouldn't have to test everyday.

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You must remember for every cause there is an effect and for every effect there is a cause, and for any place those numbers are on that scale there's a reason for them being there and whenever you see these numbers understand they are the result of a cause, the result of a "why", and as you learn why they're there, and you understand enough about anatomy, you can then begin to visualise and see the picture that those numbers are trying to present to you.

Don't get your eyes set on the numbers, keep your mind on the "why" of the numbers, if the number is there why is it there and what does it denote. The numbers themselves will teach you nothing, it's what you know that the numbers mean that means everything and any time those numbers are on that scale there's a reason for them being there and you must learn why they're there, and as you learn why they're there, and you understand enough about anatomy, you can then begin to visualise and see the picture that those numbers are trying to present to you, so learn your anatomy well.

So please don't expect the numbers to tell you anything because they're just numbers on a sheet of paper, but why they're there is absolutely important, and you must learn what they mean. For instance, if you have a watch and you look at the face then the numbers there don't tell you a thing. That watch can't talk, it can't do anything and if it's an older watch it may even give February 31 days. A watch is just the dumbest little engine that doesn't know anything, but it's got numbers and it's what those numbers indicate to you that matters, in other words you know that when the hands get to a certain place then it's time to:

- eat,
- go to bed,
- keep an appointment,
- take a pill, or
- do something.

But the watch hasn't told you that, it's your application of what those numbers indicate, and it's the same with these numbers, so don't expect them to jump up and say, "this person's got a wart on their heel". They won't tell you that, but you may deduce from the numbers if that wart is inflamed and is losing energy that there is a wart on their heel.

By themselves these numbers don't tell you anything, you've got to know what they mean by experience in using them, and by cause and effect. When you look at the numbers look for the cause instead of the effect. You're working on cause and effect and if you look for the cause then you can see the effect. Look for the cause, identify the cause because if you're looking for the effect it may be pretty hard to see. So find out the cause early in your testing, find out "why" the numbers are where they are, and once you know why they're there then you'll very easily learn to pinpoint the malady that caused them to be there. If you study these numbers long enough and know your anatomy well enough then these numbers will begin to talk and paint pictures for you to understand and to comprehend.

Please don't get your eyes on the numbers, keep them on the "why". If the number is there what does it denote. The numbers themselves will teach you nothing, it's what you know that the numbers mean that means everything. So what I'm trying to say is don't expect the numbers to tell you anything, they're just numbers on a sheet of paper, but why they're there is very, very important, absolutely important, and you must learn what they mean. You can believe these numbers because they will not tell you wrongly, they do have their weak points, but they will not tell you

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wrongly. In regards to things that throw the numbers off, medication, drugs and so forth, you cannot do anything to change these numbers but you need to be particularly aware of any sugar controlling drugs people may be on.

These numbers will help you to know which diet to give which person, how much and when. It will let you know whether there's too much of this, or too much of that, not enough of this or not enough of that, and this is simply diet, nothing more than that.

It's not to be given for the curing of any ailment and if it does cure any ailment whatsoever please don't blame me for it, the Lord did it. Please don't blame me if anybody gets well. That's what the AMA's doing to me now, they're blaming me for people getting well, falsely accusing me of practicing medicine.

Now if you consider every zone in every range from the lowest extremity to the highest you will find that there's 2,600 differentials. Now the numbers tell you nothing, and yet they tell you everything if you know what they're trying to tell you. Numbers tell you nothing and as long as you look at these numbers with a blank mind without thinking of a few things that I've written down they're never going to tell you anything. Numbers tell you the cause of everything that exists, it also tells you the effect of the cause of everything that exists.

Now remember "Cause and Effect", and you've got to know your anatomy, learn your anatomy and learn it well. I have prayed and worked and wondered why more people are not understanding these numbers and I'm about to decide it's because you do not know anatomy. How could you be a mechanic without knowing the name of the tools and the parts that you're putting together. Did you know every part of an automobile is numbered and you order it by number, year and model. You go by numbers in everything so let's learn cause and effect.

If a pregnancy is perfect it will not pick up on the numbers, you cannot tell by the numbers if a woman is pregnant or not, if it is perfect. If the pregnancy is imperfect you can pick it up on the numbers, in other words there must be an excessive loss of energy in order to pick up a problem, and in a perfect pregnancy there is no excessive loss of energy. Now I'll tell you what could be done, it hasn't been done but could be done, if you would dehydrate the urine enough you could then run a frequency test on the sedimentation and pick up pregnancy, but there's other methods that's more simple than that.
Remember this too, it doesn't matter how ill a woman is when her pregnancy begins, when conception occurs, if she supplies enough mineral to the cells that are causing the malady that's caused by lack of mineral, her body will go to perfect during pregnancy. Pregnancy is one of the finest things in the world to get well with providing you can supply nature with the mineral necessary to replace the cells. In other words, pregnancy is likely to improve her chances of getting better because nature has a desire to leave offspring.

There are conditions that you need to know and for this reason the patient should fill out a questionnaire. For instance, the numbers may show that you have a haemorrhoidal condition, and it asks that on the questionnaire to which you say, "no", but yet it comes back that you have a haemorrhoidal condition.

Somebody may come along and say that you have a cancer, or a tumor, of the left breast, or delta cells in the left breast, yet the report may come back that you do not have it in there, and yet on the

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sheet they mark it, "yes" I do have it. Things are not always as they seem. For instance, a woman may have a bruise in the breast, or she may have a fatty tumor that she thinks is a tumor, or a cancer, or the doctor might even say, "yeah, yeah, yeah you got a cancer its got to come out," and bang, bang he gets the knife on you as quick as he can, got to put you in the hospital. All that doesn't mean a thing, but the numbers will say that you don't have and yet there's the swelling, there's the fatty tumor, and we've had that happen over and over and over again.

I've had people come to me and say, "you didn't tell me, the doctor said I've got a tumor in the right breast and you never said a thing about it."
I said, "you don't have a cancerous tumor there. You have a fatty tumor maybe, and they don't show up in these tests very well but they're not dangerous." Then I generally ask, "well how long have you had it?"
"Ten years"
"Has it got any larger?"
"Oh it gets larger and smaller"
That's a fatty tumor and on a lot of people it doesn't make any difference, yet some doctors are so anxious to get a hold of the knife that many times they just can't wait to get the person in there, and yet other doctors would say, "I wouldn't bother with it till it gives you a problem", or they'll send it off for a biopsy.

Now the breast might also have been bruised a little bit in that particular spot where the biopsy was taken from, and they may find two or three delta cells of different size in it then the report says, "Oh yeah, it's malignant."

Now that's only 50% correct because you have a scoping problem because you're looking at it under a microscope in order to determine how far advanced it is, and to what stage it is, and many times they don't even know the exact color and they care less. The lab people just go by the size and not only that, many times they don't know how long it's been since that test was taken. It might have laid in the laboratory for two weeks before they got to it and they might not have kept it properly refrigerated, and so by the time they did look at it the tissue was in pretty bad shape and consequently it would be very easy to draw a wrong conclusion. Now the doctor that sent it in might also have forgotten to put it in formaldehyde, so there's so many things that can happen and we're all human so we don't really know what to believe about reports.

Nutrient.
The availability of nutrients in your food depends on two things:

- The individual, because some people cannot get their nutrient out of vegetables without meat supplements, and there are certain people that cannot get the nutrient out of vegetables, or
- The nutrient may not be in the food in the first place.

Nuts & Nut Butters.
Nuts are different shapes because of the path of the electron. All differences come from the differences in the path of the electron in orbit which is what makes us different too.

When eating nuts, remember this, just as a baby has a very dilute hydrochloric acid and has to be fed on milk and very light food, so most children also have a dilute gastric juice and should not have:

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- nuts or nut butters until they're eight years old, and
- no meats until they were twelve years old,

because their gastric juice is not strong enough. They can have pressure cooked peanuts, coconut and pinolia nut if they're soft, those they can digest. Even peanut butter as fine as you can grind it, or nut butters, are too coarse for a child's gastric juice and you're only asking for problems that's going to cost you money in doctor's bills if you give meats and nuts to children.

O

Observe.
Now I want you people as doctors to learn to use your eyes. So many people go through life and never see anything. You look at the numbers, you glance at the picture but do you really see the patient? Do you really see? Have you really learned to observe and not register in your brain what you're looking at. Do you see:

- the wrinkles in the forehead,
- the wrinkles that's in their face,
- whether the mouth is turned down at the corner, or turned up, or straight, or turn like straight down into the edge,
- if the hair has a sheen in it or whether it's dull,

Every seed has a point somewhere, or an eye, either a point or eye. All seeds in a melon point to the rind, and all squashes are melons and so it points to the rind. Cucumbers are melons too and it points to the rind.

In berries the seeds point to each other, to the little partitions that's there, and a tomato is a berry. In corn there is an odd number of kernels in each row and an even number of rows.
Whenever you are talking to a person try to see everything you look at, and when you see everything you look at then it helps you to understand the numbers. Compare the numbers you see with the patient before you, compare it and see what it looks like. Learn to observe it, learn to evaluate it because it will be a great help it making a diet for a person to see everything you look at. For instance if the computer says a person has worms look to see if there's a sheen in their hair, it'll be dull, and that computer hasn't even seen them at all, hasn't even seen them at all.

I challenge you to see everything you look at. Do you notice the flowers beside the walk? Do you notice the beauty in them? When you see everything you look at then the beauty of life will come back into us. See everything you look at, and not only in people, and forget their mistakes unless you can help them.

For instance, the shoemaker notices people's shoes, but the dressmaker notices the dresses, the tailor looks at the suit you wear, but try to see the shoes, the dress and the suit. Try to put the things together and try to find something nice to say to everyone.

Obstacle.
How determined are you to conquer every obstacle. Now every time you fail to conquer an obstacle you're going to make one great, big circle and come right back to it, you're lost in the wilderness of ignorance, or laziness, and this time you have a chance to go over it, or, if you

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refuse you'll make another circle and come right back to it. And again your life will just be one circle after another, like being lost in the forest of doubt, or forest of trees.

Esophagus.
When you put people on the lemon water program one of the complaints you'll get with people in all Ranges, except Range 1 is, "this lemon water is burning me up from the time I put it in my mouth until it hits my stomach, it really sets me afire."
just say, "Praise the Lord."
"What do you mean Praise the Lord, it's about killing me. I'm allergic to it, it burns my throat."
No, it doesn't burn your throat, actually it does burn in a way but not a burn. What's happened is that there's been a lot of bacteria chewing on your esophagus which were causing your esophagus to rot and have diseases, and the lemon juice has got the bacteria washed out of there and for the first time in years you've got a clean esophagus and nature has started to heal it. Keep it up for three days and your esophagus will be like brand new."

The burn is a bit like like putting a little rubbing alcohol or salt water on a cut or a bad bruise, it burns a little bit, cleanses it and in 2 or 3 days it'll pass over and they'll feel well.

Oil.
In our American diet today one of the causes of food sticking to the colon is that there is not enough oil in our cooking.

There was an old proverb, "throw away the frying pan." Now when that was made it was a good proverb because they only had pork fat to cook in but today we have Massola Oil which is one of the finest of all cooking oils because it requires less solvent than any other oil, it's more easily digested. We need to bring the frying pan back and use more cooking oils in our cooking today by adding the cooking oil into the vegetables and so forth, it makes them digest a lot better.

To maintain the temperature of the body the liver takes normal carbohydrates, starches and fats and oils from the diet and uses them in the manufacture of glycogen, which then goes to the pancreas where it manufactures alcohol (insulin and thyroxin), which is the substance that controls the temperature of the body. In short, the liver manufactures glycogen for the pancreas and the pancreas manufactures alcohol for the control of the body's temperature. If there is too little alcohol the body is too cold all the time and if there is too much alcohol the body is too hot.

Now, the enzyme for the handling of fats and oils for weight comes from the thyroid, and remember the emulsifying agent for the fats we call "old fashioned grandma's soap".

Old Age.
It might interest you to know too that there's three signs of old age, and the first one is forgetfulness, I don't remember the other two.

One Celled Organisms.
Many times when you're reading a book you don't know whether they're talking about funguses or bacteria, they'll talk about a fungus with all the descriptions of a bacteria and a bacteria with all the description of a fungus.

The difference in one-celled organisms is whether they use oxygen or not:

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- If they use oxygen they're animals, and
- If they use carbon dioxide they're plants.

It makes a difference. If you don't know what you're dealing with it makes a lot of difference in the food and the diet that you are working with.

Organ.
Organs manufacture, glands do not manufacture. The definition of an organ is that it's something that manufactures, or pumps or processes. It's a structure of action but it does not ionize. Organs include:

- The heart, it pumps,
- The kidney, it processes,
- The liver, it manufactures (amino acids or enzymes),
- The thyroid, manufactures "old fashioned grandma's soap by adding potassium to thyroxine, and
- The pancreas, manufactures alcohol, insulin and thyroxine.

Over ten years ago I saw lungs as black as tar paper with only enough left the size of an egg, and the people are still living and their lungs are absolutely clear.

Remember this, there's no organ in the body that won't rebuild itself providing there's not a brain tumor or damage to the nervous system, either the vagus or cranial nervous system.

Organic vs Inorganic.
The difference between organic and inorganic is carbon:

- Organic is any substance containing carbon, and
- Inorganic is any substance not containing carbon.

You'll hear a lot of talk about organic versus inorganic, now some organics are just as deficient in mineral as some inorganics. In fact I can take all-synthetic fertilizer and do a better job than most people can do with organic because I can take any synthetic and turn it to an organic any time I want to. I can take synthetic carbon and add it to a synthetic plant food and make an organic plant food out of it, it's just knowing your chemistry. The big row is ignorance.

In using carbon to convert inorganic fertilizer to organic fertilizer it depends on what type is available to you. Many times carbon is available in many, many different forms and so it also depends on the area you live in and what's available to you. For instance, as a source of carbon you can use:

- coal dust,
- Trilby 1, Trilby 2, Trilby 3,
- natural organics,
- ash,
- gypsum,
- basic slag from the iron mills is also rich in carbon because the iron gives up its carbon and to become steel.

Steel is only iron that's lost some of its carbon, and they put calcium in to keep it from breaking and as these carbon cations leak off they get caught up into the anionic calcium, and therefore it's rich in carbon.

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Oscilloscope.
An oscilloscope is used to devise the rotation of the electrons in substances.

Ovary.
In the woman, the ovaries alternate the egg release from month to month, from one ovary to the next and it is not known if this is 100% accurate or not, but no exceptions have been found so far. In summary, it's been found that:

- the left ovary AND the left testicle bring the girls, and
- the right ovary AND the right testicle brings boys.

The use of birth control pills are the finest cancer seed for the ovaries that was ever invented, and I've only found 2 or 3 people in my life that took them that did not have a very, very high count of delta cells in the ovary area.

One of the causes of deformity in a foetus occurs where there is a high count of carcinoma cells, or delta cells, in the uterus and ovary area at the time of pregnancy. Others causes are malfunctioning ovaries, malfunctioning uterus, as well as some drugs.

A lot of women have the mistaken idea that if they have a hysterectomy, or their ovaries removed, or tubes tied or something like that, that she will not go through menopause. That's not true because menopause doesn't start with the organs, the organs are a result of the other biological conditions and it does not prevent them going through the holy terror of a low calcium.

Now a hysterectomy alone will not cause a woman to be deficient in estrogen, it has to be the removal of the ovaries, and in removing an ovary, the doctor should not remove the root of the ovary, leave the root in and it will produce another gland which will then produce enough estrogen so that the body will be supplied. If the root of the ovary is removed, the embedment of the ovary, then it cannot produce any more estrogen and except by the grace of God they'll have to take estrogen the rest of their life. Now if a woman gets too much estrogen she'll become a vegetable.

Overweight and Obesity.
In considering a person's weight, there are a number of biological causes for overweight, not obesity, but overweight (and there's a difference between them) and obesity only covers about 2% of the people and even that number is probably on the high side. There's a whole lot of factors to be considered with your sugar reading and your weight and we'll just cover a few of those because weight does have a direct bearing on your sugar readings. For instance there's a number of reasons for overweight:

- **Overeating.** I'm going to take up the most common cause first, and that is the old wives' tale of "push yourself away from the table". Many times people eat, and eat, and eat because they're so bored with life but eating too much food is not necessarily the cause of overweight, I've known people to almost starve to death to the point that they could not work from lack of food and yet were still putting on weight. Now why do you suppose that this happened?
- **The Contraceptive Pill.** I will tell you one of the reasons that this happened, this woman came in and we almost had to take the facing of the door off for her to get in, she weighed 575 pounds, she was 27 years old and at that time she was gaining around 50 pounds per month. She had taken the pill at 25 and started gaining weight slowly and the last month she

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gained over 50 pounds of weight. So what we did is put her on a diet, and we put her on a six day fast then we put her on three days light diet then another six day fast and got her body chemistry lined up, and then she lost about 40 pounds of weight in about 15 days, and then she put on about 20 pounds or more and then it started dropping off to normal about two pounds a week. It is now normal at about 270 pounds. She is 6' 6" tall, a giant of a woman, she runs a nursery at Daytona beach and she lifts 100 pound plants and palms and flowers around like they were gallon cans almost, a giant strong person, a big person, a giant sized woman and she doesn't look fat, she's just a big, strong person, she's about 34 or 35 somewhere along in there now. This case of overweight was caused and brought about because of the birth control pill and I've found other cases in which it was the cause of overweight. It upset the balance that I'm going to talk to you about now in a few minutes.

- **Like to Eat.** There are a very small percentage of people that are really obese, that just eat for the taste of eating, the joy of taste, but they're a very, very small percentage.
- **Low Calcium.** There's another group of overweight people that are overweight because their calciums are too low, and they eat because they're nervous. Their calciums are too low and they eat in order to try to prevent them from being nervous and therefore they put on weight and weight and weight and then the ureas go up and they're so tired they can't go. Now this is an illness, this is a malady.
- **Pancreas Malfunction.** There's another group of people that are overweight because the liver manufactures glycogen and sends it to the pancreas, the pancreas manufactures it into thyroxine which goes up to the thyroid gland and the thyroid gland adds potassium to it and then you have old fashioned grandma's soap, and when this process is working normally it will dissolve the exact right amount of oils in your food and your diet, the energy molecules that form fat, and it will keep the persons weight under control. Whenever it manufactures too much and dissolves too much of the oils then you cannot put on weight but if it doesn't manufacture enough of it then you're overweight. Now some of the oils should be retained in your system, especially the fat lining which holds your intestines together and many times when this doesn't happen they have what you call intestinal drop. Other pancreas problems causing overweight can be from the sugar imbalance, the sugar was out of ratio and there were too many carbohydrates and the othe pancreas problem is too much insulin. The taking of insulin so many times increases weight because insulin is a salt and an excessive salt in the system can often cause an increase in weight.
- **Athletes Heart.** One cause of overweight is that people have athlete's heart, in other words an enlarged heart. They were very active when they were young and therefore the heart became enlarged. You must keep your weight in proportion to the size of your heart or your heart doesn't have enough to do and it will begin to skip and give you all kinds of trouble.

There was a man who came in for a test and he weighed 175 pounds. While his numbers were in pretty good shape and nothing really seriously wrong, his heart was acting up just a little bit and he was asked, "have you lost any weight in the last few months?"
"yes, I lost 25 pounds." "what did you do that for?"
"my family was afraid that I was going to have a heart attack and to satisfy them I cut my diet down and I lost 25 pound, and I feel so terrible I can't hardly go, I feel awful."
"well you put the 25 pounds back on, you have athletes heart, you must keep your weight in proportion to the size of your heart."
and over the next 3 months he did, and you should have seen the difference. Now you must keep your weight in proportion to the size of your heart.

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There's also a genetic reason for overweight, in other words, fat people will generally look like their ancestor that they wished they didn't because of their overweight. Their grandfather, grandmother, mother or father, uncles or aunts, you'll generally look like one of them you wished you didn't. Especially by the time you become to be a senior citizen. Now you may or may not but I'm just talking about those that are overweight. Now if it's a genetic condition there's not anything you can do about it.

People that are overweight should not have yeast or vitamin B1 or vitamin B2, that's if it's just an overweight problem, because it makes you more hungry and you eat a lot more food. People who's system naturally manufactures too much B1 or B2 actually are hungry all the time and they eat too much. That is one of the causes of obesity but I don't believe in obesity as a disease in itself, it is the result of other body conditions.

While we're on this subject I want you to know that overweight has never, and will never, cause a heart attack. That is false doctrine, but high ureas will cause a heart attack. Fat people do not have any more ureas than lean people. The pectoris heart attack kills lean people just as quickly and just as dead as they do fat people, now these are facts that are undeniable. While overweight does not cause a heart attack, it may be a factor in triggering one off but it isn't the cause and fat people will not have a heart attack if they keep the ureas and the cholesterol and salt in proportion to the size of their weight and total numbers and so forth.

Oyster.
Oysters as a food are a no-no because they are a shell fish and reduce the body's energy.

Oyster shell calcium supplements are made by grinding up oyster shell as fine as talc. These supplements are not acceptable because the calcium in an oyster shell is a very, very hard oxide form and even when you grind it as fine as talc, it's still like boulders compared to the size it's going to have to be in to really break down and actually become available energy to you to fit your frequency and micronage. To be usable to you it has to be energy of a size that is used in electroplating.

Supplements made from the ground up bones of animals are also generally not available to your system.

Ozone.
Breathing of ozone is rather dangerous if you've got more than about 10% of your lungs effected by emphysema. You're not getting enough oxygen to start with and if you breathe it you could get into serious, serious trouble.

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Pain.
The shape of the carbon atom is tetragonal and two carbon atoms join together to form an "L" or a "V" shape, depending on your point of view, and these "L" shaped double carbon atoms are stacked into a whole series of platelets. The important point is that it is the shape of these carbon atoms that is important to the human body, and the site of that importance is at the stole.

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Just digressing slightly, if you'll take a look at the periodic chart that shows the lattice or crystalline structures and the elements, at the bottom you'll see the various structural possibilities. There are 9 possibilities of energy formation and some you'll see there are hexagonal, rhombohedral, tetragonal and so forth. The tetragonal formation is what the carbon takes on when we're talking about cell structure related to the stole and the "V" shape you see is the formation of the carbon molecule because they work in pairs, and in this pair in the stole it becomes important in relation to nerve impulses.

Now carbon is the water regulator, and the hardest form of carbon we know is the diamond. Now a diamond is a dry carbon, it has no water and it's also a non conductor of electricity. In talking about the water content, the higher the water content the greater the conductivity and the softer the texture.

So what we're talking about is carbon in the cell structure in relation to it's conductivity, and in our cell structure the carbon in this paired tetragonal formation is responsible for insulating, or stopping, messages coming in from the brain.

Imagine a brain connected to a cell, and in the stole there is a tetragonal, "V" shaped carbon formation that's acting like a lead barrier towards electrons, or nerve impulses. So the normal occurrence is a message is transmitted by the brain to the cell and at the cell stole it's absorbed, programmed and stopped. If there is a return message from the cell, up the nerve to the brain it tells us that something's wrong.

For instance, if you have carbon in the stole as a nerve impulse insulator, and it's insulating alright then suddenly you have a reflex back to the brain from that cell then it means that there's a disruption of this stole structure, and when that happens we get what's called "pain" at the cellular level.

Now we could say that the stole is the germ of life, or we could talk about a nerve ending with the stole at the tip end. The stole is the programmer for the building of a new cell such that the developing cell will only stop growing when the programmed micronage in the stole is achieved. In terms of relativity, it starts with a stole and stops with the stole. Now it's on this stole that we have the carbon atom in the tetragonal pairing working as an insulator, as the cell builds it'll also build carbon atoms to become an insulator to make sure that this electrical charge, the nerve impulse, is not returning to the brain. So if you have disrupted this tetragonal carbon formation then you get a return message to the brain, which is "pain".

The carbon formation acts as a barrier and if the barrier is broken then there is a pain sensation interpreted by the brain to be in that specific cell, in other words, it's got to be a feedback to the brain for there to be pain. To summarise it then, pain occurs when the stole is damaged and the electrical impulse returns to the brain. The part of the stole that's damaged is the carbon tetragonal "V" shaped structure. If the nerve impulse (representing pain) does not return to the brain that could be a sign of either of two things:

- the carbon barrier is intact, or
- there is severe damage to the stole (or that end of the nerve from the brain). For instance if someone has a severe ulcer and they have no pain it's a sign of great deterioration.

Where there is nerve deterioration and no pain then the nerve is showing a lack of minerals, in other words, if we take a nerve ending with a stole on it then the lack of mineral causes

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degeneration and disruption down the line, so nerve impulses are neither coming in nor going out and so there is no pain. So many people think of a tumor as being round, like a ball or a marble, but tumors come in all kinds of shapes, all kinds of patterns and while they generally follow nerve centers, or certain types of them do, the cancer type of deterioration has a habit of following the nerve sinew, therefore causing no pain in the area until it's really to late to do anything about it. This is why people can have a tumor for so many years, or cancer, without even knowing it's there.

Now when you start replacing the mineral then you can start getting a nerve impulse return before the carbon atoms are in proper alignment, and when that happens you can start having a lot of pain for a period of time as a healing crisis. Some people go through some quite severe pain crises when their body chemistry is changing to a more favorable range. In line with this, when the nutrient level of the body is high, the pain is less.

There are basically two types of pain:

- sharp, stabbing pains, and
- constant, nagging pain.

Remember, if there's pain of any description then the nerve message is getting through from the brain to the cell and back to the brain, and there is the presence of the stole and it's functioning. Sharp, stabbing pain is a sign of healing, of knitting taking place. If the sharp, stabbing pain is there it's periodic, it's not constant, and this results from the fact that the "V" shaped carbon structure has not yet taken it's specific location in order to provide for the insulating effect.

When you cut your finger, or your arm, or in an operation then the nerves are cut and when the brain starts to knit it will put another stole on the end of that nerve and then it'll put it on that nerve and then it will regrow another cell, otherwise once you had an incision, or cut or bruise it would not ever heal, but the brain itself will grow another stole on the tip end of that nerve which will start the process of knitting, and the associated pain is called "knitting pains", and when you have patients that are seriously ill with cancer and they start to get well one of the complaints that they will have is, "I have sharp, shooting, lightning pains, that are very great. It's paining me".
then you can ask, "Is it sharp shooting pains, quick as lightning, or is it a slow nagging pain that hangs on?" They say, "it's sharp, shooting pains like lightning."
That's knitting pains and that's good kind of pains, but one that gets on and hangs on like a bulldog is not good.

Now when there is a tingling sensation like pins and needles instead of the sharp shooting pain it's a sign that there's a change taking place and it's generally the circulation that's causing it, for instance, your hand goes to sleep or your foot goes to sleep and as long as it's asleep it doesn't bother you, but when it starts to come awake there's pins and needles. The tingling pain is a reflection of that nerve impulse back to the brain because of the lack of complete arrangement of this paired "V" shaped, tetragonal, carbon structure. If you didn't have this structure the nerve impulse comes on through, or will not be insulated, so it'll go back to the brain and it'll also travel out into other cells until it comes in contact with a "V" shaped carbon structure.

Now physiology does not act so fast that when you put your arm to sleep sitting on it for ten minutes you rob those cell stoles of their carbon and then ten minutes after the pressure is off you created a whole new set of stoles. The common reason that it's asleep to start with is the circulation, the blood and the oxygen is cut off and the cells have started deteriorating but not enough to measure. Later

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when the oxygen starts to go back into those cells it gives a tingling cell like lighting a jillion candles.

Constant, nagging pain has to do with the fact that there is a lack of mineral and therefore a dying back of the nerve but it's not complete. The dying back that's taking place is a sign of degeneration or lack of mineral. Drugs have never cured any disease, and never will, however they sometimes let people die in peace, without pain.

One thing I want to emphasise, and that is fresh, raw chlorophyll from green leafy vegetables is one of the finest pain killers in the world.

Excellent sources of raw chlorophyll are:

- spinach, parsley, celery leaf, silverbeet, green lettuce leaf,
- wheatgrass,
- clover,
- escarole,
- romaine,
- endive.

You can also use ordinary Bermuda Grass or Kentucky Blue Grass and so forth. You grind it in a food chopper (the old-fashioned sausage mill), or you can get an electric one and grind it and then put it through a centrifuge or juicer, sling out the juice. Sip it slowly and it's one of the finest pain killers I know of. Now sometimes it takes a day and a half to two days for it to work, but it works and please do not dilute it because you'd have to take too great a volume with a sick person.

Do not use the raw chlorophyll from cabbage, cauliflower leaves, collard leaves, broccoli leaves or turnip green leaves because it's too strong, too rough.

Palsy.
There's a whole lot of reasons for palsy, or muscle weakness, and you have to go into the numbers.

Although palsy MAY be from a tumor that's causing pressure it's generally not. Many times palsy is only a calcium deficiency and fixing the calcium will correct it.

I have never seen a case of any kind of lack of muscular control that was due to a brain tumor, because the tumor puts the area out of commission completely. But muscle spasms may be a lack of oxygen, or it may be from a lack of mineral in their diet to strengthen it.

Pancreas.
See Also "Part 2 Sugars or Carbohydrates - The Pancreas". The pancreas is actually an organ and it manufactures three major things that are essential to life and health, and if you can get your pancreas to function normally it will do great things for you.

The pancreas has special cells called the Islets of Langerhans which occur in clusters, or masses or groups, and when looked at under a powerful microscope look like the skin of a porcupine with it's quills. The pancreas uses these cells to manufacture three main things:

- First - Alcohol. Everyone's got a built-in whiskey still and it's the alcohol that controls our temperature. People that are too cold all the time their pancreas does not manufacture

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> enough alcohol. People that are too hot all the time their pancreas manufactures too much alcohol and hot flushes are caused by the sporadic production of alcohol. Alcohol in our system is not made by fermentation, it is manufactured. When glycogen comes into the pancreas from the liver it passes over the needlepoints of the Islets of Langerhans and forms alcohol. Sugar is C6H22O12 or O11 and as the sugar passes over the points it is pulled apart by deionization and alcohol, C2H5OH, is formed by ionization on the line of least resistance, and C4H16O10 remains.

If people have too much alcohol in their system then one of the maladies they'll complain about to you, especially in the earlier part of the day, is hot flushes. They're too hot, hot extremities, hot feet, hot hands, and so on. Also in the morning hours they'd have a slight headache, a hangover, and that's even from eating potatoes. I've had people come in who had this problem, which was their major problem, and I'd say "you're an alcoholic".
"Well doctor I've never touched a drop of alcohol or wine in my life".
I said, "I didn't say you had, I just said you're an alcoholic and it's your own pancreas manufacturing too much alcohol".

If they complain about getting up in the morning with a headache then the way to tell whether it's from too much alcohol or from something else is to ask them to drink a glass of water immediately when they get up. If the headache goes away it's because they've had too much alcohol in their system and it's going to come back later on, plus they're going to have a little bit of dizziness, but if it doesn't go away from drinking the water then the headache's from some other cause of which there's many, one could be constipation, another could be so on and so forth.

Now sometimes the headache will go away about 10.00 or 11.00 o'clock in the morning if they do nothing, then if they drink a glass of water it'll come back, or it could be a different hours. Now the water does that because it reactivates the alcohol that you haven't drunk enough water to wash out of your system. Remember about the alcohol, if you take a glass of water and fill it to the top and then pour pure alcohol in it it's going to slide in among those water molecules.

Stage 3 in the manufacture of a cell occurs with the production of heat and heat in the body is produced by alcohol from the pancreas. In other words, we have carbohydrates going into liver for glycogen production and then it goes to the pancreas for alcohol formation, about a 47% strength (94 proof), and 1 drop is sufficient for proper body heat per 100 lb for one half hour.

Now the body can do amazing things with chemicals, that these same processes if done on the bench in a laboratory would take thousands of degrees of heat and yet you see this heat regulation with enzyme catalysts can promote this kind of a basic cell formation. Without the loss of energy you would not have cationic life and the element that distinguishes anionic life from cationic life is oxygen, "the sword of the elements", and oxidation denotes energy loss which is figured in heat loss.

Without heat loss we cannot have cationic life, and as long as the heat outgo is equal to the heat income then you have balance and stability and you can have health. But the minute outgo is greater than income then you say you start losing that reserve and go downhill. Now the liver is the atomic reactor of the body and one of the miracles of creation is that it can take anionic elements and turn them into cationic enzymes or amino acids.

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Now many times I have patients complain about heart palpitations and they were not having heart palpitations, and even at the very minute they said they were, they were not.

What had happened is that the pancreas had not manufactured enough alcohol and there was some gas in their stomach and as you pushed on one part of the stomach as the heart beat it buzzed another and then while the heart didn't beat then it moved back into the other place and made it feel like the heart was beating twice as fast as it was when it was really just a shift in the pressure in the stomach.

It's a very annoying feeling but the heart is really beating an absolute perfect rhythm but it's like pushing in on a pouch and pulling your hand out then the part you pushed in comes back out. Now when you push in on the pouch over here it pushes it out over here, so actually you've got a sensation of a double beat there, a palpitation twice as hard when it isn't so at all, and anyone with a stethoscope and a good pulse count can tell you the difference. Zest tonic can help here. If the hands and feet are numb and warm it's a vitamin B6 deficiency whereas if they're cold at the same time it could just be a malfunctioning of the pancreas and alcohol.

- Second - Insulin is the second thing manufactured by the pancreas by nature following the line of least resistance. If you've got too much insulin you have hypoglycaemia (low blood sugar) and if you have too little you have hyperglycaemia (high blood sugar). Under the numbers you'll find about .02% of people who will have a low blood sugar AND an extremely high blood sugar the very same day, but those people have either cancer of the liver or the pancreas. Now if somebody has too much sugar in the blood stream, high blood sugar, you should take them off of carbohydrates and starches almost immediately, and that includes things like potatoes, bread, wheat, pies and cakes as these can also cause the pancreas to manufacture too much alcohol. Many times when the pancreas doesn't manufacture enough insulin it's because the liver doesn't manufacture enough glycogen. Glycogen is not the only substance but the main substance that the pancreas uses to manufacture insulin.

Remember, if they're hypoglycaemic they've got too much insulin but in looking at the symptoms, or the problems, your problem can be either extreme, high or low. You can have too much or too little and still have the exact same symptom. There's a happy medium, Range 1, that when your body is perfect it will have that range. Don't forget, too much or too little often has the exact same symptoms.

Now if you're using a sweetener and the sugars stay too low it could mean that they're allergic to lemonade but many times it may go back even further than that. For instance many times there's nothing wrong with the pancreas except that the liver is in such a poor or bad shape until it has not had time to rebuild, to manufacture the correct amount of it's enzymes in the pancreas to control your body problems. So, the pancreas often gets blamed for something that it's not guilty of because it did not have the supply. The story on "Tobacco Road" illustrates this fact of cause and effect, the girl had no income and she had to feed her babies because she loved them and she had no way to do it except to break the law.

Now, your pancreas is something like that girl, it's willing to do anything in the world that's got anything to do with it, but the liver's not supplying it, the liver's acting as the Welfare Board and as it wasn't supplying the girl, so your liver is not supplying the pancreas, so your poor

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pancreas then rebels and does the best it can and it kicks these numbers all over creation and you lose energy. So I just gave you a parable to help you understand.

A special note needs to be made for people who are diabetics on insulin. When you're on insulin it destroys the ability of the body to accept Vitamin C, but as you begin to correct the diabetic condition and dilute the insulin they use, then you need to supplement their diet with Vitamin C and it's the Vitamin C that's actually doing the repair job. Medical insulin is a salt, and it does all the things that a salt does and there are two things we DO NOT do:

1 we do not take people off of insulin, and
2 we do not put people who are on insulin on a fast.

If there are people who want to get off of insulin then only in the retreat do we give them a diet to cause the pancreas to behave and to manufacture the right amount of insulin, but remember this, the effects of salt are age related, and over the years of their taking insulin their systems have stored it up like salt pork.

It's hardened their arteries and veins if they've been on it long enough it's crystallized the arteries and veins in their brain and in their kidneys and their joints and they're really in trouble, and when their body starts to release this stored insulin then many times they begin vomiting and start to dehydrate and in the meantime insulin is still pouring into their system, released from their body actions, and then their platelets begin to drop because the insulin salt is too high in their blood and then you've got to get them in a hospital where they can have IV solutions in order to tone this down so it can pass out through the kidneys.

Now they're lucky if this is what happens, but if they've been on insulin long enough and those arteries and veins are crystallized to the point of breaking, and if they break in the brain they'll go into a coma and you've lost a patient. Or if it's not quite that far advanced they may be breaking in the kidneys, and cause the kidneys to break down and they start passing blood. If they're not that far advanced then they may start breaking down in the joints causing excruciating pain in the joint. So when you get a person off of insulin you've really got a problem on your hands.

The dividing line between high and low blood sugar is 5.49 and is the mark that in about 99.98% of the people this will be the dividing line that if the sugar rises above it won't drop below it without being directed.

- Third - Thyroxine. This is a cationic substance and is the third substance made in the pancreas, in other words, it's what's left over. The thyroxine goes into the blood stream and up to the thyroid organ (not gland, but organ) where the thyroid then adds potassium to it to form a substance that effects the fat like "old fashioned grandma's soap" and thyrotoxin is the worn out cell. The reason that people don't lose weight is because of a malfunctioning pancreas. When it manufactures too much thyroxine you're underweight and when it doesn't manufacture enough thyroxine you're overweight. Not enough thyroxine AND also not enough insulin go hand in hand when there's an overweight problem. Now the body can have enough insulin or too much insulin giving a low blood sugar reading and have not quite enough thyroxine and that can cause them to be overweight.

When you're looking at a card with the numbers on it the part that tells about the thyroxine is the weight. The soap takes the oil out of the system and if you've got too much thyroxine, you're

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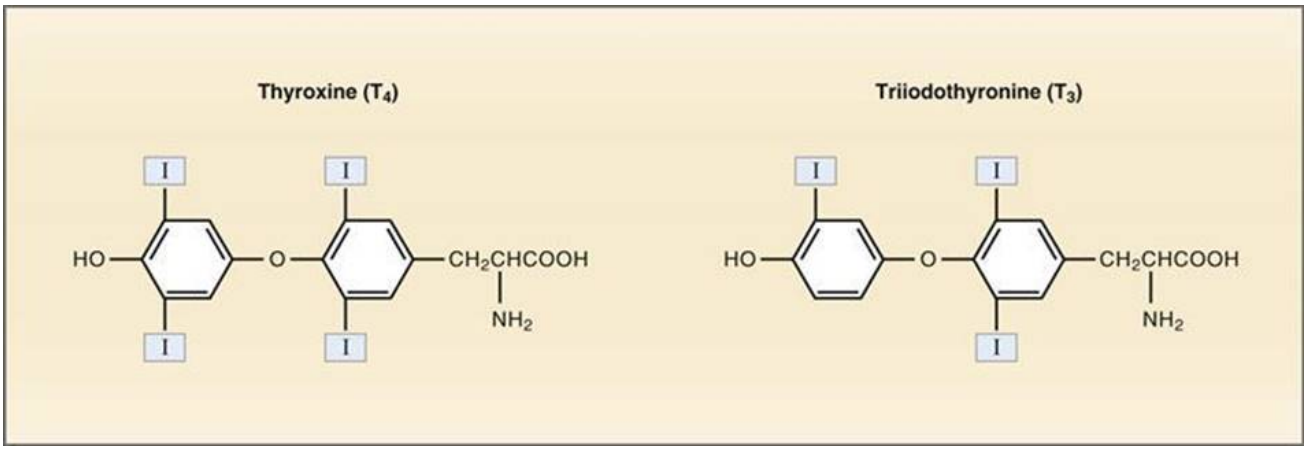
going a mile a minute, and you're thin. If you've got too little you start to become a little heavier because the fat starts to increase.

The thyroxine molecule looks like this:



It has two benzene rings and a couple of iodine molecules. When people are too thin and their body makes too much "old fashioned grandma's soap" the thing to do is to slow them down and have them rest. You need to see the numbers but get their calcium right, and get them to slow down.

Now sometimes it may be a case of worms but go by the numbers. Now the converse of that, too much weight, see also, "Overweight".

It's all a matter of bringing a balance to the system and throughout all of this, the whole pattern is you want to achieve body balance.

Now, if there's too much thyroxine you're going to have a less proportion of muscle to fat, in other words, you're going to have more lean, skin and bones and if you've got too little thyroxine, you're going to have more fat to muscle. If you've got too much thyroxine it dissolves the body oils and fats and you become not dehydrated but thinner, more lean, and the excess oils are then flushed out through your kidneys.

In other words, if you've got too much thyroxine you end up being skin and bones because the ratio of fat to muscle has been thrown in the wrong direction and what's happening is that the oil that should be there is not. The fat molecules are being kicked out and this kind of a person is a sinker, in other words, if they go to a swimming pool and try to float they're on the bottom.

Now another thing that can happen to this thyroxine it can either be thrown out through the kidneys or it'll go into the blood stream and land in your stomach. If it gets into your stomach it's going to cause a little bit of nausea, maybe a little bit of roly poly but also as far as the body chemistry is concerned there will be a loss of energy and it'll show in the saliva pH. Someone with that problem may start at, say:

$$\frac{5.30}{7.50}$$

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and over a period of time the urine pH may come to about 6.40, 6.30, 6.50, but if the saliva pH doesn't move and stays about 7.50 it means he has to slow down and rest, and this type of person often says "I haven't been able to slow down because I'm just too active, I'm a goer, I'm a doer, I'm a type A behavior, I'm just going all the time. In this case the excess thyroxine is landing in the stomach, it's effecting the digestive juices and he's losing energy. It's a loss of energy and remember that the pH of the saliva is in direct proportion to the pH of the gastric juice to start the digestion of your food. So that's why when we're testing the saliva pH we're really testing the pH of the liver bile.

To correct this situation so the thyroid works properly you've got to go back to the liver with its calcium, iron, iodine, oxygen, water and so forth and bringing the whole body back into balance.

Pap Test.
A pap test is only about 10% accurate because the cells have got to be haemorrhaging, or leaking, or giving off a substance that day or you cannot find the problem.

Parasites.
See Also "Bacteria", "Colitis", "Fungus" and "K-Min". You can always tell when pets have worms, or when people have worms or parasites, is because they have dull hair, their hair loses it's sheen. Now if they've got a wig the look of it can fool you because some wigs have no sheen in them, and some wigs do have a sheen in them and the person is full of worms. You'll very soon learn to go by the numbers and not pay any attention to the wig because I read the numbers clear across the nation when I can't even see the person and I know whether or not they have worms or not by the numbers. You will eventually be able to do the same thing I hope.

A pulse rate of 120 beats often indicates a parasite, pneumonia, cold or some other parasitical disease causing a fever. If there's a pulse of 120, and a fever up to 104, or 104.5 or 105 it's a very annoying thing but nothing to be deeply concerned about but it's more serious on a child than an adult because when a fever gets up to about 103 on a child they give up and they won't fight for life but most adults don't give up, they still fight for life even at 105, or 106 or 107.

Now the thing to do if possible is to get a colonic and start off with the water about 98 degrees and lower it down about 2 to 3 degrees every 3 or 4 minutes and get it down to around 92 slowly so it won't cramp them and it'll generally bring the temperature down within 30 minutes.

A chicken manufactures Boron in their body and chicken meat is rich in Boron. Boron is also a germicide, the same as the chlorine that comes from the salt that you eat which keeps your body from being destroyed by parasites. So meat eating isn't quite as bad as some vegetarians would have you believe.

Now it's a very good idea to get a medical book on parasites and funguses and bacteria and there's a lot of books on it but whenever you read the first book you'll think you know it, get your second book and it contradicts the first one, get your third book and it contradicts the first two and then get your microscope and go to work on it if you really want to know something about them.

It's a bit like a blind men describing an elephant, and you'll find bacteria and funguses that's in the wrong classification but that's the name they were given to start with and that's the ones that stuck. So just don't get excited about the confusion.

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Get their body chemistry in Zone 1 and let God do the rest. You've got the easy part He has the hard one.

You can have parasites with high or low pH and also a high urea. Parasites include all kinds of worms and things of this nature but in a case with low pH it indicates anaerobic parasites because of the lack of oxygen and anaerobic parasites can cause your hair to lose it's sheen just like worms can and they cause a bad odor to the stool. These numbers let you know what questions to ask that will verify your number.

With a high pH you may have pin worms (pH of 6.30 or 6.40 in both because pin worms don't like the low pH), or tape worms or something like this but the low pH parasite is a type of colitis.

Whenever you get into the colitis funguses and bacteria you're really into something and many times you cannot tell even under a microscope which you're dealing with, whether you're dealing with an animal or plant, and the only way to do is to pull them out and put them into oxygen or CO_2 chambers in order to determine which one you're really dealing with. Even today some of our finest and best and up-to-date books on parasites, bacteriology and funguses still don't make it clear, and there's some of the writers that are being honest enough about it to say, "we don't know which it is", whether it's an animal or plant.

Now you have to treat the animals and the plants differently because if this were animals in your colitis the K-Min would work really well but there's certain type of funguses that it won't have effect on.

Now suppose, just suppose, that this was a case of paramecium or amoeba, either one. K-Min won't have any effect on an amoeba or paramecium, it will not have any effect upon it and you've got to go a different route. The finest thing in the world that I do is get their body chemistry in Range 1 and it generally works it out for itself. Now if you ever travel though from Miami to Haiti on a French airplane don't eat the food that is in the islands down here because I have known more people to become seriously ill and hospitalized from riding on that French planes between Miami and Haiti, and on some of those islands there.

38, 5' 10", 110 lb, female, married

$$5.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

Energy about 20 to 23

This is a retreat case, do not treat this kind of a case at home.

This overall picture here shows a lack of oxygen. Even with such a bad source of minerals I would still not suspect anemia here.

The name of this woman's condition is "Collagen Disease", old fashioned "Scurvy", or she has an extreme vitamin C deficiency. If this collagen disease gets pretty far advanced it can become scleroderma, characterised by a "grin" on the face which is the final stage on it. This one is pretty

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close to it. The "grin" is actually a tightness and the person is fighting for their life, "you're going to do it or die". You call it a "grin" but it's also an irritability thing too and it's certainly an important factor. Now if a later test showed the pH at say 7.00 and with such a drastic bouncing round of the pH, if they had these numbers they would be very near death. I mean they'd be very acute, in other words, the faster these numbers bounce around or move about the more seriously ill the patient. Now this is one thing about scurvy diseases or collagen disease, it is said that they die with a smile on their face.

In regard to her expression, which includes the face and hair, I would conclude that she has no sheen in her hair at all because she has parasites, worms. Now we also notice that she has acute dysentery, also that the bowel movements have a very bad odor, so it's a good question to ask, "does the stool have a bad odor?"
"Yeah."
It's only verifying that she has parasites. Now the kind of parasites she has in the colon are anaerobic bacteria, not bacteria really because they don't use oxygen, anaerobic fungus is a better description. It's called bacteria but it's truly a fungus that's really causing such a bad odor. I take them off of milk and wheat products because of the bacterial parasites in their system. They feed very heavily on the gluconate that's in milk and the wheat.

Suppose she goes to the doctor it would be very difficult for them to find anything wrong in the early stages of this number, but whenever this condition continues long enough, there are some doctors in the United States that can find this condition, I know three that can in the whole United States. I only know three medical doctors by the test they have that have been able to zero in on this condition.

This is a retreat case. Now you have a conflict here because some of the body chemistry is coming up and some is coming down in the numbers and it's a very, very difficult for the person to go through without a lot of encouragement, prayer, getting their mind off themself, and another advantage of being in a retreat is that they see a lot of people worse off than they are and they're also encouraged by the meetings and a change in spirit, and the prayer, and the singing and the visitation of other people and in a group like this they pray for each other.

As long as you can keep the ureas above 12 there's a great hope for them to recover but if they drop down and you can't get them up you've got a problem on your hands.

Parkinson's Disease.
For Parkinson's Disease that comes on rather suddenly we have 100% success with it, but with the genetic Parkinson's Disease we've been able to help some but not to solve it.

So we've helped people who've had Parkinson's Disease for 4 or 5 years and they got perfectly alright, but those that had the genetic problem we were not able to give them relief because it seemed to be a genetic problem.

Caffeine and nicotine are different forms of opium and you can be hooked on opium from coffee the same as any other and when this happens over a period of time you can have Parkinson's disease, trembling. Caffeine aggravates the Parkinson's Disease condition very much.

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We've just had a 73 year old man come in with Parkinson's Disease and there's great hope for a complete recovery because he's only had the disease for five years and he does not drink coffee.

Patience.
The higher up the ladder of life you go the more your patience will be tried, and the more you must learn to designate authority.

For instance, there's about 10, 000 telephone calls a week that come in and it's impossible for me to answer the telephone to all the calls. Mail comes by the bagful. It's impossible for me to answer all the mail so I have to have secretaries to answer it. I try to answer every letter I receive but I have been accused of not answering letters because I never received them. In fact, a year ago last August, I received some mail that was mailed on January the 2nd, and the person had called me up about a month later after January and really was terribly excited because I had not answered the letter, because he really needed an answer, but I didn't know anything about it so I gave him the answer on the telephone, but the thing about it is many times we do not know, or get the message through that's supposed to get through and many times today the letter's not returned to us, so we do not know whether it went through or not. Somewhere it becomes lost.

I'm not complaining at all but if you had to handle all those utterly millions of letters and us being human it's just naturally some of it is going to get misplaced. Why I've even sent a check out a time or two and forgot to endorse it, I didn't intend to, I'm just human, just like everyone else. I've received checks that the person forgot to endorse the check, just forgot to endorse it. Send it back. So what I'm trying to tell you, you have problems, other people have problems but when we start to help each other solve their problems life will become brighter for us.

This brings us to the thought of patience, God wants us all to learn patience, it's one of the most difficult things in the world to learn is patience:

- be patient with other people,
- be patient with yourself,
- be patient with your spouse, husband or wife, and your children,
- be patient with your brothers and sisters.

Just be patient. One of the most difficult things I had to conquer in life, and my patience, was the man just ahead of me at the stop light that didn't move on when the light turned green. He'd just sit there, and you know it, you can think of all kinds of things:

- he should have his license taken from him,
- he should be sent to driving school,
- who does he think he is,

and you know all the kinds of thoughts that the devil will put in your mind. Well one day I conquered that and it never gave me any more problem and I'll tell you how I did it. I started praying for the guy. God was showing me some soul that needed prayer, and from there on it's been no problem at all, and as soon as I started praying he moves on.

But one day I came up to a station wagon at a stop light and on the back bumper it said, "if you love Jesus honk your horn". So I honked the horn.
The guy stuck his head out the window and said, "you idiot, can't you see the light is red".

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So sometimes you just can't win for losing, but he got prayed for too. I want to tell you how to get even with your enemies now, really even with them, and they can't do a thing in the world about it. Put them on top of your prayer list. Put them up so high they can't even see it. That's the way to get even with your enemies. When people do something wrong, or something that displeases you, put them on top of your prayer list and believe me that's a wonderful place to keep them. Love your enemies and believe me, pretty soon you'll love people so much until you can't see anything wrong with them.

You know I would rather be taken by nine dishonest men than to mistrust one honest man, because they don't rob me they rob God, it's between them and God then, not me, I don't even have to have any concern about it except to pray for them.

Patients.
See Also "Business Practice", "Complaints", "Emotions", "Fasting", "People" and "Withdrawal". You cannot deny the accuracy of these tests. You can't necessarily go by what the patient tells you, but you can go by your numbers, believe me, you can go by your numbers and go by your numbers. Believe your numbers first, last and always.

People don't live any longer than they plan to live, so your job is to help them, to teach them, to educate them and begin to put a goal before them. This is the first time that I know of in history at all that anyone has planned on his patients living to be a hundred and still in good health. People will kill you with calling at all hours of the day and the night because they don't think. They think they're the only ones and if you are serious about your testing then get a secretary and let her make appointments, and if you really want to get into it and into helping for God then put some organisation in your system, "let that which be done be done in order" and tell the secretary how many appointments you want that day and no more.

When you first get started it's a good idea to have your home phone number listed but whenever you begin to see about 20 or 30 a day it's a very good idea to change your home number, but also have it understood where they can get in touch with an answering service, or with a secretary, or somebody else that can filter out or separate the ones that really need your help because I've had them call all hours of the day and night.

Some people will come to see you and you recommend a diet, and they may die before they ever get started on it and then we had the relatives blame the tester for their death because they didn't tell the patient he was going to die, and we just had one person that had a test and then a few hours later dropped dead, and the doctors pronounced it a heart attack and it was not a heart attack at all, it was a little spot between the neck and the bladder (one of the testers had this) which was really a little cancer there, about the size of the end of your thumb nail, and post mortea set in there and it went in the blood stream and it just happened to hit the part of the brain that controlled the electrical charge between the brain and the heart, and the heart stopped because the message from the brain stopped and then the blood piled up at the heart giving it every appearance of a heart attack. But those cases are so very, very rare, and in fact I've only seen one that you could really zero in on it.

But these are things that happen and if you're a tester someday a person might drop dead in your office. I've never had it happen, but I've had two or three that I didn't think would live long enough to get them to a hospital even when we sent them by emergency ambulance, but, believe it

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or not, some of them did live and are still living that I didn't think that would live long enough to get to a hospital and the doctors rejuvenated them, got their heart back to rhythm and they come back and got a diet and they ate their asparagus and so forth and they're still living, and that's been 10 years ago. So you can't always predict, but their heart and their body chemistry was in such bad condition, and their energy was so low I didn't think they could live an hour, but, who knows?

In dealing with people you'll begin to notice that the more ill most people become the less love they have in their heart and the more self centered they become. They get their eyes on themself and not the Lord and one of the great benefits of getting people into a retreat is they get their eyes off of themselves and onto other people, they get to encouraging each other, and the moment they start assisting each other that is the time of a beginning for them to recover, the first thing to do when you have an extremely ill patient, or patient that's in deep neurosis, is try to get their minds off of themselves, but don't expect people to say "thank you".

Make it clear and plain to them where you're going and make it clear and plain that you love the people that come to you, show infinite love, divine love and there's something catching about that that will be as beneficial as any food that you can give is to love your patients and help them love others, teach them by your own acts without saying very much.

When making colonic and nutritional program recommendations to your patients you need to make it very clear to them all, "it's better never to start this than half do it because many people do just enough to mess up everything and then their condition takes advantage of the body chemistry change taking place and they end up worse than before they started". Tell them over and over and over, "if you don't mean to go through with it don't bother with it, don't touch it, let it alone, shun it like a rattlesnake, either do it or don't do it, but don't half do it because it'll upset your chemistry and your routine and your life."

You just have to do the best you can with people and remember this, "the longer they disobey the rules the longer it's going to take and the longer they're going to need to come back for more tests", so it's up to them to do it.

I don't ever scold a patient for disobeying directions, I simply ask them did they do certain things. "Did you do so- and-so? Did you carry out all the orders? Do you remember the no-no's?"
"Yes I remember them, yes I did them." "Didn't you have pork such and such a day?" "Yeah, how'd you know?"
Now be sure that you are going to get the answer you want before you ask the question, and remember you just have to keep encouraging and encouraging and encouraging, but as long as they want to pay the regular fee for tests it's up to you how long you test them.

When Doc tested, if their body chemistry did not change by the second test he would tell them, "you have not followed the program, why did you come back for another test when you hadn't followed the program? Why didn't you call and cancel, start on the program and then come back?"
"I don't know. How'd you know I wasn't on the program?"
"Your numbers are still the same. What's your hurry to get to the cemetery? (and that shakes them a little bit) You're taking every short-cut you know, you're using your stomach for a garbage can and how long do you think you're going to get away with it?"

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He wasn't angry with them, he'd just be talking, and remember, if you show no anger or anything else and just talk with them in a normal tone of voice without really accusing them, or using sarcasm you can almost get away with murder of the Queen's English in asking questions, and certainly all your manners will be in the waste basket because you're asking questions that really aren't any of your business that you shouldn't have to ask. But as a tester it proves to them that you know what you're doing, and this is actually meddling, but you have a right to meddle as far as they'll let you meddle and when you begin to tell them two or three truths they get quite humble about it. So in dealing with your patient try to think like your patient, you've got to imagine what kind of breakfast he wants, what supper he wants and dinner he wants. So you have to get your mind in thinking like the patient thinks.

Have a set of rules to go by, and live by it, and always keep your cool. Never argue with your patient because you're no bigger than the person you argue with, or debate with, and so forth. Be patient with people and if you can't push somebody up don't push them down and you will find that if you will use these words regardless of what people say to you, "I will help you", "I will do my best to help you", God will do the rest. "I will help you" regardless of what they say or accuse you of say "I will help you".

Now if there's any doubt in your mind that a patient should be in a retreat then send them to a retreat. If you tell them to go to a retreat and they say, "I can't afford it."
Just say, "it's cheaper than the cemetery" or "cheaper than a funeral."
Now they might ask, "isn't there something I can do besides go to the retreat?"
"Oh yes there's something you can do. You can buy yourself a cemetery lot, get your insurance paid up, make out your last will and testament and tell all your friends goodbye because you're leaving to take a vacation in the Promised Land and you're not coming back," or you can ask, "what's your hurry to get to the cemetery?"
You won't have any trouble getting them into the retreat. I'm very serious about it, because sometimes it takes this kind of talk to wake some people up, and one thing is this, never pay any attention whatsoever to the emotional stress of your patient, never let that patient's emotions effect your emotions, be calm regardless of what they say or do to you, be calm.

When you look at the numbers and you begin to talk with your patients they'll help you, they want to be helped and they don't expect you to have every single answer. In our office we make it clear to the people that we are still in training and that we don't have every answer. But we have sufficient answers to work with them to create the diet to bring about a change in their body chemistry, and that pacifies about like 99.99 people who walk in.

Let your patients know ahead of time what they can expect, so they know, and they know you know.

After patients have been on the program for about a week we often get calls about their intestinal distress, their gas. If you eat the same foods for a long period of time and your diet is in a rut then you literally develop the internal flora to digest that material, your body has adjusted to the way you're taking care of it.

Now you introduce a whole new line of foods, especially the green drink, and all of a sudden within a few days time they want to get to you and really talk because you have made them feel worse than they've ever felt before. So let them know ahead of time that this is one of the things that will probably happen. If you do that you've set the stage and they feel much more comfortable. Prepare

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them for what will happen. Let them know you know what will happen so they understand you know what you're doing. If you just let it happen and then they call you when you have to rustle through some pages to find the answer doubt begins to creep up in their thoughts. So set the stage and prepare their thinking.

Patient Reactions.
Insulin. The body will react the same way on the sugars, salts and ureas (and to a lesser degree on the acids or alkalines) in that it will hang on and hang on then turn it loose and dump. It often does that. They often get stored up (as does insulin which is a salt) and this is why it's so dangerous for you to try to work with anybody on insulin because whenever you put them on a program:

- you don't take them off of insulin (which is a salt),
- you don't put them on a fast, and
- they have to regulate their insulin by the clinotest themselves, plus a suggestion or two.

There will be times when the body will release more insulin that's stored up in the flesh than it does other days and you've got to adjust the clinotest and your diet and your food intake and the insulin all according to your insulin supply.

Now there are tell tale marks that a trained person can tell whether a person has too much insulin or not enough insulin, for instance:

- if their hands and arms are moist they don't have enough insulin, but
- if they're dry and parched they have too much insulin.

Now suppose you found that the left hand was moist, and the right was dry or parched. This happens because the dry side has released too much insulin and the moist side hasn't. When that happens you do the best you can because in those cases you need all the care and wisdom and knowledge and experience of the years and that's what you have to send them to the retreat for. If there's a doubt in your mind that they should be in a retreat send them to a retreat.

"I can't affort it."
Just say, "it's cheaper than the cemetery, cheaper than a funeral."
Now they might ask, "isn't there something I can do besides go to the retreat?"
"Oh yes there's something you can do. You can buy yourself a cemetery lot, get your insurance paid up, make out your last will and testament and tell all your friends goodbye because you're leaving to take a vacation in the promised land and you're not coming back," or you can ask, "what's your hurry to get to the cemetery?"
You won't have any trouble getting them into the retreat. I'm very serious about it, because sometimes it takes this kind of talk to wake some people up, and one thing is this, never pay any attention whatsoever to the emotional stress of your patient, never let that patient's emotions effect your emotions, be calm regardless of what they say or do to you, be calm.

Salt. Suppose that you have a person that you're checking every day for a while, and all the numbers are in range 1, all except salt, it's gone way up to 60 and you said, "what did you do, I told you not to eat any salt and you went and emptied the salt shaker."
"No, I haven't used any salt at all."

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Now they told you the truth, they haven't used any extra salt, they were about as salted down as a piece of salt bacon and the body released the salt and for a day or two it was way up high then it dropped back down.

Water.
You find a patient and they're doing really well, and all of a sudden they come to you and the sugar's up, the salt's up and the ureas up, all three of them, then you know that the person has not been drinking their water systematically, you know they haven't, they've gotten negligent on it.

Withdrawal.
Let me tell you what will happen, you will have a person that just needs a tuneup and you'll give them a diet tell them to come back in 30 days.

In 30 days they come back and there's no picture at all, the numbers are all crazy and haywire and out of synchronization and what you say to them, "your body is now in a withdrawal, if you will do every day what you've been doing for the last two or three days you'll get all right, but you waited till just a couple of days ago to start on this program. You knew you were coming back here for a test and you want me to believe that you've been on this for the whole time and you haven't."

How did you know?"

If they had of been on the program they'd have already gone through that slight body chemistry change, not severe enough to put them into a retreat, and those numbers would have leveled off and they would have been somewhere in Range 1, but they were all over the place.

Patient Testing.
You should test patients at least every 2 weeks if there is not too much wrong with them, but if there's a whole lot wrong with them then maybe you should test them every day for a few days to see what you can do.

Patterns.
The path the electron follows falls into one of nine patterns and this is how the atomic structure fits together, which makes up the micronage. Now if you could draw these in three dimensions you would have different shapes like:

- a cube,
- pyramid shapes,
- diamond shapes, and
- rhomboidal shapes

and so forth. We can make five different patterns and these points will represent areas where the electrons are most of the time and there's probably electron centers of energy at that level so they form a crystalline lattice.

If you were to take a diamond structure and you take this one element and build it up you have that diamond structure, say your quartz crystal. Your silicon dioxide forms a crystalline structure like that with oxygen, only there's two lattice structures combining. Each element is represented in it's crystalline structure and then you can just try and think of the combinations of these

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elements, how you'd add squares to tetrahedrons and diamonds and things like that as they would go into formation of a molecule. There's some beautiful structures if we could just see them.

In the realms of body chemistry there are five patterns altogether, and in these five patterns there are the 2600 differentials that make up the variations. The pattern for perfect is:

$$1.5 \qquad \frac{6.40}{6.40} \qquad 6-7 \qquad 0.04 \qquad \frac{3}{3}$$

There're two patterns above it, and two below it, and any deviation from these patterns could result in death.

So in working with these numbers you need to work diligently and begin to associate patterns with patterns and energy with energy in order to know what to do.

Energy also forms patterns, and if you look at a still picture of energy patterns you will find that energy comes in different shapes and in nine pattern shapes altogether which you'll be able to find in any good chemistry book.
Your body doesn't change from one pattern to another pattern very easily, it resists the change, and it's that resistance that makes them have headaches and sick stomach and nausea and just swear and affirm that the diet you gave them is about to kill them.

That's one reason we send them to a retreat because if you don't they're going to throw you over the sandybank and say, "you don't know what you're talking about, you're making me worse instead of better", and it behoves you to tell them plainly what to expect when they start a diet and then some of them have no place to put it, they won't remember it and therefore it's better to have some people in a retreat.

As soon as their body chemistry levells off after a change you then start them on algavim, MinCol and K-Min because otherwise it slows down the change from one range to another. In other words, if you start supplements too soon you'll strengthen the range they're in, and that's wrong.

People.
See Also "Face" & "Love". You'll never win a soul to Christ by speaking evil of him, you'll never improve a person by speaking evil of them. When I read those two verses, Romans 2: 1-2 and Matthew 7: 1-5, many years ago I didn't dare look any more for anything evil in anyone, because if I did I would be looking into the mirror of my own mistakes, and I would prefer people to tell me what they think they are and I love criticism, because every time that they start criticizing me I know they like me, they're trying to get me into Heaven, and sometimes I think Satan does more to get folks into Heaven than some of the church members because he exposes their shortcomings. What I'm saying is God is Love, and the more that you love people the more love will come back to you and the less of unkind things you have to say about people the busier you will be.

I want to give you some thoughts on people, even some people are going to be dissatisfied with heaven. You cannot please everyone and you can't always go by feelings on how sick someone is. There are three groups of people:

- there's one group of people that's not sick that wants to be,
- there's another group of people that are very sick and they know it,

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- but the sad group is the group of people that's very, very ill and don't know it.

Now that's the sad group the ones that's very ill and don't know it. So these are the ones that you have to really zero in on, well how could I be sick I feel so good. It's this third group that so many of the low calciums drop into. Lack of the calciums is the cause of the people that's in this third group. They can be very sick and don't even know it.

I tested a 42 year old man one time, and I told him that unless he went on a diet, and he was not overweight, he was just well built handsome man in the very prime of life that he only had about six months to live because he was going to have a pectoris heart attack and that he was in the fatal heart attack zone and there would be no hope, I mean he would not survive it. I missed at three days. Just three days. So you better believe these numbers because they are accurate. Now you need to figure the time and the energy left sometimes by experience, the more you use these numbers the more experience you'll have with them and the easier they are to handle, but the more information you can learn and the more you can observe the more accurate you can be. Don't expect to go too fast, and try to see everything you look at. Really see everything you look at. Compare those numbers that you see with your patient before you and see what it looks like.

Now it's never made any kind of sense to me for a person to buy either the cheapest or most expensive foods, then don't drink enough water to get the benefit out of the food and they become ill because of their diet. They also buy the cheapest minerals they can get which then don't do the job, and they get sick, wonder why, and go to the doctor to help them get well, but they continue eating the very same foods that made them sick in the first place. The money they save on their foods and minerals goes in doctor's bills and it doesn't make sense at all. They're working against their wallet, against their health and for the undertaker. They're in such a hurry to get to the cemetery they just can't wait, and they're taking every shortcut that they know, and they're miserable all the way.

All people don't look exactly alike because of the structure of the micronage. The micronage is the pattern by which the atoms are stacked together, or the anions and cations are stacked together to make the atom that makes the molecule.

Perfect Equation

$$1.5 \qquad \frac{6.40}{6.40} \qquad 6-7 \qquad 0.04 \qquad \frac{3}{3}$$

This is the one equation that is perfect for homo sapiens only. This is the perfect equation for all human beings regardless of their sex, age, height, weight, race, color, creed, nationality, or anywhere else. That is the perfect equation based on the homo sapiens frequency and any deviation above or below that number results in a loss of energy.

Now the parts of this equation are:

- 1.5. This is the total carbohydrates reading and is measured in BRIX by refractometer.
- 6.4. This is the pH reading of both the urine and saliva. The top pH is always the urine reading and the bottom reading is always the saliva reading. A pH reading is not a measure of resistance, it's how fast the electrons in the undigested foods is travelling, or in the foods

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that is trying to be digested and whenever that speed gets down to the speed of your frequency then it is energy that you can live upon.

- 6-7C. This is 600 - 700 micromhos of conductivity per centimetre. This is micromhos of energy and it's brought about by the total salts excreted by your body.
- .04M. This is the cells that are thrown out, the albumin, either cancer cells or carcinoma cells and someone even suggested Reams cells, but it is the waste cells.
- 3. Now this last number, the top one is the nitrate nitrogen in protein form, and the bottom one is the ammoniacal nitrogen in protein form. These are the two forms, the nitrate nitrogen and ammoniacal nitrogen in protein form.

That's what this equation is and the perfect equation for animals will be given in the animal course.

If a person has perfect numbers and you put them on the water program their numbers will not change. If you have a person with perfect numbers they could take all kinds of sweetness thrown at them and the sugar number would probably not fluctuate more than a tenth, the pancreas would just increase the insulin. Eating sweets if they're healthy doesn't make any difference. For instance, if your body is normal and it's functioning normally it has a built in thermostat so to speak that controls the sugar, and you can eat white potatoes, rice, and kai and cake and ice cream and it won't change the sugar reading much, if any at all, but if you have a low reserve energy, lower for your age than it should be, then it will effect the sugar reading very much. If your reserve energy is normal your diet will not effect your test readings, you can break all the rules and it won't change it.
If you can easily bump any number off its perch it's not a perfect situation, it's not a healthy pancreas, it's not a healthy liver. If by eating a piece of meat all of a sudden become a little more acid then your liver is not a perfectly functioning liver.

In other words, if your diet can change these numbers you need help with your dietary programme, because if your reserve energy is normal it will not change these numbers from normal, if that were not the case this whole thing would be a hoax and a rip off because there wouldn't be any such thing as perfect and you couldn't maintain perfect. If your numbers are perfect you can really break all the rules for quite a while and get away with it.

I find people that are in their 80's, 90's, 100's and over that have absolutely perfect numbers all the way across, and that's the reason they're 100 or more. If they were not perfect they wouldn't have lived to be that old. In other words, the lower your energy rating the more ill effects that your diet has on your numbers, and the more those numbers jump around the lower your reserve energy.

Periodic Table.
There are a few things that you should know from the Periodic Table. According to this chart there are 103 elements and these elements when arranged in the order of their atomic numbers show a periodic variation in most of their properties, and this table of the elements is arranged according to a periodic law.

The horizontal lines that go across the Periodic Table are the periods or series, and the vertical lines are the Groups of which there are also sub groups.

For example, if we were to look at the groups there's 0, 1, 2, 3, 4 and (indicating just a few), in group zero on the far right is the inert gas series, helium, neon, argon, krypton, xenon and radon.

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In the first group are elements like Lithium, Sodium, Potassium, and so forth.

In Group 2 would be the elements like Beryllium, Magnesium, Calcium, Strontium, Barium, Radium, etc.

I want to go through the Periodic Table and make sure that everyone is aware of how to determine the atomic weight of the elements from charts, and to point out some of the important elements. I have divided it into sections, first is the anionic minerals. The three anionic elements with their atomic weights are:

- Chlorine - AW = 35
- Potassium - AW = 39
- Calcium - AW = 40

Next are the isotopes. Isotopes are those elements which can be either cationic or anionic depending on where the greatest magnetic pull is. They are elements that can be switched inside out. The isotopes and their atomic weights are:

- Hydrogen - AW = 1
- Helium - AW = 4
- Nitrogen - AW = 14
- Oxygen - AW = 16

Cationic elements are all the others.
The elements have ratios of anions and cations, for instance:

- Beryllium has a ratio of 1 anion to 9 cations,
- Carbon has a ratio of 1 anion to 12 cations,
- Magnesium has a ratio of 1 anion to 24 cations,
- Manganese has a ratio of 1 anion to 54 cations,
- Iron has a ratio of 1 anion to 55 cations, and
- Gold has a ratio of 1 anion to 197 cations.

The atomic weight of an element gives the number of electrons in the outer shell, in other words the ratio as well as giving the frequency. The atomic weight is the frequency.

The important thing here is that the frequency of the molecules that are using these atoms have to be split according to the molecular structure and that the proper balance of resistances are required in order to slow the atoms down so that these atoms can be utilised in the manufacture of amino acids.

In other words the perfect balance of resistance is given by 6.40 over 6.40 when all numbers are perfect. If we have that then we will incorporate the optimum minerals into these amino acid configurations. The atoms will be slowed down enough to be incorporated into the amino acid matrix on the frequency of the body.

Personality Change
See Also "Children - Behaviour, Cooperation, Diabetic, etc". The further the body chemistry gets from perfect the greater the internal stress and tension and these changes occur so slowly until the person doesn't realise that their internal tension has built up so high and so deep it's like an E string on a violin, and they don't even know it.

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The further the chemistry moves from perfect the greater the internal tension. You can get internal tension from am imbalance in all the numbers, particularly high or low pH (meaning calcium imbalance), high sugars (which is common in young children) or low sugars, high salts (which is common in young children) or low salts (which is not common), and high ureas or low ureas (which is not common). Combinations such as high sugar, high pH, high salt and high ureas aggravate the tension as do low pH and low sugar and so forth. You need to be aware that these are sick people and they're not fighting you, they're actually fighting for their life and the only way to reduce the tension is to get their chemistry back towards perfect.

For instance, I had a mother and father bring me their two boys aged 9 and 12. These boys had been expelled from three schools within a four month period and the parents were told that if the children didn't behave this time in school they'd be sent to a reform school.

We ran a test on them. Just to look at them the children looked healthy but they wrecked my office in five minutes, had it turned upside down almost. They were miserable through hypertension and although I knew what was wrong I also had to have all the facts at my fingertips.

When I saw the report I said to the parents, "These two children are the two most undernourished children that I have seen this year."
And the mother said, "that is impossible." she said. "We live next door to a hamburger stand and the children have an open account.
I said, "you have to remember what I have said. I still say that they're the two most undernourished children I've seen this year. Now do you want to fix these children or do you want them to go to a reform school."
She said, "we want to fix them and that's why we're here."

I said, "alright, I'm going to write you out a diet for one week. I want to see them back in one week." And you should have seen those boys in just one week. I wrote them out a diet according to their chemistry and told the parents to do it.

In a week you should have seen how perfect, they were, gentlemen. They sat quietly, they didn't wreck the office and everything was just as beautiful as it could be. Three weeks they kept this up, making a diet, and the third week the little boy came up to me and said, "doctor I want to ask you a question, before I started on our diet my teacher was an old hag, then since I went on a diet I got the sweetest new teacher in the world, how did my diet help my teacher?"

When the tension comes off there if often a complete change in personality such that parents stop looking for horns in children and start looking for wings.

Pesticides.
I believe that today our foods are safer with the pesticides the farmers are using than they were 50 years ago, because they make the produce safer.

However it also makes the air unsafer, it's doing more damage to the air we breathe but it's keeping the bugs off the food and giving us a vegetable that looks good whether they're good or not.

pH.

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See Also "Calcium". The term "pH" was first used by the Danish chemist Sorensen, "p" was taken from "potenz", the Danish word for "power", "activity" or "resistance", and "H" stands for hydrogen. The pH is a measure of the resistance of substances as compared to the hydrogen ion, and hydrogen was used because it's a simple ion with a ratio of 1 anion to 1 cation.

The pH system is based on a logarithmic scale and the end points were determined by taking sulfuric acid, H_2SO_4 (the father of all acids) at the most cationic end at 00 and at the other extreme, calcium hydroxide in it's purest form is at 14. So 0 - 14 is the pH range in which you're working and with 7 as the neutral point, scientists consider that:

- all substances with a pH less than 7 are acidic, and
- all substances with a pH greater than 7 are alkaline or basic.

Under the principles of biological ionization the pH is considered to be a MEASURE OF RESISTANCE between anions and anions, cations and cations or anions and cations as compared with the hydrogen ion. It's a measure of resistance, it's not a volumetric reading and unless you can keep that fact in mind you can be led astray very easily. The difference between acid and alkaline is considered in a new light:

- acid is cationic and the electrons in the outer shell travel counter clockwise, and
- base is alkaline is anionic and the electrons in the outer shell travel clockwise.

In view of these more precise atomic definitions it means that hydrochloric acid is not really an acid, it's a base because the electrons in the outer shell travel clockwise and that has everything to do with the body's digestion of food. Remember this, in all of our foods there's only three alkaline, or anionic, elements:

- Potassium,
- Calcium, and
- Chlorine.

We'll break your first fad right here, remember this, all foods are cationic with the exception of lemonade, (fresh squeezed lemon juice, water and sweetener). Carey Reams tested over $^1/_4$ million different species and over 16,000 different kinds of things that people could eat and found only one anionic food, lemonade, all the rest were cationic. The electrons rotate clockwise in lemons, regardless of the type of lemon.

It is perfectly possible that there's another food somewhere that's anionic that has not been identified yet as being anionic. It's all in the direction of rotation of the electrons.

Now pH is a measure of resistance and it is the resistance in our body that it gives us energy and the various forms of energy are like the parts of a jig saw puzzle that are put together to form the micronage or molecule, and they are in such great proportions until you can't express them in numbers. As well as the pH being a measure of resistance the pH is also the factor that determines:

- which calciums our body is deficient in and the pH readings of 6.40 over 6.40 is perfect when, and only when, ALL other numbers are perfect.
- the strength of our gastric juice, which then determines how heavy our diet should be (baby food or meats or nuts or other heavier foods).
- which kind of calcium our liver needs most for the manufacture of hydrochloric acid in our stomachs.

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The pH factor can be related to the speedometer of a car, it lets you know at what rate the foods are digesting. The pH tells how fast the electrons are travelling in the foods that are trying to be digested, and whenever that speed gets down to the speed of your frequency then it is energy that you can live upon.

pH is also shows the measure of resistance in soils and the calciums that are needed to maintain our perfect health in life goes back to the responsibility of the farmer, and he hasn't been taught anything but to put lime on the ground, because there's no money in lime, it's only about 8 dollars a ton delivered, and many times they'll apply it on your farm for that much. Now the experiment station tells you that if you have a low pH you need calcium in your soil and if you have a high pH you don't need calcium in your soil, and that's the biggest lie that was ever told. For instance, pure water with a pH of 7.0 has no acid, no alkaline and no calcium in it. Pure white builder's sand has a pH of 7.0 and also has no acid, no alkaline and no calcium in it. You get the idea, so how can they tell the public that a pH reading will denote whether you need calcium or don't need calcium. The experiment station staff are a bunch of idiots and the farmer's gullible enough to believe it, and cry all the way to the bank, broke. Broke, because pH is a measure of resistance and not a measure of volume.

There's plenty of times that soils can have a pH of 8.0 and be deficient in calciums. Following is the ratio in tonnage for agricultural purposes and you can figure it out about the same ratio for people. If you had 2000 kg of pure white builder's sand and you add 50 kg of lime, mix it absolutely equal throughout you'd have 2050 kg by weight. If you then added 1 kg of flowers of sulfur and mix it absolutely equal you'd still have a pH of 7.

Now suppose that in one hectare you had 50 kg of calcium and 1 kg of sulfur and it had a pH of 7. In another hectare you added 100 times the amount and had 5000 kg of calcium and 100 kg of sulfur you'd still have a pH of 7.

Now which would make the best crop, the one with 50 kg of calcium per hectare, or the one with 5000 kg of calcium per hectare considering that plants have more calcium in them than any other one element?

When you consider the value of a chart showing the pH on various foods you'll come to realise it's worthless because you'll not know the actual pH of a food you're eating, whether it's a 4 or 14, and that's the reason the chart is worthless. Now, if every peach had exactly the same pH range, or every orange had the exact same one, then it would be easy, but they don't. For instance, you have Valencia oranges that are so acid till you can't eat them, and others that are so sweet until they taste like honey. For instance, I've seen the same variety of peach with:

- a 10 brix sugar that were sweet and delicious, because it had a number 4 acid, but
- a 16 brix sugar AND a 14 acid and they were so sour you couldn't eat them. and that's the reason I said the chart was worthless.

Resistance and ionization act like a see-saw:

- A high pH indicates a high resistance and a low ionization, and
- A low pH indicates a low resistance and a high ionization.

The chemical reagents used in the measurement of pH are:

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Bromcresol Green	for pH between 3.8 and 5.4
Chlorphenol Red	for pH between 5.2 and 6.8
Bromthymol Blue	for pH between 6.0 and 7.6
Phenol Red	for pH between 6.8 and 8.4

Using a well plate, put one drop of urine into a well and add one drop of a chemical reagent, starting with the Bromthymol Blue. Take the reading off the color chart. Repeat the procedure with the next indicated chemical. Repeat until an accurate reading is achieved.

Repeat the procedure for the saliva.

Do NOT read the color by fluorescent light because it's very, very poor. Use natural, full spectrum light if you can, or even a bright incandescent, but try to avoid fluorescent light.

If the equipment is not clean it may give you a lower pH reading than it really is. To be sure the well plate is clean you can check it with the Chlorphenol Red. Have some in a container and pick that up with a pipette, and if the Chlorphenol Red changes color in the pipette then it isn't clean. When you drop it onto your plate and it begins to change color around the edge and if you swish it around a little bit it'll contaminate showing the plate isn't clean.

If it doesn't change color put it back into your small container. Regardless, the plate and pipette again go through the water bath then the alcohol bath.

If you use a pH meter you'll need to check the accuracy of your reading several times with your buffer solutions, and don't let it get out of range. As well as keeping the meter correctly adjusted you also need to keep the probe and vials clean or you're going to get the wrong reading. Now the best thing to do is put the probe into distilled water and see if you get a zero reading, and if it is, it's clean.

Read and follow the operating instructions for the meter.

The pH is measured on both the urine and saliva and the test range is from about 4.80 to 8.20, and a reading of 6.40 is the mid range, or perfect, or neutral. Consequently:

- 4.80 to 6.39 is low pH or acid, and
- 6.41 to 8.20 is high pH or alkaline.

If you have a pH reading above 9.0 or below 4.5 then it is likely that the reading is incorrect and you'll need to check the cleanliness and accuracy of your equipment.

A pH reading shows how fast the electrons in the undigested food is travelling, or in the food that is trying to be digested, and whenever that electron speed gets down to the speed of your frequency then it is energy that you can live upon.

Basically any time both pH's move away from perfect the person is experiencing a loss in energy and a loss in energy generally effects the digestive juices and digestion and hence there will be a mineral imbalance. Remember, a movement of the pH away from perfect, either up or down, indicates a loss of calcium.

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There can be no discussion about resistance in the body without talking about calcium because there is more calcium in the body by weight and volume than any other mineral, and what makes calcium available? Resistance.

For instance, in soils and agriculture how much calcium is available to your crop is determined by the amount of resistance that you create in the soil and the same thing occurs in the body, the amount of energy that your body gets is determined by:

- The quantity of resistance. How much resistance there is in the body and the food.
- The quality of the resistance. The kind of energy patterns in the food and whether you need them, and
- The kind of resistance you need.

Lack of calcium is the PRIMARY cause of the degeneration of any organ in the body, and oxygen is the SECONDARY cause, and then it follows through with a number of other minerals.

There will not be a discussion on calcium here. Because the body contains more calcium by weight and volume than any other mineral, it means that an insufficiency of calciums means a dilution of the gastric juice. A dilution of the gastric juice means that less mineral is taken from the foods you eat and when you get less mineral than you should it means that some tissue somewhere in your system is going to be starving for mineral, meaning that it's cells cannot be replaced on time and are going to become carcinoma, and may even turn to cancer if those needs are not supplied.

The saliva pH and the pH of the liver are the same and the pH is the strength of the hydrochloric acid made by the liver. The greater the saliva pH is away from perfect the more dilute and weaker the gastric juice. For instance, if the saliva pH is too low, indicating the liver is too acid, you're not getting the energy you need from the food because it's turning it too rapidly into anionic and cationic heat, or electricity, and it's passing out of your body.

According to Doc, the saliva pH basically indicates how much in tune the mouth and the stomach would be with the digestive juices that have been given out. The greater the difference between the urine and saliva pH the more of a challenge you're facing because the greater is the heavy mineral deficiency. For instance, you'll see some people with a 4.8 over 7.2 and you really have a challenge facing you. Generally we adjust the urine pH and the saliva pH falls into range.

The greater the difference between the anionic and the cationic substances, the greater the amount of gas is formed, in other words, if the saliva is the exact pH of the liver bile then it coats the food that we chew and swallow and therefore the action of the digestion on the food that we eat, or its conversion into usable energy, is rather slow to start with because if it was not slow a lot of gas would be created and need to be expelled. The greater the difference in the pH between the foods we eat, and the saliva, and the gastric juice, the greater the amount of gas that is formed down to the caecal valve of the small intestine. After the caecal valve then gas is passed out through the rectum. If the food lies too long in the colon it gives off CO_2 gas and creates cramps and pockets and difficulties in the colon.

There's other factors besides saliva pH involved in the equation and unless these other factors are evident there's no use to run a saliva pH every time. If the person is doing their program at home and coming in once every 2 weeks or 3 weeks the saliva should be tested every time, but with daily

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testing in a retreat or at home it is not necessary to do a saliva every day. For instance, some test cards may show a reading over X, reading over X, reading over X, day after day, or 2 or 3 times a day. So by implication they're putting more emphasis on a consistent urine reading rather than on the saliva.

Sometimes you'll have a saliva reading that you'll have a very, very difficult time in getting it to rise. You can do everything in the book you can think of and it just about won't rise and generally (because I'm not aware of any exception) in those cases the reason is that the liver is not getting enough oxygen from the lungs. In order to change this around the person must do absolutely nothing for weeks, and weeks, and weeks. By this I mean practically nothing except go to the bathroom, walk slowly around the block, or walk slowly for about 400 meters in the morning, maybe 800 meters a little later, but very slowly, because if the saliva does not respond by rising it's a lack of oxygen is the cause of it.

A lack of oxygen from emphysema would be one cause, another probable reason would be damage to the vagus nerve between the main trunk and the liver, or a brain tumor. The lowest reading known to have been seen was 4.60 and the person was still living. Whenever the reading goes really low and stays there long enough they have diarrhoea, and if it gets high above normal then they may have slow digestion.

Sometimes you'll have an extremely lower reading on the saliva, high reading on the urine pH and next test the pH's have flipped. When you find an extremely rapid change in the pH of the saliva, which is the liver, and the pH of the urine be sure that it's not an equipment problem because it doesn't generally happen, the pH of the saliva generally changes slowly although once in a great while it may change quickly. If it flips upward it's excellent, but if it flips downwards you're losing a patient and real fast.

So it's very uncommon for the pH's to flip when you have really clean equipment but it can and does turn downward quickly sometimes if your patient starts to pass. Most of the time it's the equipment not being clean, so be sure it's clean. It'll take you more time to clean the equipment than it does to do the test.

Now let's suppose that the hydrochloric acid had become too alkaline, too much of a base, way up high in the pH. What would happen? The food would digest too slowly, constipation would set in and then they need colonics. So the food would be digesting way too slowly and they'd have constipation with a lot of gas and misery. Constipation is the major cause for hypertension in children, they're miserable, the food is not digesting. Now for a high alkaline system you can get the Calcium Lactate in shots.

Alcohol in excessive amounts is the greatest enemy calciums ever had and alcohol dilutes or destroys the gastric juice by the destruction of the calcium in the liver, in other words, the more calcium that's destroyed in the liver the more dilute the gastric juice and some people's own system manufactures too much alcohol and this still causes the gastric juice to be too dilute. When the Urine pH is:

- above 6.40 it is calcium oxide that caused it to be there. Whenever the body gets too much calcium oxide for too long a time then the calcium oxide displaces the lesser calciums.
- high, say high 7.0's, there is slow, poor digestion and the colon is not getting clean and the reason is the food being eaten is too rich and too heavy for the gastric juice that's

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manufactured by the liver. So it relates to the liver and the liver functioning. You would recommend a colonic.

- below 6.40 it is the lack of calcium oxide that caused it to be there, and if the pH is well below 6.40 then you want a calcium oxide or calcium carbonate or a tri-calcium in order to build it up.

The urine pH is the major guiding factor, take care of that carefully and accurately and generally the saliva pH will eventually come into line. Now there are some side steps to that and it is not a rule to go by because the saliva pH tells what's going on and what kind of foods to have. Although you're mostly concerned about the urine pH reading, it's the liver calcium that you really want to take care of. Give calcium according to the lowest reading but you may also need to give calcium lactate according to your highest reading in order for the resistance to create more energy. So there are times when you would actually administer both calcium oxide and calcium lactate.

The higher the urine pH, into the upper 6's, 7's, 8's, the effect is directly on the liver activities, it's malfunctioning or it's toxic and we have to watch for that because the liver effects may then spill off into the pancreas and eventually even spilling over into the ureas. So do not look at just one number by itself because "no number stands by itself." You cannot look at one number and build a case on it, you can for a short time but then you have to tie it into other parts of the equation.

The lower the urine pH quite often you're referring to the bowel, its function and the fact that the bowel is becoming more toxic. There's putrefaction in the bowel and the body is reabsorbing all types of toxins and that in turn effects the liver. It's a vicious cycle that you have to break because the pH reflects the strength of the bile and the digestive juices and if you cannot digest the food it begins to putrefy in the bowel and you reabsorb the toxins from the bowel. That then effects the liver and the liver then can't do its task properly of making the bile and the digestive juices the right strength and you go round and round. It's our task to break that cycle using foods and minerals. Remember, when the resistance is low the ionization is high, and when the resistance is high the ionization is low and we need to maintain a balance between resistance and ionization.

Once you clean up the liver and sort out the bowel most allergies will leave.

The pH balance between the urine and saliva may be all right as far as the balance is concerned but there still may not be enough hydrochloric acid to do the job. The main point you need to remember is that "the liver is the key organ that we work at." The liver is in the driver's seat and when it comes to balancing the pH's there's a reason for trying to balance it quickly. If you don't give properly absorbed calciums by the mouth the body will continue to take the calciums from the body itself to sustain life, and that leaching brings about:

- Osteoporosis. If the body takes calcium from the bones, if it leaches it out of the bones you're creating a situation called osteoporosis which simply means that the calciums are not being absorbed from the food and the body is taking from the body to sustain life, and
- Osteoarthritis. The leaching of the bone can only go on so long and once it's happened for a period of time, or it happens at the joint areas, now it's called osteoarthritis. Over a period of time you have thin bones and weak joints. This happens with people who are quite old, you always hear about people who fall and break their hip, and it takes them months and months and months to try and heal, this is their problem. The osteoarthritis.

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The calciums that are needed to maintain our perfect health in life goes back to the responsibility of the farmer, and he hasn't been taught anything but to put lime on the ground, because there's no money in lime, it's only about 8 dollars a ton delivered, and many times they'll apply it on your farm for that much. Now the experiment station says that if you have a pH of 7 you don't need lime, well, white sand itself has a pH of 7, pure distilled water has a pH of 7 and they don't have any calcium in it.

Now pH is a measure of resistance and it is the resistance in our body that it gives us energy that brings this about and the various forms of energy are like the parts of a jig saw puzzle that are put together to form the micronage or molecule and they are in such great proportions until you can't express them in numbers.

Now suppose that the food that we eat was acid, the saliva was acid, the pH of the hydrochloric acid was too low, (the HCl is still a base but you can take comfort in the fact that it's actually on the borderline between and acid and a base), and the food can't digest, then what happens? What would happen in your system if you had a double acid?

Not much, in other words, there wouldn't be a whole lot happening there at all because the food wouldn't be digesting, it would just be laying in the stomach and consequently you'd get diarrhoea, that would be the result.
Why diarrhoea?
Because you have created a favorable environment for your anaerobic bacteria, or for a fungus to get in there and it's the fungus or bacteria which actually would bring about the diarrhoea. You better believe they'll have diarrhoea if it stays low enough long enough because the food is not digesting and nature would be throwing it out. Now with a very low pH it's too acidy in there, the electrons are moving too rapidly and the energy that's given off cannot be absorbed, and therefore diarrhoea sets in. Nature's trying to fix that undesirable choice of food in there and it bursts out and you have diarrhoea.

There's two causes for a dilute liver bile:

1. Lack of calcium in the liver is the major cause, and
2. Lack of oxygen for the liver is the minor cause.

If you're healthy you should mix acid with alkaline in your diet, but if you're sick then you better go easy. The more dilute the gastric juice the more careful you have to be with your diet.

Philosophy.
You know the sooner you can develop a tough hide the better you can live in this world is what many people would say. Doc's philosophy is develop a tough hide but retain a soft heart. People say a lot of things about Doc and in a sense he just let's it roll off, but his heart is soft enough that whatever is said he does perceive.

Phlebitis.
Phlebitis occurs in blood vessels that are enlarged and when you start reducing them and bringing them back to normal they don't heal evenly and equally all over. They heal in some spots better and faster than in other spots, and that's what forms the diverticulous pockets in the vessels and blood sits in those pockets and it clots. Although it occurs mostly in the veins just as it comes out of the capillaries, it's also perfectly possible for it to be in an artery, and when that happens it gets

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out to the capillaries and the blood can't get through, they get a blockage in the circulation, an embolism, and they can get gangrene and cancer from it.

Salt is an electrolyte in the system and is necessary for the ionization process, but keep in mind the general effects of EXCESSIVE salt in the system:

- It hardens the blood vessels. They lose their elasticity and their ability to expand and contract and over time they can even become brittle and break.
- It causes cholesterol to form in the arteries and veins and stresses the heart. The higher the total salt reading the more cholesterol there is being plated ONTO the walls of the arteries and veins, but not necessarily in the blood. In other words, the blood may show a perfect cholesterol yet there can be a very high amount of cholesterol on the arteries and veins, in fact there may even be phlebitis, yet the blood can show a normal blood cholesterol. Autopsies have confirmed normal blood cholesterol yet the arteries and veins are clogged with it.

Now when the salt level is high enough long enough the veins get twisted out of shape and partially blocked by cholesterol and are called varicose veins. Here the blood does not move through as rapidly as it should and the action of the muscles can start to move that thicker blood along. Now when pockets of stagnant blood form within these varicosities then you have phlebitis. Now the blood is moving through the varicosities but it's not moving as well as it should.

You can get into trouble really quickly with phlebitis and varicose veins. I have seen some doctors that took plain USP distilled water (which means that it had been distilled about 20 times in glass) in a syringe and inject the water into varicose veins and pump back and forth with the needle (and let the water dissolve the clot) until it got pretty thick then pick it up into the needle and so wash out varicose vein pockets without surgery. I've seen that done but it takes longer than the surgery but some of the pockets you cannot get to them you don't know where they are and it is a very dangerous thing to walk and walk and walk and keep stirring around.

People with varicose veins need to be in bed and in most women it effects their thighs and legs and they should keep their feet kinda propped up gently, and stay off of their feet, and they need medication to keep the blood clots from forming "post mortea", in other words breaking down into a liquid which can cause instant death or paralysis or all kinds of problems, you just name it and it just about can happen.

Let me just give you some things that I have seen that I did not have anything to do with:

- I've seen people read a book where it would say that you would use lecithin for a high cholesterol, so they dash down to the health food store to buy a bottle of lecithin, and they've got a high cholesterol, the doctor's already told them that, and they start taking lecithin like it was going out of style. A great big piece of cholesterol turns loose and plugs up the heart and they're pronounced seriously dead upon arrival at the hospital. Now, this I have seen people do, and know people who did it. So I would not take the risk. I did not recommend lecithin or anything else.
- I've also seen people that would start a person on a diet that ought to have been in retreat, they've had a high cholesterol and when those arteries and veins start to rebuild themselves, because they have lost their ability to expand and contract, then the cholesterol forms in there. Well nature doesn't heal them equally all over, it heals them in some spots more than in others and consequently they end up with a case of phlebitis that could be fatal.

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So you have to be very, very careful with people that have had a high cholesterol for a long period of time, now this can be prevented in a retreat but you cannot do it at home because most of the time the phlebitis strikes in the part of the body below the waist, down in the legs generally (though not always) but in the retreat we can keep them off of their feet and keep them doing nothing for three or four weeks until the blood vessels can slowly dissolve the cholesterol which is one of the major factors of the arteries and veins not healing equally because they're so clogged up it can't go through and therefore it's an enlargement, it's a cavity so to speak, or a pocket that's formed in the blood vessels, so these are things that you need to be very, very careful about.

Also especially if it's people that's the least bit overweight, not always, but those people are more subject to phlebitis than others however I have seen some very thin people have very severe cases of phlebitis and also on the varicose veins on the legs which is a form of phlebitis. It's very, very similar however you can drain those, or scrape them by surgery, or have it done but the ones that's up in the abdomen and up into the legs and in the muscle of the legs you can't do anything about that very well, not very easily, so it's things that you have to be very, very careful about when you're dissolving cholesterol, be very careful you do not dissolve it too rapidly, do it slowly. Do it slowly because sometimes nature gets in a bigger hurry than you think so take your time and don't rush it now at all.

Vitamin E is d-alpha tocopherol and the purpose of vitamin E is to thin the blood, and is especially helpful in circulation problems where the blood is too thick from delta cells, cholesterol, slats, ureas, etc. as in varicose veins, phlebitis, heart problems, etc.

Some research says it drives manganese out of the body, but that's not true. In nature you often find manganese where you find vitamin E because the main sources of each are the germ area of the seed, wheat, soy beans, etc.

Physicians Recommendations.
For adults over 10 years old, when the pH is:

4.80 to 5.40	under 100 lb cal II 2 x 2, over 100 lb cal II 2 x 3 lime water 1 x 3 tablespoons Vitamin D, 10 mg x 2 between meals regardless of weight. If you have people on Vitamin D, check them at least once a week until the pH gets to 6.40 and following the rules that I have given you in pertaining to the calciums.
5.40 to 6.20	under 100 lb cal II 1 x 2, over 100 lb cal II 2 x 3 and lime water 1 x 2 tablespoon in either skim milk or grape juice if the sugar is above 5.50 the lime water is in skim milk if the sugar is below 5.50 the lime water is in grape juice. if it's 100 pounds and up, you use two tablespoons of lime water a day. maybe Vitamin A&D, (10 000 & 400).
6.00 to 7.20	under 100 lb use cal II 1 x 2 a day, over 100 lb use cal II 2 x 3 a day.

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6.40	At 6.40 start giving 1000 milligrams of Vitamin C x 2 between meals for people 10 years old and older regardless of the pH's going up or down. Vitamin C is not available to people with a pH lower than 6.40, except in onion soup. You also give 500 units of Vitamin E if the weight is less than 100 pounds, and 1000 units of Vitamin E if the weight is over 100 pounds.
6.60 …	Prune Juice & hot water first thing in the morning.
7.00 to …	above 7.0 you use golden seal as a blood purifier, Adults under 100 lb use 1 x 3 and adults over 100 lb use 2 x 3. School Children twice a day either 1 x 2 or 2 x 2 depending on weight.
7.20 to 7.80	under 100 lb calcium lactate 1 x 3, over 100 lb calcium lactate 2 x 3.
7.80 to ...	above 7.80 you recommend a colonic at two a week about three or four days apart until the pH drops downward.

Physics.

I'd like to give you something out of this physics book that'll help you understand a little bit more, that the laws of physics are constant and unchangeable. For instance, this statement here:

- "..every magnetic field has a directional action associated with each point in the field, it is accepted practice to consider the forward direction of the force to be the direction in which a north magnetic pole tends to move. As in the case of the electrostatic field the drawings of magnetic fields are simply maps showing only a few lines of force that indicate at any point the direction of magnetic force at that point, the strength or intensity of the field can be judged by the closeness of the lines of the force. The further apart they are the weaker the field."

Isn't that exactly what I've been telling you. This is a law of physics, it's absolute. Now this next statement:

- .."A uniform field is a necessity for electromagnetic focusing, it is one wherein the intensity is the same at all points or at least over that portion of space where the field is utilised,"

a further definition of a uniform field is:

- "one wherein the number of lines of force that thread a unit area will be the same everywhere in that field."

In other words, every mole in our body has the same frequency. It has to be or it would be a conflict. So the laws of physics are constant. Remember that. Now this next statement on an ionized atom:

- "It is possible for the electron originally in a unfilled shell when bombarded to be completely knocked out of the atom, passed all energy levels so that there is no longer any attraction to its nuclear. When an atom loses an electron in this manner it is said to be in an ionized state. When an atom is in an ionized state it can receive any free electron to get back into a natural state."

This is what I've been teaching you right through the class. We live by ionization, like silver plating, nickel plating, chromium plating takes place. This is the way we live and until we understand

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this, there's no way to create the condition or alleviate the condition with absolute knowledge of knowing what is taking place.

Physiology Book.
(Question) One of the instructors (Black) has been saying that we should buy a good physiology book and read it, and the physiology books that I have read says that hydrochloric acid is made in the stomach. You have said repeatedly that hydrochloric acid is made in the liver. Now do I buy the physiology book and read it, or do I accept what you're saying, because the two appear to be contradictory to me?

(Answer - Reams) I would advise you to read the book, but I didn't say believe it. Now I'll tell you how you can very easily find out with a guinea pig or with any animal. Whenever you do an autopsy or are experimenting with animals just take a needle and draw some of the hydrochloric acid from the bile duct, or the gall bladder and then test it and then you'll find out where it's made. You don't have to ask anybody.

Now I showed you the stomach and the little storing up sacs, the little stomata that stores it till it releases it for various reasons for the various kinds of foods into the stomach. These little sacs are something like the ducts in the breast, or an udder. They store the hydrochloric acid there but it is definitely the liver that manufactures it.

The stomach does not manufacture anything, it's a mixing machine to release energy so that the energy can go in three different ways back into the liver and be reconstituted on the frequency of your body.

Picture.
See Also "Mathematics", "Numbers" & "Number Interpretation". It's interesting to observe and know what you see. You go through life and most people don't see anything, and that's one reason they never see the picture in these numbers is because they don't see anything around them.

If you are flying an airplane at 39, 000 feet and there's clouds all down under you and you can't see the ground you go by the numbers on your instruments. By the numbers you know where you are, yet you can't see the ground. In other words those numbers paint a picture and you know exactly where you are on the map at all times.

When correctly done these numbers will paint a picture of what you look like inside, from a brain tumor even to an ingrowing toenail. However they are not to be used as a diagnosis but as a camera to take a picture of what you look like on the inside. When you look at an equation and see the numbers you have a picture there and when you see the picture you know whether it's the left or the right side.

The picture is in the numbers and it shows the problem on the inside. When you see the numbers it should paint a picture for you and if you don't see the picture then your problem may be your lack of knowledge of anatomy. Really get down and learn your anatomy, learn what the inside of you looks like because it is absolutely important. The equation does not say the problem is slightly on the left side or on the right side, there's nothing in the equation to say that, it's just knowing your anatomy. For instance, in the brain on the left hand side at the back, up to the medulla oblongata,

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is the root part of the brain that sends messages to the vital organs. That's where the messages originate in the brain.

Let's go back a bit, numbers do talk and paint pictures, for instance, my wife sent me to town to get a spool of thread number 14/50, I didn't know what 14/50 was but when I asked for it they gave me a spool of navy blue thread $^{1}/_{50}$ inch in diameter. So you see how numbers and colors fit together, they fit together into a picture, a pattern and into colors, so as you begin to deal with these numbers you'll begin to see pictures and patterns or I hope you do. When most people look at the numbers they pick it apart and go after it one little piece at a time, because that's the way most of us think, Doc does not. When he looks at the equation he sees the whole thing at one time and then he has a little bit of a challenge as to where to start reporting. That's hard enough to say let alone try to comprehend, he does not approach it in a nitpicking way as most of us do. When he was asked, "how do you see that particular item?" he just said, "it's there, can't you see it, it is there" and many of couldn't see it until very much later.

Some of you may be blessed if you never see the picture because some of the horrible sights that we have to look at are so bad and so sickening until it really upsets your digestive tract for a number of days, and you're so helpless, it's enough to turn your appetite, to make you ill almost. It's like you're going in to watch a very serious operation and you've never seen one before, it takes somebody trained that can stomach the idea that can go through with it, but if you've never seen it before and you're seeing it for your first time it can certainly do things to your stomach, it can make it do a loop to loop, or roly poly or something. So it takes a lot of training to be able to handle some of these pictures that some of you will learn to see. It's nice if you can see the pictures but don't feel bad if you never see the picture, God may be giving you a blessing in disguise.

I had a man come into me and I ran a test on him and found his major problem was advanced emphysema, only it was in polka dot spots over the lung and I drew a picture of his lungs and put the spots in it for him. He then went out to the car and got the x-ray and compared the x-ray with the drawing and they looked exactly alike.

So when you're looking at the picture then that's the way you know. I don't know how to tell you any other way. These numbers should paint a picture to you that you will see by the time you finished the course if you learn and thoroughly memorize the rules. In this course you cannot depend on one number as meaning anything at all, no one number in the equation denotes everything, it's all the numbers together.

If we take a test,

42, 5' 11", 180 lb, male

$$1.5 \quad \frac{6.40}{6.80} \quad 10 \quad 4 \quad \frac{2}{8}$$

This reading indicates a brain tumor, and it's the whole thing which gives you the picture, but the ureas 2 over 8 is the one that gives you the final key.

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Now, if he has a 1M instead of a 4M then he would be dying, he would be more critical than he is now because it would tell you that nature was not co-operating which means that the potassium deficiency was much more acute.

When you look at those numbers you should realise that there a lot of carcinoma cells in there that needs to be exchanged, and that's the reason for the urea numbers 2 over 8, and it means that the liver's in a very bad shape. Just on the numbers 2 and 8 you would be able to determine that we have a critical problem, a dangerous problem in his system. It would take quite a few months to drop the 4M.

There's one more very outstanding thing about this equation that is rather unique and that is in order to get any help for this patient at all it means that they must have a very, very light diet, almost baby food because at this stage the liver bile is so dilute that it can hardly digest anything. It's very, very dilute. The very fact that those numbers were way out means that the liver bile is very dilute. You can have a reading that is almost perfect and yet have a very dilute gastric juice.

Pill.
The use of birth control pills are the finest cancer seed for the ovaries that was ever invented, and I've only found 2 or 3 people in my life that took them that did not have a very, very high count of delta cells in the ovary area.

The use of the contraceptive pill is one of the causes of overweight, for instance, when this woman came in we almost had to take the facing of the door off for her to get through, she weighed 575 pounds, she was 27 years old and at that time she was gaining around 50 pounds per month.

She had taken the pill at 25 and started gaining weight slowly and the last month she gained over 50 pounds of weight. So what we did is put her on a diet, and we put her on a 6 day fast then we put her on 3 days light diet and another 6 day fast and got her body chemistry lined up. She lost about 40 pounds of weight in about 15 days, and then she put on about 20 pounds or more and then it started dropping off to normal about two pounds a week.

It is now normal at about 270 pounds. She is 6' 6" tall, a giant of a woman, she runs a nursery at Daytona beach and she lifts 100 pound plants and palms and flowers around like they were gallon cans almost, a giant strong person, a big person, a giant sized woman and she doesn't look fat, she's just a big, strong person, she's about 34 or 35 somewhere along in there now.

Pinpointing Maladies.
When we know the mineral that is lacking we can then pinpoint where the loss of energy is occurring because the organ lacks the mineral. To see the picture in the numbers you need to know your anatomy.

Plastic.
Plastic is a type of acid that would be foreign to our bodies, that our body would not accept because the energy matrix of plastic cannot fit into our own.

Platelets.
A platelet is any cell that will carry oxygen and the platelets are all red blood cells.

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Pleasure.
One of the things that gives us great pleasure is the things that we can do for people, but the things that hurt us most are the things that we cannot do for people. This nearly kills us, I almost die with every patient because it's just like failing a grade in school, and yet I have news for all of you, all of your patients are going to die. But you can keep them healthier longer and happier than anybody else I know, but all will die eventually so we cannot give them eternal life on Earth, the best diet that can be tailor-made for any individual is not a life-insurance policy for eternal life on Earth.

Poem.
No time to study,
to meditate and pray,
and yet much time for doing in a fleshly, worldly way.

No time for things eternal, but such for things of earth, the things important set aside for things of little worth.

Some things 'tis true are needful, but first things come first,
and what displaces God's own word of God it shall be cursed.

MEH

Point of No Return (PNR).
Good health is prime energy, energy at its highest level, and I made this Reserve Energy scale of 0 to 100. A new born baby, whose body is as perfectly healthy as you can find, will have:

- for a girl Reserve Energy about 8, and
- for a boy Reserve Energy about 10.

however, I have seen babies born with a Reserve Energy of around 1 survive, but I have not seen any adults survive, that is through any dietary plan, if their energy dropped below 4. After the first week of life, I have not seen any children survive where their energies have dropped below 4.

A Reserve Energy of 4 is called the PNR line, the Point of No Return. After the energy drops to below 4 it's the Point of No Return, unless God does a miracle. It's considered "raising the dead" when a person drops to 4, however the person may be still talking and may still be conscious.

I was in a hospital and saw a patient who was very jolly and didn't even look sick, yet her energy was 3. She had cancer and it had entered her spine and was moving up the spine at the rate of one inch an hour, and I didn't believe it when I ran the first test so an hour later I did another test and I found it'd moved up one inch. I went to her husband, who was the head technician in the hospital laboratory, and asked him was his doctor on the floor (meaning in the hospital) and he said "yes" so he had him come down and I said to the doctor, "doctor it's too late, her energy level is 3 and approximately she has less than 40 hours to live. It's too late".
"Oh no", he said, "she'll be here for months yet".

And there was the poor man standing between two doctors arguing about how long his wife was going to live and I said, "no, doctor. There's nothing you can do now and nothing I can do. The organs of the lower abdomen are already caving in and it's beyond what either of us can do."

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So I said to the man, "when your wife passes please call me".

It was approximately 4 o'clock in the morning, about 19 hours from the time that I ran the test he called me and he told me his wife had just passed.

When I was paralysed from the waist down, a victim of World War II, by all biological means I should never have walked again. God put those bones together in the twinkling of an eye, and I have been walking since December 31, 1950. Now if God can do that who am I to say that he can't raise someone even though their energy is $^{1}/_{10}$ of 1 point ($3^{9}/_{10}$ points below the PNR line).

I do not know anything except to do, but never give up as long as there's breath, and this is what I say to you today, join forces in prayer, and if you can't push your fellow man up, don't push him down, if the work is of God it cannot be stopped.

Poisoned.
I was poisoned on January 23rd 1977 and they thought I was going to die, and a good many other folks thought so too and many of them wished I did.

Polarity.
See Also "Ion". Why does a vine crawl along on the ground until it finds a tree to climb counterclockwise? Why does a tree stand up? Why do you walk with your head up instead of walking down on all fours like a dog?

The biological law that determines this is the Law of Polarity. The attraction of anions to anions and cations to cations.

The earth is cationic and there is an anionic belt that circles above the earth called the Van Allen Belt. All the anions on the Earth are climbing all the way up, pushing us up, and this let's us know which way up is, and lets a tree and a vine know which way up is.

Pollution.
Some of the minerals in the air may be considered pollution but that depends on the form they're in. The damage caused to the body by air bourne pollutants occurs most especially when you have a low energy rating, and you do not do enough deep breathing.

For instance, if you get into a chemical plant and there's an odor you're not familiar with you'll catch yourself taking short breaths, so that the odor won't stifle you. Have you ever tried to inhale a cigarette for the first time and noticed how strangled you got? This is what I'm talking about because the system rebels against drastic changes, but if you can breathe deeply enough and your energy's high enough you can exist in an awful lot of smog without damage, but there's a rule in the bible, "tempt not the Lord thy God", and when I'm flying a plane that's one thing I don't do, I tempt not the Lord thy God, and it's a good idea in the smog if you can get out of it to get out of it, but if it's impossible to get out of it then try to stay as healthy as you can.

Pons.

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There are four quadrants to the brain and looking down at a cross section of the brain it would be divided into three sections, and the fourth section would only be seen by looking from the side view, and it's right in this area we'll call the pons.

The pons is at the base of the skull where the spinal cord comes out on the other side. It's like a small golf ball on the beginning end of the spinal cord. Now the pons is the computer, or the relay station, or the dispatcher, or the coordinator which synchronizes the messages and sends them to the respective parts of the body for whatever desired action that you wish, and everything that comes in or goes out goes through the pons. Although it directs where the messages go the messages themselves do not originate in the Pons, they originate in the brain somewhere. For instance, the messages for the vital organs originate in the left quadrant of the brain. Only in the left side at the back is where the whole root of the vital organs lie, up to the Medulla Oblongata where it begins.

It's very important because we separate the nervous system into two parts:

- The cranial nervous system, which goes through the spinal column, and
- The vagus nerve, which does not go through the spinal column, it goes down through the side of the neck.

Cranial nerves are related to the four areas (the fourth area being the Pons). All of the nerve cells in the brain end in the pons with the exception of the Vagus Nerve. If you've had any experience with what we're covering here you may need to forget it, because the definitions and the reaction fit into what Doc's talking about in the Theory of Ionization.

Now of these two nervous system divisions, the vagus nerve is the involuntary nervous system (or the autonomic nervous system or our vital organ system). The heart rate, respiration, all the glandular functions, organ functions and so forth are controlled by the vagus nerve. This function does not enter into the cranial nervous system at all, it has a completely different pathway. While the cranial nervous system's pathway is through the spinal cord, the vagus system's pathway is through the posteria left quadrant of the head. This is the area that is most developed in an infant when the brain dissection is done, the area behind the left ear down to the center, is where it comes off and travels down to the various organs, but it does not involve itself with the spinal cord.

While the cranial nervous system goes through the pons, the vagus nerve goes into the mass that surrounds the pons and while it gives the appearance of going through it, it's actually only in the surrounding mass like a string pulled through the edge of a piece of wax, and the pons does have an appearance of a waxy substance. The vagus nerve doesn't end in the pons like the other nervous system, it goes directly to the vital organs, there's no pons in the relationship whatsoever and I'll give you some proof right here. Suppose the neck is broken, either by diving or some other accident, and the break completely cuts the messages from the pons to the organs. All the nerve ends from the pons go nowhere and the pons can no longer dispatch the message for muscular movement and so forth, but the vagus nerve does not end in the pons and you can live on 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.

Now 99% or more of all diseases begin in the organs controlled by the vagus nervous system, and this is a coordinated response that we want to try and illustrate a little bit for you. The

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medical world has said that 80% of the disease starts in the mind, and this is true, figuratively speaking.

If you take two boxes and call the larger box the cranial nervous system and the smaller box the vagus nervous system then consider the liver and a cell somewhere in the body (perhaps even in the liver itself), and if we put a line from the vagus nervous system box to the liver, then the line represents a controlling factor for the liver. We can then insert a modified function (or a malfunction) coming into the liver and this malfunction can then block the liver function as mineral is coming in. This is why Doc says, "that hate is the best cancer seed in the world" because it blocks the mineral coming in and when that happens it effects the programmed amino acid construction for the cell function which then has a response back to the brain through the central nervous system.

So Doc says that although disease starts in the vagus system, the symptoms are seen in the central nervous system. There's a relationship between the two, a reflex, so that the body and mind are related and you can't separate the two. Now if we've got a symptom showing up in the cranial nervous system, then we have a programming effect that tries to override this, but the malfunction of the vagus nervous system can either be through the unconscious or it could be through a mineral deficiency, either way, they are both related, and then as the system tries to program it back with frequency it can't, because that's related or dependant upon mineral, it's cause and effect. Cause and effect tying together so if the body is getting mineral through ionization then it will have enough.

For instance, the reasons why water won't work in bringing the ureas down are:

- damage to the vagus nervous system,
- damage to the vagus nerve itself between the main trunk and the liver so that the message is not getting through from the brain to the liver, or
- a brain tumor in the automotive section, or left quadrant, of the brain or in the pons.

With this type of situation there's one more important thing to think about and that is blood circulation in the brain. Now the brain has less blood, but cleaner blood, than the rest of the blood in the muscles. Now the cleaner blood is more efficient but the brain has less because the brain is stable, it doesn't move like the muscles, it's not an active muscular movement so therefore it doesn't need so much to move energy in or metabolic waste away.

Positive and Negative.

Doc explained that the whole concept of positive and negative was turned around through the Dodge Motor Company wanting to have their mechanics to be the only ones to understand how to fix the electrical system in those Dodge automobiles, given that in the early days of motoring that Ford Motor Company and Dodge Motor Company and some of the others had different meanings for when they put "+" and "-" on the battery terminals.

The old Dodge battery in a Dodge wouldn't fit a Ford unless you turned it around and of course if you turned it around when you had a full gas tank it indicated empty.

Why do we use and prefer the terms "anion" and "cation" instead of "negative" and "positive"? Why don't we say "negative" and "positive"?

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The reason is that the terms "anion" and "cation" are far more specific than just "negative" and "positive". The relationship between anions, cations and electrons is:

- A cation is a charged particle that is attracted to a cathode. It is the second smallest particle of energy with the direction of electron spin counter clockwise, and therefore cations are positive and are protons. The energy of a cation is a variable between 500 and 999 MHU.
- An anion is a charged particle that is attracted to the anode. It is the smallest particle of energy with the direction of electron spin clockwise, and therefore anions are negative particles and neutrons. The energy is a variable between 1 and 499 MHU.
- Electrons can be either positive or negative. The electron is the outer shell and the atomic weight gives the number of electrons in that outer shell.

Post Mortea.

Post Mortea is the Latin name for when the flesh starts to turn to a liquid, and I don't know of any other medical name in any of the books I have. The cells actually liquefy in the system, they're not delta cells because a delta cell has still got life in it, but this is an omega cell.

I don't know any other word for that and I've asked a lot of doctors. Post Mortea is a gangrene so to speak, however gangrene generally has a fungus in it that Post Mortea may or may not have. In other words, it's Post Mortem, it's death setting in, the body's starting to die and this is the area that it starts to die in.

People with varicose veins need to be in bed and in most women it effects their thighs and legs and they should keep their feet propped up gently, and stay off of their feet. They need medication to keep the blood clots from forming "post mortea" (breaking down into a liquid) which can cause instant death or paralysis or all kinds of problems, you just name it and it just about can happen.

Now it doesn't make sense to remove, say a left ovary, because it has cancer and then not do anything to replace the mineral to keep the other one from becoming effected. In other words why not try to replace the mineral first providing that "post mortea", a dying off, a gangrene so to speak, had not set in. If that has set in then it must be cleaned out because the body's starting to die and that is the area that it starts to die in. In other words, the mineral deficiency is increasing where the body cannot take it and "post mortea" is setting in. In other words it's premature ageing and dying.

Many times you'll find various funguses and bacteria within these decayed areas and then you blame the bacteria or the fungus for the cause. They do aggravate it but they're not the cause because if that was true then correcting your mineral deficiency would not cause the problem to go away. In other words, cancer is not an animal that's waiting to jump up on you, it's a decaying of the flesh, a premature ageing caused by a lack of minerals and for this reason cancer is not hereditary and diseases are not hereditary. Disease and cancer are caused because of a mineral deficiency.

Pot Belly.

Those of you who are chiropractors and you work on your clients and they're back to you in two or three days because the adjustment didn't hold. Chances are they're a very acid person. An acid body does not have the ability to hold a chiropractic adjustment because the muscles, tendons and ligaments do not have the tone, or the vitamin C, to hold them in proper place.

Another thing on vitamin C deficiency is the colon itself loses it's tone of muscle and it tends to have a dropping or a prolapse, and this also shows quite often in the protruding abdomens that you see

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walking around our country. A high salt also causes a loss of tone in the muscles, including the abdominal muscles holding the belly in.

You'd want to recommend:

- Get their numbers right,
- Walking. The colon and the abdominal muscles need the exercise of walking to function properly.
- Leg Lifting Exercise. For women or men that have a pot belly I recommend leg lifting exercises according to their age. Usually 5 a day, or 5 in the morning before they get up. You lay down and lift one leg up and put it down, lift the other leg up and put it down.

Practical Testing.
How many of you have done any testing already? Were your knees trembling? And whenever you saw those numbers "my goodness what do they mean?" You forgot everything you knew. "Ooh if I could only see the picture?" "What does it mean?"

I know exactly how you felt, but you're also going to run into patterns that you will not know how to handle, and the best way in the world to do is to find somebody else that's had more of the courses than you and ask them what to do about it.

For instance we just had one that a tester couldn't handle and he simply said this, "I have not seen this pattern before, I don't know what to do with it but I'll find out and you come back tomorrow and I will help you."

So the consequence was it was a lady on the verge of a stroke, she was 72 years old and the small blood vessels were beginning to break in her brain. She was told, "we'll try to do everything we can to stop the stroke, but it may already be too late, but if we start now we can probably help you to rebuild those blood vessels so that the stroke will be very light, and you can get over it rather quickly."
And she become very nervous and she said, "my husband died from a stroke three years ago and I fear it very, very much.

Remember this, "so many times that which we fear most will overtake us."

Practice of Health.
This is a system of the practice of health and not the practice of medicine, nor chiropractic or naturopathy or anything else, it is the practice of health.

Practice of Medicine, Legal.
If you give a drink of water to somebody that's perishing for water, and they would die if you didn't give it to them, that is practising medicine without a license, according to the law.

Predict.
You can predict a heart attack anywhere from minutes to a few years away. I predicted one in 1971 for 36 months I missed at 3 weeks. I predicted another one last year 6 months, I missed at less than 6 days. So, whenever you know your energy, and you're working with the energy, or the theory of the energy then you can zero in on the span of life unless that person takes steps to change that pattern

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which can be done. But it is the sceptic that refuses to change and continues down that same road to destruction.

Pregnancy.
Just because a woman's pregnant don't throw away the rules, for instance:

- The colon and the abdominal muscles need the exercise of walking to function properly and pregnant women should walk a mile a day, minimum. In every pregnancy there should be lots and lots and lots of walking but if there is any chance of premature labor pains (from constant low sugar) then she shouldn't be walking and plan on a caesarean, but if there are no labor pains and you have kept control of the sugar level then they should do a lot of walking, walking, walking, walking and this spreads the pelvis, and
- Lack of vitamin C is the cause of stretch marks, especially females who have gone through a pregnancy, and it's on men too if the vitamin C deficiency has lasted long enough.

Use the rules to get the right vitamin C into them. Always, go by the numbers.

First though, there are some no-no's during pregnancy and don't forget them:

- do not give K-Min to pregnant women or animals, and
- do not give dewormer to pregnant animals.

Now the Kyanite diatomaceous earth in K-Min does not hurt horses and cattle, but research on guinea pigs shows it kills the young, and if you keep it up during the second pregnancy then it kills the young and the mother. So it's just a risk that you do not take. Do not give K-Min to pregnant animals or dewormer to people. That's a no-no.

For nursing mothers that aren't pregnant you generally don't give it unless it's an acute case of worms, then do. After the baby's born it doesn't hurt them, it's just during the pregnancy the foetus is so small and so weak. K-Min demagnetises the foetus in animals to where the ionization process cannot take hold any more, in other words, it dies.

Also for pregnant women, keep the sugar level above 1.4 because miscarriages, or premature labor pains, are always caused because of low sugar and the finest thing in the world to do to prevent premature labor pains is to put the expectant mother to bed for a few days and give her 4 ounces of Manichewitz medium dry grape wine once or twice a day, and that will delay labor pains and bring the child on through to normalcy. Don't forget this rule, it's not perfect but it's it's very good. The sugar lowers through the day and rises through the night, except during pregnancy.

Many times in a perfect pregnancy it does the same thing, lowers through the day and rises through the night and while this is very common, there are a very few exceptions to that rule, very few, and I guess it would be less than one tenth of one percent of people in whom it will lower through the day and also lower through the night. The ones that lower through the night can go into seizures or have spasms at night.

In our system manganese is the element of life because it is the one element that has power to leave offspring, and without manganese there'd be no life on the Earth. Nothing can leave offspring without manganese. Manganese is the element of life, manganese is the element for the sex organs.

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When the pH is away from normal the digestive juices are not as strong and efficient as they should be and because manganese is a heavy element, and low in ratio and proportion in foods, so it is not extracted and utilised by the liver as it should be, is the cause, and the effect of a manganese deficiency is problems in the reproductive organs, in both the male and female. So the ovaries, testes, uterus, vagina, prostate and breasts are the same functional organ in the male and female, and the same remedy applies to both, make manganese available. In women, normally the ovaries are effected first, followed by the uterus, then either the vagina or breasts, depending on the genetics of the person. While most lumps or cords or ropes in the breasts are caused by a mineral deficiency, other swellings may be fatty tissue and are nothing to worry about. Remember this, whenever the body's too acid a pregnant mother doesn't put on weight because the food is digesting too quickly.

Determination of Sex**.**

There was some research done into what determines the sex of boys and girls. Research on men with one testicle (either born without it or lost it for some reason, say injury or surgery) showed that the children conceived after the loss were either all girls, or all boys. Where they had all girls they did not have the right testicle and where they had all boys they did not have the left testicle.

While it's easy to determine which testicle is involved, which ovary was determined this way. When families were found that had all girls, and the father had two testicles, then we did tests on the mothers and it appeared that the left ovary was the only one producing an ovum. It is not known if this is 100% accurate or not, but no exceptions have been found so far. In summary, it's been found that:

- the left ovary AND the left testicle bring the girls, and
- the right ovary AND the right testicle brings boys.

There is a rule by which the ovum and sperm are joined together and it's in the milli milli micronage realm. In other words the ovum and sperm have got to be compatible down to the milli milli micron and no two of those sperm are alike, and unless they fit milli milli micron to mill milli micron they will not join, and this is what makes identity, identity.

During intercourse the breasts are supposed to become very firm, and if the woman is really getting the maximum amount of pleasure they should become very firm, but after a woman's had 3 or 4 babies, and is past the 50 mark then it's not so true as under 45. Now if this is not happening then the woman is quite minerally depleted.

There's an old rule that says, "pregnant women crave vinegar". Not all do, for instance, women who have a low calcium and are pregnant do not crave vinegar or pickles, but women who have an alkaline system will crave vinegar and pickles and acid things because it helps them get more energy out of their food. Many times young couples want to have a baby but the pregnancy can't start, it won't take place because there's too much calciums in the system, it's got to get down right before the pregnancy can take place, and so many times two or three tablespoonfuls of vinegar a day on extremely alkaline systems will bring about a pregnancy in childless couples. Two or three tablespoonfuls of Heinz Sweet Pickle Vinegar, do not use the straight vinegar because it's too strong. If you must use a straight vinegar use only about one fourth the amount that I have just recommended. But I was speaking about the Heinz Sweet Pickle Vinegar it will generally bring about a pregnancy.

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During pregnancy calciums are in a very, very great need for the pregnant mother, whether it's an animal or person, calciums are needed terrifically, but one of the things you have to be careful about in the calciums is that the mother's system doesn't become too alkaline, thereby causing problems that may effect the health of the child, the delivery, and many other things. In this calcium given to the mother you should be sure you're getting the right kind of calcium and one of the best ones to give is two calcium phosphate, or MinCol, give two of those three times a day.

If a pregnancy is perfect it will not pick up on the numbers. You cannot tell by the numbers if a woman is pregnant or not, if her health is perfect. If the pregnancy is imperfect you can pick it up on the numbers. In other words there must be an excessive loss of energy in order to pick up a problem, and in a perfect pregnancy there is no excessive loss of energy. Even though the perfect albumin reading is .04 M, be aware that in a perfect pregnancy with perfect numbers the albumin will run about 1M.

Now I'll tell you what could be done, it hasn't been done but could be done, if you would dehydrate the urine enough you could then run a frequency test on the sedimentation and pick up pregnancy, but there's other methods that's more simple than that.
Remember this, it doesn't matter how ill a woman is when her pregnancy begins (at conception), if she supplies enough mineral to the cells that are causing the malady that's caused by lack of mineral, her body will go to perfect during pregnancy because pregnancy is one of the finest things in the world to get well with providing you can supply nature with the mineral necessary to replace the cells. In other words pregnancy is likely to improve her chances of getting better because nature has a desire to leave offspring. For instance, you may have a woman that had uterus problems when she becomes pregnant, but generally by the time that pregnancy's over the uterus will be perfect. Pregnancy is one of the most wonderful health restorers to women that there is, providing they eat enough variety of foods and there's enough minerals in their foods.

If a pregnant woman has high pH's and high ureas she can have enemas and colonics and she can take the lemon juice and chaparral to clean up her system, just remember to use the minerals according to her body chemistry.

The longest fast you'd give for the pregnant mother would be three days, no longer than that. In fasting a pregnant woman it is absolutely essential to watch that sugar closely and keep it above 1.4 to keep the baby from aborting. The problem in fasting mothers is to keep the child from aborting. If you do put them on a fast you generally give them a juice fast, and a great variety of foods in these things generally work.

Also in fasting a pregnant woman any toxins from the mother's system will not normally go into the baby's, in other words, only pure blood is going to go to that foetus while she's fasting. When a woman becomes pregnant there is no possibility of the passage of toxins from the mother into the foetus because once the foetus begins it's just as much in a shell as a hen's egg. For instance, suppose after the hen lays the egg, and sitting on the egg, will the food that she eats then effect the egg? Of course not.

You cannot do anything to harm that child with ordinary things. It's either genetically wrong to start with or you can do it with powerful drugs that upset the ionization of your system. You can also do it by severe electric shocks or by extreme calcium or saline deficiencies in the body which cause

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the ionization to drop so low until you will have problems, but these are not necessarily mitigated to the body through the bloodstream. In other words only pure blood is going to go to that foetus.

Morning sickness may be caused by:

- low blood sugar,
- low calciums, especially phosphate of calcium,
- too much difference between the pH of the urine and the pH of the saliva. In other words it creates a lot of gas while they're sleeping and the little bit of gas with the pressure of pregnancy causes quite a lot of distress.

So these are rather easy to handle is the low blood sugar causing a nausea or sick feeling.

A woman who has a tubular pregnancy may get very, very weak and have to go to hospital. A tubular pregnancy occurred because there was a diverticulous pocket in the fallopian tube at the top of the uterus. There is a cushion at the top of the uterus called the fundus where the fallopian tube comes into the womb from the ovary. At the top, or neck, where the tube comes in a part of that fundus was up in the tube, probably from a diverticulous area there.

During orgasm the natural function of the uterus is to pump the sperm up to meet the ovum, however the ovum probably got stuck in the diverticulous cavity and was fertilized there.

There's no way to prevent it that I know of and I've known one case in 10, 000 and I think they were quite a long distance apart, but there's no way I know of to prevent it.

One of the great problems with pregnancy, and our diet today is there's not enough iron. One of the finest forms of iron is ferro, it's a natural iron bubbling up out of the ground in a spring and it seems to fit human beings so beautifully, easily available and is not caustic. I've never seen a case in which it did anyone any harm and benefited all for whom it was recommended and in all cases without exception it has done a marvelous job. Iron is necessary in your system during pregnancy in order to make the muscles flexible. If you have plenty of iron in your system your own body will pickup enough copper from the air and between the copper and the iron the muscles become flexible and natural childbirth is very easy.

I'm going to suggest to you to suggest that mothers have the natural birth training so that they can have their deliveries much easier and much faster and much quicker and recuperate a lot faster, and I'm also going to recommend that after the birth of a child:

- the mother stay in bed for about two weeks except to go to the bathroom and back because if she doesn't it is possible for the uterus to fall, or not to go back in place,
- also if she stays in bed for two weeks she stays looking younger a lot longer, and everything goes back into natural shape and firmness, tightness and everything else. If the mother keeps walking she can aggravate the condition.
- Also carrying a baby for nine months is hard work and mother needs two weeks rest.

One woman said she liked to have babies because that's the only time of year she got two weeks vacation, she had her 11th one then. What I'm trying to say to you is that the mother needs the 2 weeks rest to generally recuperate and it'll have a lot to do with her temperament and everything else, and any proud father ought to be willing to give his wife a two week vacation if he's got a new son or new daughter.

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Also arrange for a house keeper to keep the house and then he can appreciate his wife a lot more when she gets back to the stove because nobody can cook like a wife.

About 3 days after a baby's born the breasts will give the most problems, because it's then that the cells start to do something different to let the milk flow.

A foetus uses 300 to 500 per cent more oxygen than we do and it gets its oxygen only through the mother's blood stream. In cities or areas where there's a high smog content then the unwanted and undesirable natural abortion rate is greater than in areas where there is pure, clean air.

The sugar reading of 1.0 brix is the point at which the mother's urine sugar must not drop below or she will abort. Now it is very important to know whether the mother has emphysema and whether she's getting enough oxygen or not and one of the sad things about all this is that smoking mothers have a higher natural abort ratio than non- smoking mothers, and these are actual factual statistics.

We had a pregnant woman come to us and she was about half way through her pregnancy when they brought her in with premature labout pains. This couple wanted their baby, they did not want it to abort.

We immediately ran a test and found the sugar to be 0.8 brix, so we immediately took dietary measures to raise the sugar above 1.0 and after a week and a half we got it up to 1.6 or 1.7 and finally got it to around 2.0 at which we kept it and their little boy was delivered on Christmas Eve.

Now the nutritional measures we used to raise the sugar level were lots of fruit and honey every half hour and 4 oz of wine twice a day between meals. These measures worked and were enough to keep the sugar level up and she had a very beautiful boy.

Another example was with a $5^1/_2$ month pregnant woman on her fourth pregnancy. She had a test and it showed that her uterus was in such bad shape that if the pregnancy continued her uterus would rupture and it would probably cost the life of both the mother and the child. It was extremely bad, so I suggested to the parents and the grandparents of both sides that the sugar level be lowered so that the child would abort in order to save the life of the mother. They decided that this should be done and it was precisely what we did. We gave her water and lemonade to lower it and monitored her all the way through.

When her labor pains started we sent her into the hospital for the delivery, and of course the foetus had died, but the hospital staff said it was the worst deformed baby they had ever seen born in that hospital.

> There's one more thing about a natural abortion, and the story to help you remember the facts is this,
> When Doc was blown up in a truck in WWII he was initially paralysed from the neck down, but after about 2 years he got to where he could feed himself.

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During this time he did a lot of thinking, and one day the padre came through and while they were talking Doc said, "I'd like to ask you a question, the ovary and the sperm, when they are separate is each one a half a soul, and does it make a soul when the two come together during conception?"

The padre became very angry and said, "that's none of your business", then got up and walked away and he would have nothing else to say about it.

So Doc began to study that thought and it took him many, many hours of thought and meditation, "When separate, is the ovary and the sperm a half a soul, and do they then become a soul when they join?"

He found the answer in the bible, in Genesis 2:7 where it said, "And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul." It was his considered OPINION, based in Scripture, that a body does not become a living soul until it breathes one breath of air, so if the foetus never breathes a breath of air it is as though it has never been.

Now he also admitted that although his thoughts were founded in the Scriptures, it was perfectly possible he was very wrong, but he used his opinion with patients who had the unfortunate circumstance of a child who aborts when they didn't want it to, because some would want to know whether it's saved or not saved. Until it's breathed the first breath of life it's as though it has never been, it does not become a living soul, and that's according to the Scripture.

However a medical abortion may occur wherein the foetus does breathe a breath of life, even at four and a half months, and although it's highly improbable, it's perfectly possible, so be careful in what you do. Unless there is a reason to save a mother's life do not cause it to abort, do not use this method, however if the uterus is in such bad shape that you would lose both the mother and the child then you have the means to bring about a natural abortion, and one of the indications that the mother's life is in danger is a high delta cell count in the uterus, or the upper vagina, or the entire uterus, vagina and ovary area in the lower pelvis.

Lower the blood sugar intentionally and keep it below a total of 1.0 brix for 3 to 5 days and the foetus will die. When labor pains start you can give them a small amount of wine to delay birth until you get them into a hospital. If it's a first child you won't have to give them the wine because the labor pains will be far enough apart that you've got time to get the woman to the hospital, but if the contractions start to come in at 3 minutes apart then you need to give them wine until they get to the hospital. Give 4 ounces of wine and then that will delay the labor pains until you get them in the hospital and then the baby can be delivered.

This method works because a foetus uses 300 to 500 percent more oxygen than you or I do and if you cut that oxygen low enough the foetus dies, and that's a natural abortion. But I do not use that, and never have and never will except as a means of last resort to save the mother's life because if the uterus is in such bad shape that it could rupture causing the mother to lose her life and the foetus' life also then it's justifiable.

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So these are things that you need to know and need to use. Now I ask you, humanitarianly, not to do it unless there is a reason and you should not attempt it unless you're a doctor or a practitioner or someone whom the law permits you to do this. Put them into a retreat, or put them into a hospital where this can be done under control because it's quite a very narrow margin that you've got to work with, because you want to lower the sugar content in the blood low enough that the mother will not become comatose or unconscious and yet cause the foetus to die for lack of oxygen.

Women are made to have children and many times when they are supposed to have them and they don't (even though their numbers are perfect), the excessive estrogen that is produced will cause them to either become a recluse or wall-flower or it will stop almost completely. In other words (even with perfect numbers), they become almost insane, or raving maniacs if you do not supply that drive, that passion, for a woman to have a child.

I served on the Salvation Army Advisory Board for a number of years and one group that I served on was for the girls that were put into the homes for unmarried mothers. I was able to classify three different groups of girls:

- 12 - 16 whose ignorance got them into their problem. They simply didn't know what life was about and through ignorance and lack of knowledge they became pregnant.
- 16 to 19 or 20, even 21, who were on a promise of marriage and it wasn't carried through, and
- 21 on up, they had to have a baby or lose their mind and this is what they said, "I just had to have a baby regardless of what the neighbours thought, I just had to have a baby and I wasn't married."

The passion, the drive was so strong in these girls that they just could not have cared less what neighbours thought or anything else. The drive, the passion to have a child was so strong it was either that or lose their mind. So actually marriage has nothing to do with having a child, nothing.

Now that passion, or that drive, or that force of nature is misunderstood by the public at large, and doctors know that better than anyone else, but the public doesn't know it and they care even less. In other words, the "holier than thou" make it almost impossible for a girl that's caught in this situation, but remember this that Jesus said, "he who is guiltless let him cast the first stone."

It's not up to you to judge and if there was ever a time that a girl needed kindness, needed mercy, needed help it is at this time and if you hold yourself "holier than thou" God have mercy on your soul as doctors, or people. And I'm saying this plainly, I'm putting it plain from my shoulders that if there's ever a time they needed help it's then.

I have known parents whose girls got pregnant, and I just had a parent that came to me because his 16 year old daughter was pregnant and he said, "I want you to make a diet that will cause the girl to abort."
and I said, "I won't make a diet of any kind for her until I test her, and if there's no reason why that child shouldn't be born then I won't make a diet for her. I will not make a diet unless there's a need for it. So her mother brought her over, the girl was tested and there was no need for the child to abort physically, and I refused. The lady said, "what should I do?"
I said, "the boy is only 16, and she only 16, perhaps you can get them married, then you've got two kids to raise instead of one, and send them through school, help them because if there's ever a time that those kids needed help it's now."

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And a month later I was asked to perform the marriage.

They're married and they're doing real well, the young man is working in the father's business in the summer in the afternoon after school and he's sending them both through school. This is Christianity at work doing what it should be done and everybody is happy about it.
I know others that their parents give the girl a fist, and call up the boy and abuse him and they all end up as enemies and just make a living hell on Earth, AND they call themselves Christians. No wonder some sinners don't want to be Christians.

These are facts that you're going to be faced with, and handle them with intelligence, handle them with the love of God in your heart, do not judge and do not give anyone a bad time. God has not authorised you to punish anybody, not anybody. God has reserved the right of punishment for Himself and has not given it to anyone. If you can't lift anybody up don't push them down because anyone you push down you've got to go down with them. If you push them up you'll go up with them, there's no other way.

Some 20 years ago I had a man who bred racehorses, very high fliers, very, very expensive horses but yet he couldn't get them to breed, so I simply had him give each horse 1 cup of vinegar in 5 gallons of water each day. He said, "the horse won't drink it"
I said, "oh yes he will. I'll tell you what you do, you take two five gallon cans, in one of them you put 1 cup of vinegar and the other one you don't, see which the horse drinks the quickest."

The horse picks the one with the vinegar in it, and immediately the mares begin to become pregnant. Then he had a chance to buy a mare about 20 years old, a very valuable mare, because the sellers thought that she was beyond the place of having colts any longer. So he started giving her vinegar and the last I heard she was 27 years old bringing a colt each year.

With cattle they have to be about three years old before we'll permit them to have a calf, in other words, they become pregnant at 2 years and 3 months and at 3 years they have their first calf, and bear a calf every year for 21 years, and sometimes at 24 years they're still bringing forth a calf. This happens because from about a month before they're to be bred, and also during the pregnancy, we give them a cup of vinegar every day. These breeders now are buying vinegar by the barrel.

Prejudice.
You need to be aware that other people are always watching, and you need to apply christian principles and don't let your own misunderstandings and prejudice stand in the way of somebody's help.

Please reserve the right to manufacture your own prejudices without help from anyone. Don't let anyone prejudice you against somebody else, you make your own.

Preservatives.
People will come up and say, "you've got foods in here that's got preservatives in them."
"Sure, I believe that today foods are safer with the preservatives in, most of them anyway, than they are without them."
"Don't you know that preservatives cause cancer?"

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"No, I don't know that, I don't know it at all. It has never been proved, it's just a fad, it's just somebody's idea to write a book, and they wrote a book, and it's very good for the writer, but it doesn't work with people."

Most of our foods today are safer with the preservatives in them than they would be without, but this is not true with all the foods, it's only true with some foods, and only some people too.

For instance, people that have a low undigested protein content (ureas) should eat the meats, the all-beef weiners, or the all-beef balony and so forth with the saltpetre in it, which is a preservative, with no harm but a person with a high undigested protein in their system is only buying tickets to the cemetery for a pectoris heart attack if he uses any of the luncheon meats. So it's too high in urea, potassium nitrate, which is a preservative for the meat so therefore be careful if you have a high ureas.

The Heinz Sweet Pickles that are recommended do have a little chemical preservatives in them, however it's the cationic effect I'm after, and that teeny bit of preservative is not enough to do any harm.

The reason Heinz is recommended is that every batch is exactly alike whether they're gherkins or the little cucumber pickles. I have to recommend something that I know what to expect and that's the reason I'm recommending them. I know exactly the power of what I'm doing and every batch of Heinz Sweet Gherkins, or Sweet Pickles are alike, and that's the reason I recommend it.

There are others like Alabama Girl and all these other pickles but I haven't found two batches of them alike and I don't recommend Kosher because Kosher doesn't have anything in them but salt water. Now they're good pickles but I'm speaking about for the control of alkalinity in your system, do not use the Kosher. Now Kosher's all right, there's nothing wrong with Kosher to eat because it's a good pickle, it's rich in manganese, it's also rich in Vitamin A, but I'm discouraging the use of Kosher Pickle for the control of alkalinity in your system.

Pressure.
See Also "Headache". There's a whole lot of reasons for palsy, or muscle weakness, you'd have to go into the numbers. It may be a tumor causing pressure but many times it's only a calcium deficiency and that will correct it.

I have never seen a case of any kind of lack of muscular control that was due to a brain tumor, because a tumor puts it out of commission completely. But spasms may be lack of oxygen or lack of mineral in their diet to strengthen it.

I have never run into a case where scar tissue in the brain caused headaches. I would think that it was a possibility but I found very little scar tissue in the brain, except in bone scar tissue. I found two or three bone scar tissue where there's been an injury from an automobile accident or acts of war or things of that nature and the bone would thicken quite a lot and cause pressure. I also think that damage at birth could cause pressure in the brain.

Pressures of Life.
Doc talked about the walking out of doors:

- part of it is for the fresh air,

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- part of it is for the sunlight,
- part of it is to get away from the pressures of life under which you live.

One of the values of going to the retreat, in fact much of the value, is who you leave behind you. Or to put it a different way, "part of your digestive problem is with whom you eat."

At the retreat this is taken care of and the counsellors are interacting with the people. In Roanoke we see Doc talking with the people that are there and it's not just talking about their numbers, it's many other things. The meal itself is an important time.

Principles.
We must learn to express the principles of health in mathematical terms, and during this course there's going to be a lot of very simplified mathematical patterns. Now these are principles I'm giving you. Do not try to make a whole list of numbers and then classify the numbers in sequence so you can find the answers, that's the fastest way I know to go to the crazy house.

You can't take any short cut because of the 2600 differentials, it'll drive you right up the wall, don't try it. Find your patterns, your cause and your result. You will not be able to classify them number for number because in some things you only find them once or twice or three times in a lifetime.

Problem.
A problem, means the analysis of the equation numbers, including:

- Age,
- Height,
- Weight,
- Race,
- Sex, and
- Creed (maybe)

At some point in the classes Doc puts an equation up and you will have to physically describe what that person looks like, whether they're sitting or standing, except for the color hair or if they have hair. But other than that he nails it real close. Also included in this is the major malfunctions that are occurring at the time. The greater the number of problems the lower the energy rating.

Problems and Burdens in Life.
Churches are something like grades in school, and when you learn their doctrines and can anchor everything you've got on them, then you go to the next grade, but you'll never amount to anything until you get kicked out of at least six churches because this is the way God promotes you. In other words, it gives you a wider outlook on life and as you outgrow the flock then God will give you another, and another, and another, so whenever you get promoted don't feel badly about it, say "Praise the Lord", that He's promoting you. I'm not talking about taking your little red wagon and going home because they're not running the church like you think it should be run, because the thing you run from will be waiting for you when you get there. You cannot run from trouble, and no person worth their salt would run from a Heavenly assignment, you would accept it gladly and master it. God will never give you a problem that you cannot use for a stepping stone to rise to higher planes, providing you do certain things, and that is first cleanse the temple and the mind and unload. Unload all of the things that weight you down.

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Never take your problems to bed with you, never, but I tell you what one thing that you can do, if God permits you to be awakened for a few minutes at night tell Him how much you love Him, praise Him for His mighty works and at the end of that prayer just before you go to sleep say, "Dear Lord, don't forget that $10000 bill that's due in the morning at 8.00 o'clock" and go to sleep, and believe it or not the next morning it'll be handled with no problem at all. If you want God to do something then praise Him first, and then just say, "it's your business Lord", or, "it's your bill, it's not mine and you've got plenty of money, the bank of Heaven can't be broken, so just don't forget about it, I'm just reminding you", and it's amazing what you can do when you turn on your faith, but every once in a while you also need to listen to see if God has something to say back to you. Some people talk to God so much until they never listen, it's just as important to listen as it is to talk to God. In fact, you can get in a place with God that you're afraid to stop talking because every time you stop for a minute He gives you something else to do, and you're loaded down already and then you have to talk again say, "now Lord I got to have some help, I need this to do the job that you've given me and He'll scare you to death sometime by waiting till the last dying minute to answer your prayer, but that's the way He cuddles you up a little closer to Him, that's the way He let's you know how much He loves you, and that's the way He teaches you to put your whole trust in Him, your whole trust, your whole faith, your whole being, everything you've got, hold nothing back, there's no secrets with God so just be yourself. God's not way off sitting in an easy chair on Betelguese or some other great planet, He's right there in your heart, His power, He's only a prayer away. He's right here and how wonderful it is to be so close and to feel His presence and if you ever get for a moment where you cannot feel His presence, slow down, slow down.

They tell me that the ocean is made out of a woman's tears, and tears are the finest nerve medicine in all world and don't you forget it. You relax, and if you're uptight and you can cry, it's a blessing. Doesn't matter what you're crying about just so you're crying, and so is a good laugh also, it's the finest nerve medicine in the world, you unload, and that's the reason that God made laughing and crying, is so that we could unload the burdens of life and the finest thing that I know of to unload the burdens of life is to know a burden bearer who is willing to carry your burden for you, and I recommend Jesus Christ. With Him He will carry your load, only you have to let him.

There's a song "Take Your Burden To The Lord And Leave It There" and most people take it but then they get up and take it away with them. There's no one, no human being that reaches maturity, who is not at times loaded with burdens almost too heavy to bear, and especially so with doctors that have to stand by absolutely helpless in watching a soul slip into eternity, and even when that person himself is slipping into eternity he's placed so much confidence, so much faith, so much belief in you, and so has the family and you're so helpless at that time. We wonder why we're doctors. Why we were ever so foolish to choose a profession in which we're so helpless. It is in moments like this that draws us close to the master, that we know that God is God, that we are a part of His creation, and that without Him we can do absolutely nothing. We realise that all of our remedies, all of our cures are nothing, but in Him there is life eternal, a free gift only for the ascendance and any doctor that doesn't know that and teach that is not a doctor, because in our moments of weakness we can become strong in faith, strong to help the helpless, we may not be able to save the dying but we will be able to comfort those that are left. It's our job to teach the health message as it is written in the bible, unashamed, the truth undivided, and then the results is up to God, not you or me. It's up to God then, and the sooner we can let self go and let God have His way the more peace we will have, but don't ever let one failure cause you to become a recluse or to give up. You'll never amount to anything until you have a thousand failures and keep remembering

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this, you'll never amount to anything until you get kicked out of at least six churches because that's the way God promotes you. God lifts you up by letting you down, or by you letting yourself down at least, and this is the way we rise, this is the way we know in whom we have put our trust. This is the thing that fills us with holy boldness not for ourselves but for the rights of man.

You know sanctification is growing in the spirit, a little bit better today than I was yesterday, a little bit closer to God today than I was yesterday. Now you will find a person occasionally that just wants someone to confess to, listen to their confession, it may take a little over 15 minutes on that particular type of person but help them unload if possible. Also if you find a person, especially a senior citizen, that is in great need of someone to talk to because they live alone, then make an evening social time away from your professional duties and let that person talk, talk, talk and that's a great way to help a lot of people. I'm not saying for you not to have social times but I'm telling you there's a time for business hours, there's a time for social hours, there's a time for recreation, there's a time to eat even if you do have appointments.

So grow up people, grow up ! Take the responsibility that God has given you and use it for His glory, and the finest way to grow up is to give God the glory for everything, and be willing to take the assignments that He gives you, and grow and grow and grow in the spirit.

Proof.
"Thyroxine is made by the pancreas, and thyrotoxin is the worn out cells from the thyroid is correct."

Q. "How am I going to prove this to my medical colleagues when all the text books say otherwise?"
R. "I don't know, I told you I was only in the first grade. I've already proved it, it's up to you folks now. It's only that which you learn after you know it all is all that counts. It isn't the first thing I found in a book that wasn't correct.

Prostate.
See Also "Minerals & Elements - Manganese" and "Digestion". Manganese is the element of life, manganese is the element for the sex organs. When the pH is away from normal the digestive juices are not as strong and efficient as they should be and because manganese is a heavy element, and low in ratio and proportion in foods, so manganese is not extracted and utilised as it should be. The first organs to be effected by a poorly functioning digestive system are the sex organs, and that's in both the male and female. So the breasts, vagina, uterus, ovaries, testes and prostate are the same functional organs, and use the same thing by way of remedy, manganese.

A deficiency in manganese is the cause of cancer in the reproductive system, breast cancer and prostate cancer and so forth.

If the person has prostate, uterus or haemorrhoid problems I usually recommend they take a hot tub bath for one half hour every day. Just tell them to sit in hot water for a half hour, as hot as they can stand it, without being painful or hurting. It's recommended for those people who need to have heat to the lower abdomen. It helps the circulation and helps relax the muscles in that area and it also serves a secondary purpose, it's a very subtle way of getting a person to be confined to one place for a period of time. It'll help them rest.

Protein.

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See Also "Nitrogen". Elementary speaking protein is nitrogen, or protein is the end value of the nitrogen content of any substance and the ureas we measure in the test multiplied by 6.4 are the undigested proteins. Multiply your end value by 6.4 then you have your protein content. For instance, if you have a breakfast cereal with:

- 6% nitrogen, then the protein value is 38.4% (6% x 6.4), and
- 64% protein, then the nitrogen factor is 10 (64% / 6.4 is 10%).

So now you can see that if someone with high ureas has a high protein drink for breakfast they're only begging to go to the cemetery, and they'll be tired all the way. High ureas is what the medical profession call uraemic poisoning and crib death and pectoris heart attacks are caused because of high ureas. Now, if you were to see a patient and they had a extremely high urea content the first thing you'd need to do is have them drink water to wash it out, but food wise one of the things you'd do is take them off high protein foods like meats and put them on low protein foods and lots of sprouts.

Protein is nitrogen, but protein is also an electrolyte and protein builds tissue, but it is also a transportation mechanism within the system. Protein is also the origin of the magnet of the amino acid cell, it holds the cell together. Protein is an electrolyte for all phases of the body metabolism, fat metabolism, protein metabolism and carbohydrate metabolism and that's one of the rules, don't forget it.

Now you know we're in a meat eating society and the Beef Associations say, "buy beef". With all their advertising the meat companies would have you believe that only meats have proteins and so forth, yet even many vegetarian groups get concerned about protein because they don't understand what it's all about. There's a lot of people who think that only meats have proteins and they'll say, "there's no protein in anything except meat" and "where are you going to get your protein from if you're eating all that grass?"

Where does a cow get its proteins from, or where does a horse get his proteins from? They get it from grass. Interestingly, enough plants have as much protein as animal muscle fiber, and in many cases more so, only it's in a different form and generally it's a lot easier to assimilate it, that's the important part. There's just as much protein in vegetables as there are in meats, but the protein is in a different form, and it's the advertising that's gotten people's mind away from the real facts as they are.

If you eat a well rounded vegetable diet you can get along without meats providing the vegetables have a maximum amount of mineral in them, but if they do not then you'd probably land in trouble. You'll know if the plants have enough mineral in them because "the higher the sugar content the higher the mineral content", and that's a rule to remember. Doc says the best doctor is a good farmer, and in nutrition you've got to play with farming or gardening somewhere along the line.

Everything you eat has got protein in it but I neither use nor recommend the use of powdered protein. About the only time I would ever recommend powdered protein at all, and it's almost useless in these cases, is whenever the urea is below 12 and you can't get it above it. But the ureas will not rise above 12 if you do not get potassium to the brain and therefore the best way to get potassium to the brain is a banana or two a day because it's one of the richest sources of potassium that there is in a natural form. Also little bananas have more potassium in them than big bananas

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so you can also sometimes use potassium tablets but I prefer to use the banana for potassium and also a little blackstrap molasses for iron and potassium.

In the cell nitrogen is stored in the cell membrane and the cell protoplasm. Now in the analysis when you look through the urine with a light you are analyzing cellular debris, dead cells, and the dead cells are in fact nitrogen that's bound up in there. If your system retained these dead cells they would break down into ammonia salts and these build up the toxicity. Doc says in three days of retaining these protoplasmic parts of the cell they start breaking down and increase your salt content. Now a high salt content in the body:

- Weakens the smooth muscles, and
- increases the plating effects.

It's like pickling a piece of meat on the inside but the effects on the smooth muscle are particularly important.

The unclean meats digest in an average of 3 hours and the clean meats require about 18 hours. They should take about 18 and that's normal for clean meats, and it takes about 18 hours for the liver to build an amino acid. The higher the urine pH, the slower the digestion or the tearing apart and the proteins are digesting slowly. The lower the urine pH the more acid the system, the more rapid the digestion or tearing apart and the proteins are digesting too quickly:

- there is an extreme, rapid digestion of protein and in the rapid digestion of protein you have the rapid release of heat, and with the rapid release of heat and the breaking down of the foods the body will try and move this material out in a hurry and the result will be diarrhoea. There will be a loss of energy also, but the symptom will be diarrhoea, or loose bowel.

The biggest thing as far as race goes is the fact that the blacks can tend to have a heavier diet of proteins than the Caucasians.

Magnesium is the greatest enemy that nitrogen or protein ever had, and that is why people who have tried to lose weight by continuously taking magnesium really lose weight until they are seriously dead. It kills them, and I have known people to die because they'd rather be dead than be fat and they took enough magnesium over a period of time to kill them. What actually killed them was lack of protein, and lack of protein softens the muscles, makes them flabby and makes them atrophy, and the age group most susceptible to flabby muscles is senior citizens because it requires more energy to replace each cell.

Dolomite is not available to your system now or in the future in the form of a natural dolomite. All it is, is a catalyst to cause the undigested proteins to be thrown out of your system in order to prevent a heart attack. You do not use it as a form of calcium for your body at all. It will drop the undigested protein in soluble forms, that's the ureas. In regard to energy, proteins store it and protein is the substance that is the key that unlocks the door to food energy patterns.

Digressing slightly, the foam on the ocean is nitrogen and that foam is also a cyclic, it comes from the atmosphere into the ocean, is built up, released and goes back through the wind and this is part of the cleansing process that the earth has. Now if you sprout grains there is a foam formed on the grain that sprouts and if you don't wash that off it sours or ferments, but the bottom line is it kills the sprout. That foam on the sprout is nitrogen and it's the process of sprouting that causes the seed to

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released nitrogen, thereby lowering the protein content while still remaining a very nutritious food. It can be low protein and yet have all the other enzyme factors that are extremely important.

Proton & Cations.
A proton is a cation and has a positive charge.

Psoriasis.
For psoriasis use lemon oil squeezed fresh from a lemon. It's caused by a lack of vitamin A in the skin. Psoriasis does not affect fingernails, it may go up to it and cause a soreness but it does not effect them.

PTA.
I would advise you to work with:

- Your Parent Teacher Association.
- Your health clubs, and you should even join your National Health Federation,
- You should join the International Cancer Society of victims and friends, and all of them except the National Cancer Society which is owned and operated by the Drug Syndicate to drain money from the Government so that they can make laws to fight everybody except drug salesmen.
- Make yourself a part of the community, do your thing in the community, make yourself known.

Pulse & Temperature.
While the pulse test for allergic reactions is not a valid test for allergies, it is a valid test to know that the body chemistry is changing, but sometimes it needs to change. In considering the pulse, there is no relationship between the pulse and the blood pressure.

The carotid artery is actually a vein, but the pulse in the carotid artery comes from its proximity to the heart, it's the reverberation, or the vibration, from the beating of the heart.

I don't exactly go by a pulse test but I've heard that a lot of people put a lot of stress on that. For instance, suppose that little Johnny had just been bitten by his little sister Sue a half hour before, his pulse would be higher, you get the idea. So what I'm saying is there are things that happen. Also suppose that little Johnny just got a spanking and then you, "Oh, yes, it's time to take a pulse test", well naturally it was higher. So what I'm trying to tell you is that under the most perfect conditions, "yes", but perfect conditions are not really ideal things to count on so what I'm trying to give you is rules that there are no exceptions to. Go by the numbers.

The pulse rate is an individual thing such that you may have a very rapid rate, or a very slow rate all your life, which is normal for you. Now the pulse rates are:

- Slow - 50, 55 or 60,
- Normal - about 72 for people from age 12 to 70.
- Fast - 80 to 90 or above.

These are the overall things to expect. Also above 70 years the pulse generally picks up for 2 to 3 years then generally slows to somewhere in the low 60's, which is normal for senior citizens. Generally at that age those people have gotten over the excitement and they take everything about

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as they come, they're not rushing, they're not pulling and they're doing a lot of resting and the heart doesn't need to beat so fast.

We consider a pulse rate below 60 as really beating too slowly, but also a pulse rate down to 45 is not anything really to be concerned about providing it has come down slowly and not quickly.

Now, after checking it for two solid hours if it's dropped from 45 down even 1 beat or 2 or 3 beats, or becomes very erratic, then you better get some help and those patients should be in a hospital where they can do a whole world of things for them.

Now one of the things you want to ask to a person who's heart beat is too slow, below 60, is are they on digitalis. Now if they are, suggest to them that they come off of digitalis. Digitalis is to slow down the heart beat. If the heart beat is 90 or above they need to see a doctor and get digitalis and take it until the heart beat drops to an average of 60 and then stop because digitalis causes the heart to beat slower, or more slowly.

A pulse rate of 120 beats often indicates a parasite, pneumonia, cold or some other parasitical disease causing a fever. If there's a pulse of 120, and a fever up to 104, or 104.5 or 105 it's a very annoying thing but nothing to be deeply concerned about but it's more serious on a child than an adult because when a fever gets up to about 103 on a child they give up and they won't fight for life but most adults don't give up, they still fight for life even at 105, or 106 or 107.

Now the thing to do if possible is to get a colonic and start off with the water about 98 degrees and lower it down about 2 to 3 degrees every 3 or 4 minutes and get it down to around 92 slowly so it won't cramp them and it'll generally bring the temperature down within 30 minutes.

So these are ways to get relief to your patient in a hurry, and these are harmless ways and in the meantime try to get the patient on a diet to bring their body chemistry back to normal.

Please don't attempt putting children with a high blood sugar through a lemon water and water fast because the child will vomit two or three times and then will go to sleep, and it will sleep anywhere from 12 to 30 hours, and you can't hardly wake it up at all, it's just like a dish rag, the eyes roll back in the head and it scares mommy and daddy plum to death almost. The child is so relaxed, there's nothing wrong with the child at all except all this tension that they've had from the high blood sugar and they're so tired from it they're just resting, but I'm going to tell you this, mommy and daddy'll fight you.

The child won't give you any problem but mom and daddy's ready to fight you, and believe me they'll call you up at any hour of the night or any other time and I don't blame them, they're deeply concerned about their child.

Whenever this condition exists please, please check the pulse and temperature and go by that. A child seldom has a temperature whenever they go through withdrawal, seldom ever, but then the child wakes up and you should see the difference in that child when he's rested from before. He's easy to control, he's obedient. Before he goes on the diet, their mother and dad as much as they love him sees horns on him, but after it they look for wings, it makes a world of difference in a child's pattern of behaviour.

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Sometimes during withdrawal the pulse rate and rhythm of the heart, possibly even a pounding added in with that, is a sign of concern. Check the pulse, and when the pulse is out check the temperature of their feet and hands to see if they're cold. Many times if their hands and feet are cold it's not the withdrawal giving them so much of a problem, it's problems within the stomach, or food that has not digested, or the bile is so powerful and so strong until the stomach is in convulsions and the valves lock themselves and the gas can't get out. So therefore at that time I recommend a little bit of Zest Tonic in 4 ounces of fruit juice or skim milk. Sip it slowly for 30 minutes, and if they don't have relief in that length of time send them to a hospital. The finest thing to use is Zest Tonic because it is the nearest thing that's ever been put together to what your own pancreas manufactures. Heart palpitations may occur after they've been on the program for a period of time, say 6 weeks, because their body chemistry has changed. Just continue the program because some people go through a withdrawal completely, fully and a 100% all at one time, and others go through it on the instalment plan and they don't have anything to do with it, nature does this all by itself and that's when it would happen later.

Many times during withdrawal the blood pressure drops too low, especially if they have a low energy to start with, but one of the things you need to know and to watch during a withdrawal is the pulse rate and the rhythm. You can tell pretty well by the pulse rate whether or not the person is really in trouble or not. If they're in very much trouble their pulse rate will become erratic, and it will drop in count, and it can really let you know whether or not there's a real problem.

Punctual.
Being punctual is a very wonderful thing, however doctors often find it very difficult in their practice because they never know whether the patient's going to live for three minutes or three hours, but always try to be as punctual as you can all the time.

Q

Quack.
If anybody ever tries to insult you by calling you a "quack" just tell them that a dead duck can't quack, they've got to be very much alive.

You may even hear a lot of gossip and that's the soup that's about you, and the ducks furnish the quackers. So it would be a pretty poor soup if it didn't have some quackers to go in it.

Quail.
See Also "Anion". The quail is the highest source of iodine and it manufactures it in the body.

Now in regard to the use of multi-vitamins I don't recommend them at all because I don't know whether you've ever hunted quail or not, when the whole covey flies up if you just shoot into the bunch you won't hit any, you've got to pick out one quail and shoot at him then if you have time pick out another one. You cannot just shoot into the group and hope to have much luck hunting. So in this system we make a diet or a vitamin and mineral to fit the need exactly.

If you consider the energy in ions, and you have a cation (MHU 500-999) with an MHU of 500 and it lost 1 MHU the remainder would be anionic with 499 MHU, then you would have 499 anions theoretically speaking.

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In all probability it would be something like the little second grader in school and the teacher said, "if there was ten quails sitting on the fence and you shot one off how many would be left?"
he said, "none",
and the teacher said, "no, that's wrong, there'd be nine",
he said to the teacher, "you may know your arithmetic but you don't know your quails, the rest of them would fly."

So that's the way it is with some of these things here, you may know your math but sometimes your chemistry doesn't work like that, sometimes when one flies more than that flies, and it depends on the distance.

Quantity and Quality in Analysis.
In these tests quantitative analysis is the amount of a substance that's within that solution and the quality tells you the kind of substance that's in it, so:

- Quality tells kind,
- Quantity tells how much.

Quantitative analyzes are no more accurate than the tester, and if you make a certain number of mistakes what will happen is that the picture will be too foggy.

Question Box.
When I was a small boy the whole community knew me as Question Box. My nickname was "Question Box" and it's still "Question Box" today. I still want to know the answer.

I had questions for everybody all the time and the only strange thing about it was I remembered the answers, and later in life how wrong I found some of those answers to be, and many times I also found out those that were wise enough (when I asked a question) to say, "I don't know."

I also found many others that would say, "well that's the way my daddy did it, and that's the way my grand daddy did it, so that's the way I'm going to do it."

In other words they were just living robots.

Questionnaire.
This questionnaire is going to be more help to you as a doctor than they are to the computer because it's going to help you to compare the numbers with the visible conditions that may or may not exist, but one of the things that's going to be so dumbfounding to you is that all people don't have the same symptom from the same deficiency.

Questions.
A thing to do is to learn what questions to ask when you look at the numbers and be sure that you are going to get the answer you want BEFORE you ask the question,

Many times it's good to ask questions about the stool, particularly if the numbers are almost perfect, or in Range A and the person doesn't look healthy, ask this question, "do you pay any attention to the stool or are there any little ashy looking white flecks in the stool?"
And if they say, "yes", then it's a gall bladder problem.

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Now when you really learn to go by the numbers you can really see if a gall bladder is in pretty rough shape it will show up but sometimes if it's just starting it takes 3 or 4 days to zero in on it, so these are factors that you need to remember.

Test 1. 60, 5' 7", 150 lb, Female

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

Test 1 - pH's indicated she needed colonics .

She was given a diet to do at home, given the minerals and told to have colonics, twice the first week and twice the second week and once each week thereafter, and come back in four weeks.

She came back four weeks later and she said, "Doctor, I'm not a bit better" and her numbers:

$$1.8 \qquad \frac{8.00}{7.70} \qquad 8 \qquad 4 \qquad \frac{12}{6}$$

Test 2 - pH's showed she didn't have the colonics, she's still full of crap and this is exactly what it means. She did not take the colonics.

I said, "You have improved a little, but I see you're not really any better. Did you do everything I told you?" She said, "Doctor I did everything you told me."

Most of the time when I ask a question I already know the answer even before I ask it, and you will too, but I want to show interest in them and I also want to know what they're going to tell me, and don't tell them if they tell you wrong, that is, don't tell them they're lying or anything else. You simply ask the question to know whether or not the person is telling you the truth, or is being honest with themselves, or whether they're trying to pull the wool over your eyes or not. I looked at her numbers and I knew what she did and what she didn't do. She did what she liked to do and the thing she didn't like to do she didn't do.
I said, "are you sure that you did everything?"
She said, "yes doctor I did everything you told me."
As her urine pH was still on 8.00 I said, "would you tell me the name of the doctor that you went to for the colonics."
She said, "doctor, I just couldn't bring myself to do that."

See, when you have a urine pH that just stays up, and stays up, and stays up and you can't get it down then ask them the name of the person that gives the colonics.

Suppose that you have a urea reading that is a total of 10 and all the other numbers are way out of line, one of the things you want to know for any urea from 10 to 13, you want to ask this question:

- Are you working quite hard?
- Are you very busy?
- Do you work long hours?
- Are you a hard worker?

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- Are you a busy bee? Not a trouble maker, but someone who works like crazy.

One of the signs of a brain tumor is a person who works, works, works like a machine, they never slow down. It seems that nature knows that their time is short and they're trying to turn out as much work as possible, they work like crazy, and the ureas (potassium) keeps dropping until it's down to about 7 or 8 and they're in serious trouble, and all of a sudden they either have a heart attack, or they slow down because they can't go, and this is a potassium deficiency.

38, 5' 10", 110 lb, female, married

$$5.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

Energy about 20 to 23

In regard to her expression, which includes the face and hair, I would conclude that she has no sheen in her hair at all because she has parasites, worms and you'll also notice that she has acute dysentery and that the bowel movements have a very bad odor. So a good question to ask, "does the stool have a bad odor?"
"Yeah."
It's only verifying that she has parasites and the kind of parasites she has in the colon are anaerobic bacteria (anaerobic fungus is a better description and they're really causing such a bad odor).

25, 6' 3", 175, Male

$$5.1 \qquad \frac{6.40}{6.60} \qquad 36 \qquad 4 \qquad \frac{9}{10}$$

This person is in pretty bad shape, he has cancer of the lymph glands, Hodgkin's Disease, and this problem generally doesn't last very long. It's a short term disease but it's also fairly easy to stop if your body chemistry responds. Many times people can have Hodgkin's Disease and they feel wonderful, but they're just weak, although they may have occasional headaches.

The question that I would ask on this one, "Is there some discomfort at the base of your neck, where the neck goes into the shoulder, a little bit more on the right hand side than the left side?"

I would ask him that question because I know the one in that spot aches more, it bothers him, because there's a loss of energy there because that's the spot for the primary lymph gland (so know your anatomy). It is most likely that the first lymph gland to be effected would be the one nearest to this area. There's two of them, one on each side, so I would ask that question because I already know the answer, all I want to know is how far advanced is it.

If he says, "there is absolutely no pain there" then I know it's much further advanced than if he says, "it does ache there" because the nerve ends have died off ahead of the deterioration.

The following show test results and interpretation of two Arizona Salmonella cases.

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34, 5' 10", 100 lb, Male/Female

$$1.5 \qquad \frac{6.60}{6.20} \qquad 8 \qquad 3 \qquad \frac{4}{10}$$

The numbers do not have to be exactly those numbers but you've also got to have a weight of 100 lb on a patient that's 5' 10" tall, that's a necessity, but the age can be 60, 70 or 20, it doesn't matter. There's a very clear picture there. The person is emaciated, listless and has diarrhoea but if the person had these numbers and their stomach was swollen it may be Beri Beri, because in Arizona Salmonella the stomach doesn't swell.

38, 5' 10", 110 lb, Female, married

$$3.2 \qquad \frac{7.10}{6.20} \qquad 22 \qquad 4 \qquad \frac{8}{10}$$

Reserve Energy about 23

In considering the "picture" of these numbers the following things need to be "visualised" or pictured in the mind:

- What does this person's face look like?
- What do her eyes look like?
- What is it about the color of her skin?
- What is it about her neck?
- What do her arms look like?
- What about her teeth?
- How does she hold her head, straight up or to one side or to the other side?
- Is there anything especially you notice about her feet, her ankles, her hips.

This woman is very, very thin, her arms and legs would look very skinny and her eyes would look sunken and small. The woman is actually weak as well as tired and she is also anaemic, a very, very pale color. Also her lips look very thin and her face is boney and it makes her teeth look too large, in other words there seems to be too many teeth for her face and even they seem too big for her mouth. Now her neck would seem unusually long and she's holding her head straight up, not to either side and the reason is she's too weak to hold it any other way, she holds it straight up to keep her balance. If she held it to either side with this much weakness in this kind of a condition it would tire her out too much so she has to hold it up, in other words, the perfect balance of her head causes less stress on her. Now this woman is almost dead, there's no question about it, she's really in trouble but she does not have leukemia too. Her problem is in the colon and it's not far advanced because her weight is 110 lb. When her weight gets to 90 lb the case will be much more advanced and her lips will be thick.

You know many things, she's:

- 38 years old,
- 5' 10" high,
- 110 lb in weight,
- a beanpole, very skinny,
- constipated,

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- low blood sugar,
- building salt and cholesterol,
- tired all the time, but more than tired she's weak because the food that's digesting is not getting into the colon and into the bloodstream, and you know that because otherwise she'd be heavier.
- slowly starving to death.

This is what actually happens in Arizona Salmonella, they eat a terrific amount of food but they starve to death. Arizona Salmonella is a thing to dread, to fear.

This case struck in the colon because at 7.10 the food is digesting very, very slowly because the colon is too weak to push the food through. Now both pH's are related to digestion and notice the saliva pH, at 6.20 it means that they're digesting food but it's not passing through into the bloodstream, the colon is not letting it through and you see that by the 5' 10" and 110 lb. If this struck in the small intestine the urine pH reading would likely be under 6.40, about 5.20, 5.30 5.40 somewhere there depending on the time it took.

Now you need to ask some questions to let you know how far advanced it is, and they may even say "no" to all of these questions, but all it's doing is letting you know how far advanced it is, this is why you're asking:

- The first question is "Are you hungry all the time?" This person will be hungry all the time, and you can expect, "Yes, I'm hungry all the time."
- Another question you want to ask in a 126 case which will help you to zero in and know something about how long they've had it, "do you have dryness of mouth?" or "Is your mouth dry?". Now dryness of mouth often comes when the salt is above 35, but this is a 22 and a dryness of mouth.
- Another question is, "does your tongue ever feel swollen or thick?" When it does they are in the advanced stages.
- The next question you want to ask, "do you ever have any problem swallowing?"
- The next question you don't need to ask, you can tell by looking at them, "are their lips a little thicker than normal". Arizona Salmonella causes their lips to thicken in advanced cases. Now with some colored people you may have a little problem with this but the white race you won't have much problem. I have seen many cases of Arizona Salmonella in which their lips were as thick as the Ethiopian lip.
- The next thing is, notice closely the pores of the skin, do they seem to be rather prominent, in other words, they have a masculine look to them.
- Another question you want to ask is, "how long have you been losing weight?" This answer will vary, for some it'll be 5 years, some 4 years, some 3 years. What it tells you if they say 2 years, it means that this thing is moving at a very rapid rate for this kind of a malady and you've got to do what you do quickly, and
- "have you been losing weight systematically, at about an even rate?" Expect a "yes" to that.

Now the key to this is the whole thing, and what made me suspicious in the first place, was their weight. That made me suspicious but I wasn't sure about that until I saw the rest of it. With these numbers as they are, they're bad but they're not relatively that bad, you would expect this patient to have more weight for this height. Now with the food there's energy there from the digestion but she's not getting it, the liver's working not too badly, nature's throwing out the cells the best it can

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but overall she's starving to death. It's the whole thing that gives the picture, all the numbers, not any one number.

Quick Change to Body Chemistry.
Remember that the more time you give a mineral deficiency the more difficult it will be to reverse the trend of the deficiency and remember too that a quick change in body chemistry by force does not result in a quick cure, or recovery because nature cannot be hurried. God is never in a hurry, God does things naturally and He shows us how to do things naturally, or we can force it. Satan is in a hurry and his way is force, but God never is.

You're never to try and change a person's body chemistry quickly because you'll have them on the phone and they'll be complaining to you in a few moments time, "what are you doing to me?"

Quicksand.
The difference in quicksand from other sand is it's round sand just like marbles.

If you had a trough of marbles and you started to walk down through that trough of marbles they'd all roll and your foot would be on the bottom of the trough, because they'd get out from under your feet if there's anywhere for them to go. So it's round, and whenever there's any weight pushed on it they begin to turn and it's the weight causes it to give the appearance of sucking something down, now if there's water in there a vacuum is formed.

If you're ever in Florida there's a lot of quicksand there, some of it's under water and some of it's not. Some quicksand is dry and some of it's not dry, and in England there's also quite a lot of quicksand and it's in various places over the world but there is a way to get out of quicksand if you ever get into it, there's a way to get out of it and that is to give up to it completely, stretch yourself out and then you can come to the top of it but if you try to pull or lift, the more you try to pull or lift the greater the suction of the vacuum that's formed there and it's like lifting something out and the water and it seems to suck it back in, there's a vacuum formed there.

So quicksand sand is round, and what I'm trying to get across to you is to understand the different kinds of energy, the different shapes of energy and the things I'm talking about are very simple. Why is the sand round? Why is plain silicon quicksand round? It's not abrasion, it's the electron's path as it goes around and around, it's completely round, and it's one of the patterns that's on your atomic chart. It's round, and just like brain cells are round we're dealing with a pattern of energy that's perfectly spherical.

Quill.
The pancreas has special cells called the Islets of Langerhans which occur in clusters, or masses or groups, and when looked at under a powerful microscope look like the skin of a porcupine with it's quills. When my children were in school and studying geography I asked them to locate the Isles of Langerhans, and they searched the world over and even asked the teacher and he said, "your daddy's just teasing you."

When we have glycogen coming into the pancreas from the liver it passes over the needlepoints of those cells and forms alcohol. Sugar is $C_6H_{22}O_{12}$ or O_{11} and as the sugar passes over the points it is pulled apart by deionization and alcohol, C_2H_5OH, is formed by ionization on the line of least resistance and $C_4H_{16}O_{10}$ remains.

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R

Race.
Whenever you begin to figure energy, and you begin to deal with energy, you've got to take into consideration whether they're:

- Negro,
- Mulatto,
- Caucasian, or
- White.

People are different because they have different micronage numbers, and it's that which makes us all different, the black man, the white man, the red man, the yellow man and so forth, and for this reason there's no substance that's a cure all. Race, or nationality, then becomes a part of the problem because the darker the skin the more energy they collect from outside but the biggest thing as far as race goes is the fact that the blacks can tend to have a heavier diet of proteins than the Caucasians and generally the darker people have a greater problem with digestion of the "better" foods than the white people, or the lighter colored skin people but if the colored people eat enough collard greens and corn bread with a 35% roughage in it they don't have that problem. You need to know these factors in making a diet for people but as far as what is wrong it does not help at all to tell you what is wrong.

For instance, the Caucasian is between the white and the black, they pick up a little bit more Vitamin D from the sun than the white but not as much as the black. Now the black races do have a higher pH than the lighter skinned races because they produce more Vitamin D, and as they pick up more Vitamin D they manufacture more alcohol and assimilate more calcium and their body temperature may generally be a few degrees higher.

In general people with a dark skin absorb more Vitamin D energy from the sun than people with a lighter skin, and the more Vitamin D that people absorb the more alcohol the body is apt to make. Everybody's got a built in whiskey still, and it manufactures a special kind of alcohol and this alcohol is what controls our body temperature. If it doesn't manufacture enough alcohol our bodies are too cold all the time, if it manufactures a little bit too much we're too hot all the time when everybody else is comfortable, we're hot. One reason why the dark skinned man, the Negroid races, can be more relaxed than the white man, is because their systems manufacture more alcohol and they may be more sleepy all the time, so relaxed their sleepy. It's been said the black races are afraid of work, in fact they're not afraid of work at all, they can lay down and go to sleep right by it and many times it is the manufacture of pancreatic alcohol that causes a lack of initiative, or laziness, so to speak.

The energy that you get from your food has much to do with the color of your skin and many times when you're lacking in energy your skin will naturally become darker and darker, even become deep tan or a brownish color, because nature is trying to help you to get more energy out of the air and out of the sun by making you a darker color. If you have an extremely light complexion it then means that the body could very easily not be assimilating enough Vitamin D, the body would be too acid and consequently you would be a candidate for any bug or malady that come along.

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Racing Fuel.
We use methyl alcohol as racing fuel because it burns cooler, keeps the engine cooler and produces more horsepower because the flame burns slower. It's much cooler burning than gasoline because gasoline acts in a very explosive way. If you tell Doc the cubic inches of the engine in your car, the compression ratio and if it's running efficiently, the octane rating of the gasoline he can tell you how many miles per gallon you'll get on the car, and never see the automobile. It's all done through mathematics.

Ranges.
(The ranges have been revised since these were taught, and the newer ranges are more "computer friendly" to suit the development of a suitable program.) These original ranges that we're going to be talking about are those that Doc Reams has put together and you need to know them because the Ranges will tell you the neighbourhood of the amount of energy that a person is having or losing, not to the Nth degree that Dr Reams can figure, but at least you can begin looking at where this person is. In other words, what kind of a picture do I see with this person.

While the pH's are the main indicator for the Range the other numbers do have an impact. The ranges run:

- Range C or 3, furthest out above perfect,
- Range B or 2, closest to perfect above,
- Range A or 1, (including "Perfect")
- Range D or 4, closest to perfect below,
- Range E or 5, furthest out below perfect, and
- Range D/E, the very furthest out part of Range E.

The sequence of the ranges for the computer to understand, goes from non-life, through perfect health, and then death at the other end. In other words, death exists at either extreme (and death is actually the lack of energy to sustain life). By coming closer and closer to Range A through "Perfect" the more energy you are picking up and the converse is true (you have maximum energy for "perfect" health). The farther you go away from "Perfect" the less and less energy you have until you have no energy at all, which is death.

If we plot this on a graph with Range C at the top and Range E at the bottom the healthy individual would be in the very center. Loss of energy occurs anytime you move from perfect and conversely the closer you bring this person to the center range the healthier and more energy the person would have.

You will find problems in which the body chemistry is in all 5 ranges at the same time and this is where the 2600 differentials come in. Then you have to take the math and work out where the problem is and then once you know the problem then you can find the answer and there's many different diets you can use to correct the condition, but all of you should come up with the same answer for the problem.

Now in trying to solve your problem please remember that you're not going to have a change in Range, and you're not going to get to Range A, unless you take ACTIVE steps to move the chemistry from one range to another, say Range B to Range A, because the body will crave the foods that keep you in the Range in which you are. Whenever your body is in the wrong range you will crave the foods that will keep your body in the wrong range, but when your body is in a perfect

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range you will crave the things that your body needs to keep it in that range. So what I'm also saying is that when your body gets "perfect" you will just know when you need something. That's why when an animal is turned loose, and they're ill, they'll go and get the mineral and the plant that they need because they know what it is, and they've never had a day in chemistry, they've never had a course of instruction in the Biological Theory of Ionization, they don't know how to use a refractometer yet they know which food has the most sugar in it.

For instance, some men come in and their test shows 13 over 12 urea and one of the first things we do is tell them, "no more meat for at least 6 weeks, maybe 8 weeks" because I want to make sure that urea gets completely cleaned out and the first thing they say to me is, "what do I eat?"
Which then says that their whole life has been meat, they have meat and something else, meat and something else, they just think meat. Their body was built to think meat.

Now to get him out of that range we take them off of meat and put them on the fruits and vegetables and salads and so forth, and within just a few weeks time the ureas come down, but the first 3 or 4 days is quite interesting because they're nervous at having to live without the food that the Range dictates, remember, "they'll crave the foods to keep them in their current range".

Now for that high a urea we take them off of meat completely for at least 6 weeks, and that includes all red meat, white meat and fish and the higher the ureas number the longer the time, and then after a period of time we reintroduce meats starting with fish, fowl and then beef.

Now if you take them off of meats but give them meat substitutes like "Loma Linda" or "Worthington" material and it's also a high stress protein to their system you're going to almost keep them right where they are. So for a short time we take them off of what some people might call a high stress program and we purposefully make it low stress because if he's running about urea 25+ with a 30+ salt that ticker is under pressure and we want it to get off.

Range C or 3

$$5.50 - 7.99 \qquad \frac{7.20 - 8.00}{7.20 - 7.60} \qquad 20 - 34.99 \qquad 4 \qquad 12 - 20.99$$

Range B or 2

$$0.00 - 5.49 \qquad \frac{6.50 - 7.19}{6.50 - 7.19} \qquad 8 - 19.99 \qquad 0 - 4 \qquad 7 - 11.99$$

Range A or 1

$$1.00 - 7.99 \qquad \frac{6.00 - 6.80}{6.00 - 6.80} \qquad 4 - 12 \qquad 0 - 1 \qquad up\ to\ 14$$

Perfect

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$$1.5 \qquad \frac{6.40}{6.40} \qquad 6-7 \qquad 0.04 \qquad \frac{3}{3}$$

Range D or 4

$$8.00-10.49 \qquad \frac{6.30-5.41}{6.30-5.41} \qquad 35-47.99 \qquad 0-4 \qquad 21-30$$

21 - 23.99	Minor Heart Attack
24 - 26.99	Major Heart Attack
27 - 30	Fatal Heart Attack

Range E or 5

$$10.5-13 \qquad \frac{5.40-4.80}{5.40-4.80} \qquad 48-75 \qquad 0-4 \qquad 0-5.99$$

Those are the ranges and they'll help you understand why there's 2600 differentials, and how it is possible to have one person with two problems and still need an opposite diet. In some of the ranges you will find some readings that are very low, and those that run low we just write them down as rather freakish temporarily because they don't stay down like that.

For instance, you may have:

$$0.6\ (\mathrm{B}) \qquad \frac{8.0\ (\mathrm{C})}{8.0\ (\mathrm{C})\ \text{or}\ 5.6\ (\mathrm{D})} \qquad 65(\mathrm{E}) \qquad 4 \qquad 10(\mathrm{B})$$

In other words you have a body chemistry in 4 different ranges. Or you may have:

$$2.0 \qquad \frac{5.40}{6.90} \qquad 7 \qquad 4 \qquad 12 \qquad (Total\ Ureas = 12$$

$$(\mathrm{B}) \qquad \frac{(\mathrm{E})}{(\mathrm{C})} \qquad (\mathrm{A}) \qquad (\mathrm{E}) \qquad (\mathrm{C})$$

Those numbers are in Ranges A, B, C and E which means the person is spread over FIVE ranges because they must go through Range D to get well.

There's a rule to remember about energy, the more ranges a person's body chemistry is in and the further away from perfect, generally the lower the energy.

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Range C.
Range C is the furthest-out range above perfect and is one of the ranges closest to death.

Range B.
Range B is the closest to Range A, and is above. If you exist in about the bottom half to bottom third of Range B, (Sugars from 5.49 at the top and 1.6 at the bottom, pH's from 7.19 and 6.50, Salts from 19.99 down through 8) you could live in that area very comfortably, you would feel good, you'd have good energy, you'd be making progress, you'd be repairing the systems but you're not going to be perfect.

Range A or 1.
(Range 1 includes "perfect", and only if ALL numbers are perfect are they perfectly healthy, but if one number is out then all numbers are out). Now when they get to Range 1 more things can happen in that Range than you ever thought possible. That is the range in which anything and everything happens and just because they're in Range 1 it doesn't mean they're perfect, or perfectly healthy. Whenever you move that body chemistry from any Range into Range 1 it means that nature is repairing that body as fast as it is humanly possible. This is what it means. For instance, you may move the chemistry range from any Range to Range 1 in two weeks but it wouldn't necessarily mean that that person was well just because they were in Range 1, it means that nature is restoring them as fast as they can. The longer it takes for their body chemistry to get in Range 1 the longer it takes them to get well. Get their whole body chemistry in Range 1 as perfectly as you can and everything else will take care of itself. The worst problem you'll ever have is with the people who you cannot get their body chemistry to change ranges.

Regardless of what range they're in, it is your job to try to give them a diet, OR give them directions to a retreat where their body can be moved into Range 1. If the people wouldn't even ask what's wrong, and care less, it would be a great blessing to everyone. Just give them a diet that would put their body chemistry in Range 1 and God does the rest.

Range D.
Range D is the closest to Range A and is below it. When both pH's are in the D range and they start going down and you can't stop it, you are losing a patient. When you have a urea that gets up into the 26 or 27 zone:

- you will see tension building up on a person, and
- you do not want a person to drive a car, or
- be involved in any strenuous or stressful activity.

at that stage you want them to lay down and give them 4 ounces of water every 30 minutes for 3 or 4 hours and then test them again and get this down to 26 or 25 or 24 and then they can drive a car home and you'll be amazed at how quickly just plain distilled water will bring a high urea down.

Range E.
Range E is the last pure range and it's better for all the numbers to be in one range, even if it's a bad range, but very seldom will you find someone all in Range E, sugar of 11, 4.8, salt of 50, and a 2 urea. The person would be so sick but it's possible. Mostly you will find 1 or 2 relatively good numbers in the person and the others will be way out and the challenge is to bring them down into a more acceptable Range.

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Range D/E.
The only time you jump into Range D/E is if you have a double acid pH reading, both urine and saliva are below 6.4 and notice how far away that is from perfect, it's about as far away as you can get and this is the last step you can take before you step off the cliff, there are no more steps. If a person is in D/E you don't count E and D as Ranges to go through.

The number ranges for D/E are:

- The basic rule says that if it's a double acid on the pH's you are about as far from perfect as you can get.
- The sugars are self explanatory, they're the very, very low blood sugars 1.4 and below,
- the salts are self explanatory, VERY low under 6
- 4M the column is basically all the way strictly that till you get to .04,

Ratio.
Doc says that "differential" is the same thing as "ratio".

Ratio and Proportion.
The biological explanation of "ratio and proportion" is cause and effect. For every cause there's an effect and for every effect there's a cause.

The minerals in the body have a specific ratio to each other AND they must have a specific proportion in the body, or that will be the cause of an organ starving which gives rise to a malady effect.

Whenever you see these numbers they are the result of a cause. Please don't get your eyes on the numbers, keep them on the why, if the number is there what does it denote. The numbers will teach you nothing, it's what you know that the numbers mean that means everything.

Raw Milk.
The question has been raised, "Would you recommend certified raw milk sources for yoghurt, milk, cheeses and so forth rather than pasteurised milk sources?"

Keep one thing in mind for your patients, "availability". If it were possible for everybody to have it then I would recommend it, but it's not possible at the present time, so I never recommend anything to anyone that they can't get.

Reams Cell.
The body is in a continual state of "base exchange", that is new cells for old, and the outgoing, old cells (either cancer or carcinoma cells) were originally called "carcinoma" cells.

In order to be more specific, and because the medical profession wanted sole rights to the word "carcinoma" Reams then called waste cells "delta" cells (cells that still had a little energy) but the students of the August 1976 class proposed the name "Reams" cell to honor their teacher. The name did not take off because Reams continued to refer to waste cells as "delta" cells.

Reams, Conviction.
The American Medical Association and the drug industry placed five million dollars in the bank right now (1976) for my (Reams) conviction.

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Reams, Dr. Carey (Doc)

Healed. You who are reading this will probably NOT have read how God touched me and healed me in Kathryn Kuhlman's meeting on January 31, 1950, when I was paralysed from the waist down. I was paralysed because I was in a truck that was blown up in the South Pacific. I was a major, and God touched me that day in that meeting and healed me and I've been walking ever since. So I know that God can heal and He will heal, but how much of this is faith and how much of this is diet I don't know, but I know it works. If you have not read the story in Kathryn Kuhlman's book "I Believe In Miracles", it's in the second chapter in the book, so get it and read it. There's only one mistake in there, I have six children instead of three.

Doctorates.
I started studying 50 years ago and I got my Doctorates, one in this country and the rest of them in Oxford University, England. I know what's in these courses because I wrote them, and I learnt it from 50 years of experience and research in a laboratory and God give me a skull about 4" thick so that when it gets in there it can't get out till I'm ready for it to get out.

Shrapnel.
Now many of you students are smiling because of what Doc is drinking, and it troubles you, but he does have reasons, he has answers, so don't prejudge.

> "During the war I had a piece of shrapnel go through the pancreas and to this day it doesn't manufacture quite enough alcohol, and my alcohol starts to drop, and also the blood sugar drops and when I need it, I need it quickly, and I get it from any source I can get it from."

Remember earlier Doc said that when the sugar range is down, and you need something sweet, you'll take it from any source including white sugar, and some people get very offended at that and they'll argue with him from time to time, so put your heart at rest.

Expressions.
If you haven't heard two of Doctor Reams' favorite expressions let me pass them on to you because you'll have people tell you I cannot tolerate that onion soup, "yeetch, it's the worst thing in the world". His expressions are:

- "that which you dislike the most to eat is generally what your body needs," and
- the other half of it is what hurts the most, "that which you crave the most is what you need the least."

and it hurt me when he said it because I never want to eat cauliflower. I've had some people tell me, "I never want to eat beets, can't stand beets", but they need it. They've got to have the copper that's there.

Other people say, "I've got to have my potatoes every day, I have to have my white potatoes every day." Ask them, "why?"
"I was raised that way."
"It's not a good enough reason."

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"That which you need the least" and "that which you crave the most", remember those two please. It'll help you with your clients they'll come to you and say, "I've got to have this".
"no you don't, not really".

Program.
Doctor Reams tells you that this whole program is a sane way of eating and living, and this nutritional program is unlike any of the fat clubs. My relatives who go regularly to fat clubs continually tell me how the pressure is on what they eat and can't eat and they weigh in and they tell each other how much they lost or gained and it's confession time and all of this, but one thing's in the back of their head, "I cannot wait until I finish my program."

With the Reams program there is a beginning but there is no end because you are actually learning a way of life. When you're on the program and generally eating what you should and drinking the water you should if you have something that you shouldn't because:

- you sneak something,
- or you couldn't get away from it because you are at somebody's home and they serve you either a salty food or you have a can of soup that you think has something in it you shouldn't have.

by living the consistent program you will wash it out. You don't have to be a nervous basket case worried about what is going to happen. Many times the nerves will offset any good that you're getting from a diet if you're going to be that nervous about it. So you as the tester, and your client, should look at this as a way of life forever.

When the people come to us and ask us how long do I have to live this way? What do you mean?

- You mean the water?
- You mean the foods?
- Do you mean being cautious over what you're eating?
- Do you mean the emotional?

What are we talking about? Make sure you answer the question they're asking, but usually we end up telling them that being cautious and enjoy what you're doing is going to last the rest of your life.

Question Box.
When I (Carey Reams) was a small boy my nickname was "Question Box" and the whole community knew me as Question Box, and it's still "Question Box" today. I still want to know the answer.

I had questions for everybody all the time, the only strange thing about it I remembered the answers and how wrong I found some of the answers in later life and many times I also found out those that were wise enough when I asked a question to say, "I don't know." I also found out others would say, "well that's the way my daddy did it, and that's the way my grand daddy did it, so that's the way I'm going to do it." In other words they were just living robots.

Student Teachers.
Before we start today just a brief word of explanation as to why someone other than Dr Reams is teaching today. Maybe some of you have experienced it already, something to the effect that "what you hear is not exactly what I said, nor even what I meant". Some of you are hearing Doc and you

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think you understand him for a few moments and a few minutes later you'll say, "is that what he said?"

Most of you have experienced that already. He is not doing this on purpose and the more you get to know this man the more you'll realise that he thinks on a plane, or a plateau, that's entirely different than you and I think upon.

When you get into higher classes you'll realise that this gentleman deals in math that is so high he cannot come down to a level of simple math, so what we, as assistant instructors, are trying to do several things at one time:

- we'll be helping Doc from time to time,
- we'll be helping to play translator for you, and
- we'll also be partly learning by doing

so that there could even be several classes going on at different places all at the same time.

In this camp no-one is planning to replace Doc Reams, but there are other camps that are counterfeiting his work and are trying to replace him. Let me offer just a brief side thought because I know some of you are thinking, "what in the world's going on?"

In very simple terms there are some people who have been in the trusted Reams' camp and, for various reasons known only to them, they have decided to go their own way, and they have taken a computer and many, many other things with them and many people have been receiving telegrams and newsletters from these other camps during this past week with the result there's much confusion. I can tell you that unless it carries Doc Reams' name on the item please don't respond to it. It's Doc Reams that's doing the instructing, it's Doc Reams who's got the information in his head and he is putting together a program and there are others who will be trying to counterfeit, so just be careful.

So what we as assistant instructors are trying to do is to act as a helpmate to Doc and to the students to make things more easily understandable, and my role is to make it very, very simple, as the instruction progresses we will take the simple and change it into the more complex and later on Doc will be talking more and more and more to the point where he will be the one working completely on the problems.

Rebuild or Repair

$$1.0 \qquad \frac{6.60}{6.00} \qquad 11 \qquad 4 \qquad 7-13 \text{ (total urea}$$

There is no picture here because the body chemistry is in a state of confusion and conflict but if this patient were to be put on a program and stick with it, it may take one year to lower the 4M to .04M.

See, it takes about 8 months to rebuild a liver, and generally about the time they get it rebuilt they overdo it and begin to break a lot of rules and stretch it out through an extra three or four months. There's no organ in the body that won't rebuild itself providing there's not a brain tumor or damage to the nervous system, either the vagus or cranial nervous system.

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Recommendations.
One thing that you will find as you memorize what these numbers are and how they work is you will not have to write down the things that you tell a person to do, because if the numbers are in a certain place you will tell them to do certain things and you don't have to write it down because if they were there you told them to do it. Now if they want to write it down or put it on a tape recorder I have no objection. But you must tell them what to do and you don't need to write it down providing you memorize this and tell them correctly.

Recovery.
They vomit, this is just what we wanted to happen, and if they don't vomit the caustic poison goes out through the colon and it just about sets the woods afire, it just burns them up and then they'll complain, "oh my God doctor it's burning me up,"
"well take a bath, or get a colonic and wash some of that caustic acid out of the system." It's hydrochloric acid and it's hot, like hot peppers, and we want it just so it gets out of the system.

Vomiting up is the easy way, one minute before you vomit you think it's your last minute on earth, you just couldn't possibly live, your flesh is tingling, feeling like pins and needles crawling off of the bone and about the only thing you're afraid of is that you're going to live and a minute later though (you don't remain sick afterward) you feel like a million dollars, you really feel relieved because this caustic material that's been causing illness is out of you.

Now when you vomit the first that you vomit up is generally green, then it will be brown, then it will be yellow, and when it gets to yellow, you're almost through with it, it's almost over, then you're on the road to recovery and your ureas numbers will begin to move back toward 12 again and, oh my goodness you just feel so wonderful, you begin to live again.

The first visible symptoms of recovery is around the mouth, you'll see color coming around the mouth and then it begins to spread over the face and then after it covers the entire mouth and lips area up to the nose and down to the central part of the chin, then you can look on the tongue and round the side of the tongue it begins to look brand new, pink, and new color coming in, and then the whole tongue will begin to look like a brand new tongue and it won't be coated anymore, it will not have the appearance of an alligators back and you'll begin to know that life is coming back and then all of the wrinkles will disappear. I've seen lots of people with just lots of wrinkles, especially women, 50, 60, 70 years old, that their face was full of wrinkles and all the wrinkles would disappear because of a good diet.

Rectal Itch.
That may be tapeworms.

Reflexology (Foot).
Reflexology, or foot massage therapy, has helped a lot on many people and done a lot of good and the people claim they can tell you where your maladies are.

I have found them correct sometimes, and sometimes I've found them incorrect according to the numbers, but then who is correct? They or this system? This system has never been proven wrong, it's been judged wrong by the courts, the AMA and the drug companies but it hasn't been found to be wrong yet. Even the individual doctors have found it correct and accurate. If there's

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sore places in your feet then it certainly will do a lot of good but you need to be careful that the treatment doesn't strain the muscles and make them sore.

Refractometer.
The REFRACTOMETER is the instrument used to measure the total carbohydrate content of the urine, and the units of measurement are BRIX. In addition to measuring the sugars in the urine it can also be used to measure the sugar content of anything you want, and in the agricultural course this instrument is used to measure the sugar content of vegetable juices like beans, carrots, oranges, apples, bananas and so forth. It will measure the sugar content of any liquid.

The best refractometer to use has a little thermometer on the outside that reads a tolerance figure from -1 through 0 to +1 but you don't use that thermometer scale UNLESS the main sugar reading is below 1.0 brix. If there's no thermometer on the outside then send it back and get one that has it. The main reading doesn't mean a thing under
1.0 unless you know the tolerance, you've got to know the tolerance and there's no way to put the two together, there's no way. That instrument has got to have that thermometer on the outside and don't let them tell you that it's combined or anything else, you want to know the tolerance, you want to know what it is without the tolerance and you want to do your own work.

When you purchase this instrument make sure that you read and understand the manufacturer's instructions, especially the parts that deal with care, cleaning, maintenance and adjustments.

To get the main sugar reading lift the flap over the plate, take a little of the specimen in a clean pipette and put it right on the plate and fold the flap back over (this pipette is also used to put 1 drop of urine in the mixing crucible for the ureas test).

Hold the instrument up to the light and when you look inside you can see the sugar reading.

There are two adjustments on the instrument:

- First is the focus. Adjust the eyepiece until the view of the scale is clear.
- Now you may also see what looks like a rainbow inside which has a line with green at the bottom then a little blue then purple and a hazy line up and down. There's a little adjusting ring that you turn back and forth, if you turn it one way the inner line goes red whereas if you turn it the other way it goes blue green and right in the middle is a line going straight across.

If the reading is not clear it might also be because it has a little shutter in front to shut out some of the light, so adjust it according to the light you're looking into.

If the reading goes below 1.0 then you look at the thermometer on the outside and you add or subtract whatever is on there, and that is the tolerance figure. If your sugar reading is below 1.0 (internal number), record that number on the top line of the sugar then read that temperature gauge on the outside. The outside tolerance number is a fraction, either plus or minus (rarely a minus), and it's $^{1}/_{10}$, $^{2}/_{10}$, $^{3}/_{10}$, $^{4}/_{10}$, up to 1 and is the temperature. Record the tolerance number UNDER the inside reading.

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For instance, in a case where the inner reading came to 0.5 brix, and the tolerance reading was +0.4 it's recorded as:

0.5
0.4

You add the inner reading and the tolerance reading together which gives your final reading as 0.9 brix but do not record the reading as 0.9. Remember, if your internal reading is above 1.0 don't worry about the tolerance but if you're below 1.0 do worry about the tolerance and this is the only time you worry about it.

Refund.
One more thing you can expect, which happens, often a person comes to us and they half do what we say and half don't. In a few weeks they write and say, "please give me my money back, I'm still not well".

We give it to them. We give it to them so they can have some funeral money. I wouldn't want to rob their family of funeral expenses. We send it back to them endorsed, "Contribution for your Funeral". We've had one person that send it back to us saying, "I don't want it under that pretence."

Anyway this is the way we handle the situation, we send it back and we feel real good about it because if they feel like that we've robbed them we don't want their money. If anybody ever dies we don't want to be a part of it. Not at all.

Register.
The moment that you hear something new, that instant you register it in your mind that it will do so and so.

Relative Energy.
The equation is calculated on relative energy and whenever you start to measure energy you are measuring relative energy. You cannot take this equation and work on geometrical energy because then you're dealing in straight lines and not circles.

Energy does not travel very far in straight lines, it travels in a circle and if it travels far enough it will come back to the point of origin and what we're dealing with is an energy from our foods.

Religion.
The thing that hurts you worst is your failures, and know this and remember it, God never fails. In the Book of Ecclesiastes in the Bible (Ecclesiastes Ch 3, Verses 1-8), ".. it is appointed unto man a time to laugh and a time to cry, a time to live and a time to die, .." and so forth.

So it is appointed unto man a time to die, and when that time comes it seems that no man can stop it, but as we work and strive and do all that we can do, when we've done our best that's all that we can do, and then it's in the hands of a power that's beyond us. And that is religion my friends, that is religion, and no one religion has a right to say that another one can't exist.

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Religion can be a part of the problem because some religions dictate what can and can't be eaten without regard to scientific needs. The cemetery is full of folks who wouldn't have what was needed because they were full of righteous religious convictions.

Work for God and give Him the glory, but don't become so heavenly minded until you're no earthly good.

Repulsion of Ions.
You were taught that anions attracted cations, that's wrong, that's false. Anions and cations repel each other, and the only reason that you've been taught that they attract is because of the lodestone, the magnet, the cation south picks up cations, leaving the anions to north, you've been taught the name of it wrong in order to expound a theory that's false. Cations can only attract cations and anions only attract anions.

Reserve Energy.
We have two kinds of energy, we have a Reserve Energy like a saving bank account and then we have an energy that we use. You can only draw so much on that reserve each day and the more you draw on the reserve the more ill you become.

If you take the same equation numbers on three different patients their reserve energy level would be identical, provided their age, height, weight and sex were the same. If the three people were only ABOUT the same age, height, weight and of the same sex, the reserve energy would not be the same, they would have to be identical or it'd change a number in that equation somewhere.

The higher the Reserve Energy rating the less effect your diet has on the numbers, and the lower your Reserve Energy the more effect it has on the numbers.

Here's one secret about energy that when you start measuring energy you don't measure the water. So whenever you are dealing with a person it's very, very important to know the person's age, height and the weight because of the factor of how much water is in their system and this factor is very, very important in the measurement of reserve energy. Also any decrease in protein (or any loss in protein number) means a loss in reserve energy because your reserve energy is stored in the muscle parts of your body and the muscle parts of your body are a result of the action of the organs controlled by the vagus nerve.

Inside a cell that's breaking down air forms, and then the air is displaced by increasing water and as the water increases then the cell begins to lose energy because the energy escapes as heat and electrical energy but the loss of electrical energy is the loss of reserve energy.

At the end of these courses I hope some of you, better than 4%, will learn to measure energy and I'm not trying to underrate you at all.

Now we get many letters come in that say, "we've cracked the energy code". Well show me how to crack the code of 4 x 4 = 16. Now it doesn't change, it's stable, there's no way to crack that code because you either know how to figure it or you don't know how to figure it, it's just that simple, but there is no way to crack it and I'll show you why. The Reserve Energy of a "perfect" new born baby girl, weighing between 6 and 7 pounds, would be 8, and a baby boy would be 10.

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Anyone having "Perfect" health will have 4,500 micrograms of Vitamin C per gram of blood and remember this, the loss of Reserve Energy is directly related to the number of micrograms of Vitamin C per gram of blood. In other words, the exact degree of the loss in Reserve Energy can be measured in direct ratio to the number of micrograms of Vitamin C per gram of blood and the scale of energy is based on zero to 100.

Now this energy level of 0 - 100 does not work on babies or small children because they do not reach their climax until they're about 18 - 21 years old, and it should remain there until they're about 60 years old. You can use the Range chart to plot the test ranges and the greater the number of ranges over which a person is spread the lower the reserve energy and this graph visually and quickly shows you that. The more ranges you are spread across the more energy you are losing, or the lower your reserve energy.

Respond.
You can tell within 4 to 7 days whether or not a body chemistry will respond.

One of the first ways to tell is in the first 3 days of a fast when the ureas will probably drop down to 1 over 2, or 1 over 4, and then it'll begin to pick up, become say 6 over 4, and the next day go to 6 over 6, and this day is the first day that their body chemistry is out of withdrawal because it's up to 12. It means that the body is responding to potassium and the brain tumor is receding, or the tumor anywhere else in the body is diminishing.

Resistance.
If you take 2 substances with a different pH and you put them together they're going to synchronize or level off, or two cationic substances such as a very dilute vinegar and a very strong vinegar, or acetic acid, and you put them together then they're going to level off to one level. Cations against cations, anions against anions or anions against cations are the measure of resistance.

Resistance is the loss of energy between two anions, two cations or an anion and a cation and we're going to need logarithms to express the great amount of resistance, and this is why one cell can make another and how another cell is made.

Resistance & Ionization.
When the resistance is less the ionization is greater, and when the resistance is high the ionization is less, just like a see saw, see sawing up and down.

Resistance to Change.
After their chemistry levelled off after withdrawal you'd then start them on algavim, MinCol and K-Min because to start them too soon slows down the change from one range to another. In other words, if you start supplements too soon you'll strengthen a range that's wrong, so all the main thing you want to give is the calciums (and maybe either vitamin C OR vitamin D) because you're correcting a condition without causing your body to resist, or to stay in that pattern.

Your body doesn't change from one pattern to another pattern very easily, it resists the change, and it's that resistance that makes them have headaches and sick stomach and nausea and just swear and affirm that the diet you gave them is about to kill them.

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One of the main reasons we send them to a retreat is because of the withdrawal symptoms, because they may get so severe they're going to throw you over the sandybank and say, "you don't know what you're talking about, you're making me worse instead of better", so it behoves you to tell them plainly what to expect when they start a diet and then some of them have no place to put it, they won't remember it and therefore it's better to have some people in a retreat.

Responsibility.
If you will spend so many minutes of your time each day, at least an hour or an hour and a half a day, and work at things that you hate, or dislike, the first thing you know you'll begin to like them and understand them.

People hate the thing they don't know anything about, and the thing they know least about is sometimes the thing they express their opinions most about, because the less you know the easier it is to solve the problem in your own mind and this kind of a person is called an "armchair general". In other words, they can see that this should be done or that should be done, or they know what's wrong with the President, or they know what's wrong with Congress, or they know what's wrong with the Nation, and yet they don't even vote.

They're not willing to stand up and be counted and when God calls and gives you an opportunity how many times have you said, "let someone else do it". How many times have you made an excuse when your Pastor asked you to do something, or your Sabbath School teacher, or your superintendent. Somebody made a simple request how many times have you said, "let someone else do it".

If there's talk of a thing that can't be done, then you'll do it. Work at it and give it everything you've got.

You might say, "well I don't have time", but a Pastor told me one time that when he wanted something done he got the busiest man in the Church to do it, and he ALWAYS had time. Do you allot your time? Do you plan your time? Do you really have time to do what you want to do?

I know that there are times that it's impossible to do all that people expect of you but that's not very important, the thing that is important is what do you expect of yourself. What is your goal?

Rest.
You know it's not even in the bible, but very little is said about the saints being tired, it says, ".. and they rested", but many times you rest whether you're tired or not.

Don't overload yourself. Try to arrange to have at least one day a week of rest. Rest, you're not a machine and you're not made to get everybody on earth well. You are to use your talent to the best of your ability.

Not only do you need to have sufficient rest, but it is important to tell your patients that they too have got to slow down and rest, or their diet won't take, period. If you put a person on a diet and they continue to work very, very hard, or they don't rest, then many times a diet will not take. They've got to slow down and do absolutely nothing and that means no telephone, no television, no radio and no daily paper. Do absolutely nothing but rest.

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Also, when people are too thin and their body makes too much "old fashioned grandma's soap" the thing to do is to slow them down, and have them rest. You need to see the numbers first and always get their calciums right, but have them slow down and rest.

Fasting can be a great advantage if it's done properly and it's supervised. Now many of the health people think it's great to fast one day a week but that's all they say, they stop there, they don't say that during that fast it's a day of rest and do absolutely nothing. That when you fast you should also spend that day in prayer and meditation and reading the Scriptures.

Results.
There are testers across the country using all different kinds of minerals and getting all different kinds of results.

If you're going to use supplements other than the recommended ones then go ahead and do it, but you have to be the one to verify the fact that the numbers do or don't change, and you have to be the one to say when you administer say, the dolomite, that the ureas will come down.

Retail Sales.
To all of you who are testers I'll make a suggestion in regards to the sale of vitamins and minerals. If you will make an agreement with your local health food store for them to supply the vitamins and minerals if they'll send you people that need care. The first thing you'll know is you'll have 50 people a week, and anyone that has more than 50 people a week really has too many. At first 10 a day will keep you pretty busy, but a little later you'll be able to handle more. Also limit your counselling to 15 minutes and don't tell them everything you know, just tell them two things:

- what to do, and
- where to get the materials

and the health food store will send you more people than you can make from the profits of the sale of vitamins and minerals.

Now if the health food store doesn't handle the products then that's a cat of a different color, you may have to make it available because don't recommend something that's not available to people. Try to do as much good to as many people as you possibly can.

Retreat.
The retreats were set up as places for people to go where they could live-in and get full-time, close monitoring and testing 24 hours a day if needed.

The only people who went to the retreats were those whose body chemistry was very fragile and whose numbers fell outside the normal operating criteria. 96% of people were able to take their diets and do them at home and only 4% of people needed to go to as retreat.

Since the retreats were to look after the desperately ill who had fragile body chemistries, it follows that where there are no retreats then other arrangements need to be made, because the alternative of giving them a diet, or a program to do at home is still frought with peril for the tester. So although you may want to take in all the sick, and help all you can, you can only help those who you have facilities for. You cannot help the sick if you're under investigation or in jail.

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If you see the following numbers on a FIRST test it should automatically trigger in you a response that this person should not be put on an unsupervised program at home:

- sugar less than 1.0 or on sugar controlling drugs (insulin, orinate, debenate, etc),
- sugar consistently less than 1.2,
- urine pH of 5.2 and under,
- saliva pH of 8.00 and up, OR saliva pH of 5.2 and down,
- salt of 47 and over,
- salt of 40 and upwards AND age 35 or over,
- ureas of 26 and over,
- ureas of 24 and over, AND salt 40 and over.

These numbers indicate that the energy level is very low and you may not have the time nor the expertise to work with these cases at home. Now some times nothing unusual may happen, but if it does you need experience and understanding to work it through. Now the good Lord excuses ignorance, but now that you know you may not be excused, so please don't take the risk, however "fools dance in where angels fear to tread". You may get away with it 1000 times, and on the next case you have a dead person on your hands. Just because you got away with it a few times don't keep it up because the law of averages does run out.

So if there's a doubt in your mind about whether they should be in a retreat, or other facility, then don't give them a diet to do at home because in 48 hours any diet that you give them their body chemistry will change and besides it could land them in a hospital because "that person gave me a diet that nearly killed me", and then you've got the AMA and the lawyers on your neck.

It's not necessarily a sugar problem, or any particular problem that puts them in a hospital, it's mainly fear because the body doesn't change from one pattern to another very easily, it resists the change, and it's that resistance that makes them have headaches, sick stomach, tingling, nausea and most any kind of thing and they'll just swear and affirm that the diet you gave them is about to kill them. It's a change in their body chemistry and it's the metabolic poisons and toxins coming out of their system. In other words, their system is beginning to restore itself, it's beginning to rebuild, and it's a shocking experience. Many times they may also have loss of hair and loss of skin during those changes, especially if they're an older person that has ever taken a lot of Calomel which has then stored up in their system and has never come out. That stuff will really make your hair shed out. Now Calomel is mercurous chloride and used as a cathartic, that is, a strong laxative verging on a purgative and in about the 1940's it was something that the doctor's thought you couldn't live without.

So they're the reasons we send them to a retreat because if you don't explain what's going on they're going to throw you out and say, "you don't know what you're talking about, you're making me worse instead of better". So it's up to you to tell them plainly what to expect when they start a diet, and then some of them have no place to put it, they won't remember it and therefore it's better to have some people in a retreat.

If they say, "I can't afford it", or "I can't go yet"
well just say, "it's cheaper than the cemetery, cheaper than a funeral."
Now they might ask, "isn't there something I can do besides go to the retreat?"
"oh yes, there's something you can do, buy a cemetery plot, get your insurance paid up, make out your "Last Will and Testament" and tell all your friends goodbye because you'll be leaving to take a

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vacation in the Promised Land and you won't be coming back," or, "what's your hurry to get to the cemetery." Make it very clear to them that you'll not give them a diet because "if I give you a diet and you drop dead then everyone will swear that the diet killed you, so I'm not going to give you a diet."

Now these are serious things and sometimes it takes things like this to wake your patients up. Tell them the truth and you won't have any trouble getting them into the retreat. They would either do what I said or else I would not pacify them with a diet that might kill them. If the doctor said they had to have an operation they'd get in a hospital in a hurry. If they were given a prescription that cost $60 or they were told to take a shot that cost $150 dollars a day for so many days they'd take it. So the thing about it is for you to simply say to those people:

- "I'm sorry, but you need to go to the retreat and I'm not going to give you a diet because the diet I give you would only be good for a day or two and then it wouldn't work any farther.
- you will not be satisfied with the diet I give you because it's going to change your body chemistry range from one to another and then it won't apply, furthermore
- you cannot keep working and have the diet "take" too, you've got to slow down and let your energy pick up.

The reason you're ill in the first place is because of the loss of energy, and the second thing is that your body is not assimilating the vitamins and especially the minerals that are needed because the food is also deficient in minerals. The bible says, "the Earth shall wax old like a garment", meaning the food shall be deficient, and "man should be weaker but wiser", and this is the reason that you're ill in the first place.

For instance, anyone with a sugar that is constantly below 1.2 should be in a retreat because there's one or two critical things you do not know:

- Whether it's the person's diet, or not the diet, that is causing the pancreas to flush, and
- At what hour the flushing takes place, whether it's a day thing, or a night thing.

It is perfectly possible that if you give a diet to a person that has a tendency to extremely low blood sugar then after they go to bed at night as usual, then during the night the pancreas may flush causing them to go into a low oxygen coma and nobody would be there to help them. Now if they go into a coma with lowered oxygen to the brain then in the space of a few hours, if they even survived it, they would be a vegetable.

Now if you have this type of extremely low blood sugar case and the person must stay at home with no chance for them to come to a retreat then they should have someone sleep with them, someone who they can call to or who can check on them at least every half hour. Now it doesn't do much harm for a person to be in a low blood sugar coma for up to two hours, but after that great damage could be done to the brain.

Now generally when a persons' body chemistry starts to lower real quickly, like the sugar content, they can generally let somebody know that they need help, especially if they're laying down and taking it quite easy. Even if they're asleep when they begin to feel very badly and they wake up, they know something's not right and they can call out for help, and this why we need to have them in the retreat where there is on-call care should this happen.

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Now the higher the saline reading the more cautious you should be in lowering it and if you try to handle a high salt case you may have a corpse on your hand. Get them to a retreat where it can be handled quickly and wisely.

Where people are on illegal drugs, or have been on drugs, you'll generally find a high emphysema count because they're not getting enough oxygen from the lungs to the liver, and all of these people are candidates for a retreat.

After some people are at the retreat a few days and get to where they're starting a diet they sometimes punish the cook by refusing to eat the food that's given to them because they don't like the taste of it, and when they get tested someone calls them in, "you didn't eat your spinach yesterday".
"I don't like spinach, how'd you know I didn't eat it."
"You should have had certain numbers on the card if you'd have eaten it and you didn't, now you are to eat the food that's on your plate whether you like it.."
"I don't like spinach."
"Well the thing is if you'd rather be sick than eat spinach it's all right with us, we're simply telling you that the reason you're here is because your choice of foods was so narrow until certain organs in your body are starving and others are overfed. Do you want to get well or do you want to stay sick, it's up to you. It's all up to you."

So many times in the retreat people will say, "how did you know everything I don't like?"
Well the very things if they had have been eating those foods they wouldn't have been sick in the first place. Too narrow a choice in foods and lack of variety. Variety is the spice of life and temperance in all things.

60, 5' 7", 150 lb, Male or Female

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

If this person came to you and this was the test, you would recommend for them to go to a retreat because:

- Their age is 60,
- Their sugar level is "high", i.e., above 5.50.
- Their salt level is 40, and
- Their urea level is at 20, when viewed in the light of the other numbers.

In other words there's a lot of stress on their system and it is dangerous to treat them at home because they need more attention than a tester can give them at home.

Now suppose you told them they had to go to the retreat, and they started making excuses:

- I can't get off from work,
- I've got this to do,
- I've got my farm to look after,
- I've got a business to run,
- It's too expensive

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Then they need to be told why they have to go to the retreat, explain it to them. The reasons you need to go to the retreat are:

- Ist. You've got to slow down and rest or your diet won't take, period. You got to slow down and do absolutely nothing and that means no telephone, no television and no daily paper, do nothing.
- 2nd. You've got to get your body back into rhythm.
- 3rd. Your liver is malfunctioning and we've got to get it functioning back to normal again.

"Getting well is one of the hardest jobs there is on Earth and you cannot keep working and get well too. You've got to slow down and move your body chemistry from Range C to Range A, or Range 3 to Range 1, and you're going to have a pretty rough time of it. There's going to be moments when you think it's your last minute on earth for a few minutes at a time, you're going to be nauseated, upset and sick stomach. 96% of the people go through a severe withdrawal and you're going to go through it, and when you're going through this withdrawal, this change in body chemistry patterns, you're going to be very glad that somebody knows what they're doing. Suppose that you don't get nauseated, then these cells that flush from the liver will go out in the form of a hydrochloric acid and will burn you very, very badly in the rectal area, it won't blister but you'll think it does. So, there's no way to help you unless you go to a retreat where you can be tested a number of times a day. Not only all that but at a retreat they know exactly what you're getting, what food you're getting and therefore they're able to evaluate which foods agree and disagree with you, and whether you are allergic to certain foods or not allergic to them. So this is why you need to be at a retreat."

Review, Class 5.

Now going over Boyle's Law again, and Doc wanted us to state Boyle's Law verbatim out of the book, but we didn't feel that was necessary because we felt it would only confuse the issue. As long as you understand the basic principle that Boyle's Law applies to gas elements and that Baer's Law as you see is written down there which applies to the same thing only in solid factor.

If you talk about states of matter, and if matter's energy, the three states of matter are:

- solid,
- liquid and
- gas.

Baer's Law applies to solids the same as Boyle's Law applies to gas then they both would apply to liquids the exact same way. 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 liquid into a gas. It has to go through a liquid form in order to get to the gas, it doesn't skip those two, it may be rapid so that it would seem like it skips but it has to go through those states and so as it does then the elements are the same size under the same temperature and pressure.

Again this does not apply to density and we said that density was a factor of the atomic particles within those atoms, and so the greater the density the greater the frequency, so it's a gradient of the number of atomic particles the greater the frequency within that atom, and as you think back and apply this to the factor of the energy state that the body has to be converting from to. In other words, 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, as we go down the atomic chart.

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You take a look at some of those elements down there and you'll notice that the chronological order in numbering and so on is all related to frequency. Each one has a little higher frequency because of the atomic particle makeup, and the higher the frequency the more the body has to have in order to slow that frequency down, or to adjust it. Now the term "slowing" is such an elementary term that sometimes it can be confusing, so actually we should use the word "change", it's either changed not enough as we said with an acid pH, or a low pH. We need to get thinking of resistance here all the time, it's a measure of resistance. The lower the resistance means the weaker the digestive juices. The higher the resistance the stronger the digestive juices to the point that either the element will be not converted, will not be changed adequately enough or it'll be changed so much beyond the point of the body being able to pick it up.

Now we apply these principles to micronage and milli micronage. We applied them to micronage from the standpoint of shape, we apply them to milli micronage from the standpoint of color, and texture and we showed a drawing of a grid on the overhead and we talked about the fact that this micronage programmed into amino acid will be unique for that individual organ and if it doesn't match up using that grid as an example it'll go till it finds your organ that it will match up with.

If it's incomplete because the person is not absorbing elements, then of course we have a decrease in energy, an energy loss factor. Cause and effect we're thinking about all the time, cause and effect. Now, let's tie in now a chain reaction to what we were talking about yesterday and that chain reaction applies to the four stages of cell development that was brought out in class four.

Now we used an orange, or citrus frequency of 0.009, and that frequency then was determined by the speed and the distance that the atoms were apart. In other words 0.009 represented a distance factor within that molecule of citrus fruit, and it also represented a speed that it went around the molecule. The larger the molecule the larger the cell structure, so a citrus had larger cells than a beef, but the beef had larger cells than the human being.

Now remember, after we had gone through the converting, and we used an orange, or citrus frequency of 0.009 and that frequency was determined by the speed and the distance that the atoms were apart. In other words 0.009 represented a distance factor within that molecule of citrus fruit, and it also represented a speed that it went around the molecule. The larger the molecule the larger the cell structure, so a citrus had larger cells than a beef, but the beef had larger cells than the human being you see and the relationship runs right on through as far as the frequency is concerned.

So this conversion factor then takes effect the minute the cationic food enters the mouth because the saliva is anionic. It comes in contact with an anionic digestive juice, then passes into the stomach where it becomes in contact with a greater strength of anionic digestive juice.

The thing that he taught all of us to look for when we saw a series of numbers, the first thing we looked for was "What' perfect" and the second thing was "How far away from perfect." What is perfect? What kind of a picture do you see when you see perfect, because if you don't see your perfect picture there's no comparison that you can make between the two.

So then we come to the fact of the tearing away, the rupturing of that molecule and it's frequency, and the breaking away of the atomic structure within that molecule. A molecule being made up

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of atomic structure or different elements, and converting to a gas form, then from the gas form it goes into the blood stream to the liver. From the liver we had the example of an atomic reactor. The atomic reactor is something that is converting elements to energy and energy to elements and so in that liver then we have the unification taking place of these slowed down elements that the body has absorbed, and these slowed down elements or converted frequency elements start joining up in various patterns we call the micronage, dependant again upon the frequency. We know they all have the same frequency then it starts joining up in patterns of micronage and milli micronage and of course milli milli micronage which we haven't touched upon other than definition. As the unification of these elements takes shape into an amino acid, 5 billion different kinds of them are formed in the liver, of these 5 billion different kinds that are formed only 60 to 70% of the completion takes place in the liver.

There are 5 billion different amino acids produced per day. Now they're chemically different but not generically different. They're all the same generic make up, we're talking about frequency actually, they're all the same frequency, and this is what he emphasised that they're of all different micronage. If we have about 240 different glands and 23 organs and all the different functions of those glands, you see this is why he said that of a probability when you take a mathematical equation of 15 to the 15th power, how big a number do you end up with, that's the probability of the different arrangements that can take place in these atoms and personally 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, if you begin to understand how complicated we are created.

Now in this chain reaction we're talking about then we begin to see a picture of why the heart is shaped like a heart, why the liver is shaped like a liver, why the pancreas is shaped like a pancreas, because we're talking about micronage right. It's programmed, and as those amino acids travel throughout this system what is it that draws them into those organs of that shape that they're programmed for. We call it electrical attraction as Doc says, or electromagnetic energy, that draws them together because they take the path of least resistance. Least resistance because they fit perfectly. If there was anything in there that didn't fit that would determine a path of more resistance so they would not join in that organ and they'll pass along until they find the organ that they're going to.

Secondly, with color, why is the brain a different color from the heart, why is the bone a different color from the pancreas, or the skin a different color from the kidney? Again because of the various elements that make it up and as we start going further into the problems where 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 juice's strength that we see in the formula, then we begin to see what elements are not being picked up and what elements are of a major concern in every organ then will determine what organs are being effected, or where there's delta cell production. You remember we said the minute we do not have an amino acid program for that organ to be picked up there's a loss of energy and the minute we have a loss of energy we see delta cell production. In a healthy 20 year old, range 1, it takes six months for cells to be turned over. Doc asked us last night he says, "how long does it take a cut to heal if you cut yourself on your toe or your hand, how long does it take?"
7 to 10 days, and he brought some other factors in here. He says the other factors of whether it's 7 or 10 days depends on the time and temperature, meaning such relationships like the full of the moon or the rise of the moon and the fall of the moon.

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There's some interesting things here we'll touch on later because this effects ionization of the air and we talked about 80% of our food coming from the air we breathe and that from the new to a full moon there's less mineral ionization in the air than there is from a full to a new moon phase and this effects our healing capacity, whether it's going to be fast or slow.

Now this brings me to one point in talking about delta cells. When you look under a microscope it looks like you see two cells dividing. We know they're separating, we watched the DNA come apart and so we finally pinned him down to an answer. He literally said that is a cell that has lost energy, lost it's mineral, and is actually going into delta cell formation. That's a real shocker when you were taught that that's the way the body is building itself. Now if the body's building itself on those delta cells why we're in pretty bad shape and that's why the hospitals are full. Now I thought that was a pretty intriguing explanation and it seems the truth is the opposite of what we've been led to understand. Again what we see under a microscope, from a stand point of embryology in a medical education is we're taught to see the various stages of cell division we called mitosis or meiosis depending on which way it's dividing, and Doc says that what you're seeing under a microscope is actually the first stages in a delta cell, or a loss of energy to a half functioning cell.

If that is so then it becomes quite scary to think that we have for years in medicine thought that this was a normal healthy functioning cell, and our pathologists, who are trained to look at disease, look at that as healthy. Very startling isn't it? Keep in mind too that that cell you're looking at is in a pretty unusual environment.

When a cell divides, the nucleus and cell organelles, and they end up the same size. Now if we were to look at the energy level of the cell before it divided and then after it divided, and if we understood it the way Doc is teaching us, it would mean that those two cells would have half the energy of the parent cell because it's dividing it's mineral content, assuming it wasn't getting any mineral content from anywhere else. And then if it divided again it could be getting less. But it's probably picking up some mineral content along the way to supplement itself but yet it's not the ideal efficiency.

(AB) He drew several diagrams and explained the formation of the alpha cell. He said the old cell appeared to be splitting but it did not, that what happened because some mature cells deliberately swell and other cells were swelling and pushing in on the cell in the middle and instead of being a circle in the microscope these two cells squeezing the middle of another cell it seemed to see two whereas it's the one that's squeezed, with two balloons there on each side except for the fact they don't split. It's one cell but it appears to be more. In other words, when you lose mineral in a cell you start getting the swelling of that cell, and the minute that swelling takes place it produces a pressure effect of the cells around it, or the other cells actually push in on it because it's swelling against them, and as it can't change the volume it actually extrudes out and it's this extruding that we see as division of the organelles.

The formation of a cell goes through four stages:

- **Stage 1** - Elementary Cell Formation. The triumbrant stage. We'll put the triangular stage there, triumbant is another term meaning triangular, and the triumbant stage if you could put at each point of a triangle you could put iron, iodine and oxygen. These are unified with a catalyst, and that catalyst is calcium. Now what we are also saying is that in the programming of the cell structure it is the calcium that determines the micronage because the calcium is there with the most and it has the greatest effect of anything else, and that effect is related to micronage.

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- **Stage 2** - Formation of Blood. Now keep in mind it's hard to delineate stages and tying them together would almost look like they were just one reaction. In Stage 1 we take the triangle of the unification of iron, iodine and oxygen with calcium and in Stage 2 we add water.

These first two stages are under the influence of Stage 3, the production of heat.

- **Stage 3** - Production of Heat. Now heat in the body is produced by alcohol from the pancreas. In other words, we have carbohydrates going into liver for glycogen production and then it goes to the pancreas for alcohol formation, about a 47% strength, and 1 drop is sufficient for proper body heat per 100 lb for one half hour, thirty minutes. Now, if you remember back to the first class, it was talked about the fact that the body can do amazing things, that these same processes if done on the bench in a lab would take thousands of degrees of heat and yet you see this heat regulation with enzyme catalysts can promote this kind of a basic cell formation. Without the loss of energy you would not have cationic life. Now the element that distinguishes anionic life from cationic life is oxygen, the sword of the elements, and oxidation denotes energy loss of some type, and this is figured in this heat loss here. Without heat loss we cannot have cationic life, and in Stage 1, as long as it's in balance, as long as the outgo is equal to the income then you have stability and you can have health and remain in Stage 1.

But the minute outgo is greater than income then you say you start losing in that reserve and going downhill. Now some of these are anionic elements but when they go into the atomic reactor of the liver, and this is one of the miracles of creation, it comes out a cationic enzyme, or amino acid. So what we're seeing is anionic elements going into a cationic cell structure and that is started right at this point here, so, we can now go to Stage 4.

- **Stage 4** - Bone Formation. In the Ag Course Doc mentions how a fruit develops, that it grows out of the seed and we can liken ourself, our soft fleshly bodies, to the fruit and our bone to the seed. The bone is important because it works like an antenna, an ionizer for the body. In this stage it's important because the ionizer draws ions, or energy, out of the air and this relates back to what Doc was talking about as 80% of our food comes from the air we breathe. So if you have atomic particles coming through from the atmosphere, from the music of the spheres, being picked up by the body and utilized in transforming elemental structure or ionizing elemental atoms to help promote their utilization or storage. In other words, we talk about the bone, the calcium phosphate, being an ionizer because it has an important part in taking electrons and fitting them into this frequency programmed by the brain. We get energy not just from the food we eat but also from the atmosphere.

Now these four stages together are a result of frequency.

Now going back to the term relativity, relativity means circles, coming back and joining themselves and so you can begin to see why we do not deal with zeros. In a circle there's no beginning and no end, literally, and zero denotes a beginning and an ending. So relative math uses numbers without a beginning and without an end and all it's doing is reducing to the lowest common denominator. Relativity comes into play here through the frequency that the brain has and it has an individual fiber to each cell. Each cell has an individual nerve ending and the individual nerve ending comes

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from the brain to a place in the cell, or where the cell is going to be, and that is what we'll call the stole. Now, he uses other terms like placenta or germ of life.

Now, this stole is programmed by the brain to develop or become a point at which electromagnetic attraction will start plating those elements that we were talking about in the triangular shape and the fashion in which it plates is fed by the brain as a frequency to here. Now, we have a stole, we have plating, and we have a cell starting to form, and it's growing bigger and bigger and bigger and it knows to stop growing when it reaches the micronage that's programmed for it through the brain. So the head runs the body. Now if we were to define that a little bit further, 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. Now we talked about shape and texture and color in regard with both micronage and milli micronage and Doc says, "it's all tied together". And don't forget that frequency also relates to size of the cells.

Remember the 4 Stages come together in a measurable frequency which is a result of the plating. Now relativity is defined as the amount of energy left over after the energy of unification. Now we said there's heat lost in cationic bodies during this process, so heat loss is one of the ways of energy loss during the time of unification of these elements. Well there's no such thing as loss of energy, it's being transferred in another form, yet when you lose heat you're losing energy. Now if you lose energy, to be in Range 1 you have to pickup the exact same amount to maintain that, and that's what this equation is we're talking about, sugar, pH and everything. You're going to take that size of that individual, his age and weight and you're going to figure out how much efficiency he has to have if he were in range one, because 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.

Vitamin C is the cellular cement and it's very important here because when we start talking about putting together these amino acid cells we're also talking about the interplay of vitamin C in here, and if you do not have vitamin C then we start losing energy. In other words vitamin C plays it's part in here in bonding. For instance, a jellyfish is soft and mushy and the only reason he's being held together is with vitamin C. When a jellyfish stings, or the thing that burns is the phosphorus in it. When Doc examined fireflies, he used to pay people to bring in as many fire flies as they could because he wondered what makes that glow. He found it was the phosphorus that made them glow and again he wondered what keeps them from burning up and he found they have a unique "plastic" body. He says if you ever heard one they click and pop and everything else when they're flying around and that's what resists that heat of that phosphorus energy being released from the phosphorus.

We refer to vitamin C but we know like any vitamin that have cofactors related to it which are related enzymes within that structure. If you were to take vitamin C in a natural state it'll have the bioflavonoid complex with it. If you take the B Complex it'll have the biotin, it'll have choline, it'll have all these cofactors with it in a natural state. When he talks about calciums he says there's a quarter of a million different kinds of calcium, that the calciums found in the carrot is different from the calciums found in the beet is different to the calcium found in whatever, and it's the same thing with vitamin C. Now he says just don't use one kind of vitamin C but use all the different kinds of vitamin C as you can because there's a difference in the vitamin C in an orange, there's a difference between that and the vitamin C in a grapefruit, between green pepper, between acerola

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cherry, between whatever, it's that unique thing to that individual vegetable or food itself so there's many different kinds of vitamin C.

Rhythm.
God says, "let that which be done, be done in order". There are so many people that have no order about their lives.

Now I'm going to say it a little differently as pertaining to your health, "let that be done be done with rhythm" for where there is rhythm there is some kind of order. All you do, do it with some kind of rhythm.

But you just start breaking the rules by not drinking enough water or eating too much sweets too late in the day, and have too much energy when you need to be quieted, and that is the beginning of disobedience, that is the beginning of non-perfect.

The bible commands us to "Be Ye Perfect", and get the body back into rhythm and one of the great fallacies in diet and foods is that people do not get their body in rhythm. You should:

- eat your meals at the same time or as near as you can each day, and within half hour each way,
- have your daily time in the bathroom for bowel movements,
- have a daily time for a bath,
- drink the lemonade and water on time,
- go to bed at a given hour,

and of course with urine it doesn't make any difference about the patterns of that, you can go when you need to until your bladder stretches big enough till you can go when you please.

You should have a rhythm with your body chemistry so it will be ready for certain things at certain times, and whenever you get it ready for these certain times it will be expecting it and this is a way to get your body chemistry back into rhythm is to try it.

But what I'm trying to say is have some rhythm about your action, have a specific time to eat within an hour, half an hour each way, each day, have some system to your life, and it adds a lot to your digestive system especially in the water you drink, and keep the temple clean. There's nothing so good as to keep the temple of God clean as good clean pure water.

Riddle.
I was about to go to sleep the other night while trying to teach the teachers some of these precepts to help me teach in the class and I gave them this riddle to wake me up.

There were 12 pears hanging high, 11 men came riding by,
each man took a pear and left 11 pears hanging there.

I'm seeing if your mind is in gear now, this is just to check if the mind is in gear.

12 pears hanging high on a pear tree, 11 men on horses came riding by, "Eachman" took a pear and left 11 pears hanging there. I didn't say "each man" took a pear, I said "Eachman", that was the man's name.

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The other riddle was, and I never did it, "I rode my horse across London Bridge, yet walked." "Yet" was the dog.

Rule, Cell Hardness.
The harder the substance the larger the cell. There's one cell in a diamond.

Rule, Energy.
Remember any decrease in mineral is a loss of energy.

Rule, Intelligence.
Remember this, the larger the cell of the brain the less intelligence. So there again we come back to Boyle's Law of energy and also the speed of the electron, the larger the cell the faster the electron has to travel to get around it in a certain length of time, but the smaller the cell it may even travel faster in a small cell because the distance it has to travel is so much less.

Rule, Laws of Science.
One thing I've said to some of the classes in the past is this, you probably have heard me say it, you cannot break the laws of physics, you cannot break the laws of chemistry, you cannot break the laws of God, you can only break yourself on those laws. These laws are stable, they're unchangeable, and you cannot break them, you can only break yourself by trying.

Rule, Life Span.
Now another point along this line is that the shorter the life of the animal the higher energy food is needed. For instance vultures eating carrion can utilise food of very high energy in very short digestion time.

Rule, Micronage.
Any variable in elementary mineral texture, which we called micronage which is the shape, is a variable in the size of the cell on any given frequency.

Rule, Moisture (May be wrong).
The saturation point for carbon is 400 and if the body is holding 50% of it's saturation point then there would be 12 or 13 carbon atoms in a whole amino acid cell.

Rule, of Physics.
Now the frequency determines the diet, once you know the frequency you know the diet. Now the lower the frequency, the cruder the cell, the less food variety it takes. The more delicate the cell, the higher the frequency, the greater the number of elements that it takes to maintain life. Now these are rules of physics I'm giving you, they're not my ideas they're rules of physics.

Rule, of Vitamin D.
Vitamin D makes calcium available. This is a rule and don’t you forget it, Vitamin D is the key to make calciums available and calcium cannot become available without Vitamin D. This is what vitamin D actually does and again we come into the process of the food coming in from the air. For instance, you can get vitamin D right out of the sunlight and the vitamin D then makes calciums available. Now we get vitamin D, the sunshine vitamin, from the sun and only through the skin and the vitamin D is made in the body from cholesterol. Sunshine is the greatest source of

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Vitamin D there is. Another good source is milk. You don't breathe sunshine and neither do you breathe moonshine.

Ruth Carter-Stapleton.
See Also "Conception". She wrote the book "The Gift of Inner Healing". She is also the sister to Jimmy Carter, (the US President). She's written a second book now that we just got it's called "The Experience of Inner Healing". They're fascinating books and when all this stuff starts to tie in you see where body, mind and spirit can't be separated, there's no way possible that it can be separated.

S

Saliva.
The saliva pH indicates the strength of the liver and the gastric juice. Any reading away from perfect means a dilution and weakness of the liver and the gastric juices.

Salt.
See Also "Conduct - Salinity", "Insulin", "Pancreas - Insulin", Ureas". Salt performs many and varied vital functions in the body, like the destruction of worms and parasites, purification of cellular waste, conduction of electricity, ionization, and so forth.

The "perfect" salt reading is between 600 and 700 micromhos (or microsiemens) per centimetre as measured by the dilute method, and that is abbreviated to 6 to 7 C (C being the Roman letter for 100). Remember 6 - 7 C is perfect when, and only when, ALL numbers are perfect.

(Update Note – In his measurement of “conductivity” Reams used a specific dilution method ($2^1/_2$ CC of urine to $87^1/_2$ CC of de-ionized water) and measured conductivity by means of a Beckman Solu-Bridge (See Part 4 “Salt”).

This reading was then multiplied by 0.0406 and divided by 100 to give a “C” reading (“C” is Roman letter for 100). Later measurements with more modern instruments were done using micromho (and later micro-siemens) units.

Under Reams' supervision, Bob Pike ran a series of tests and found that 688 microsiemens of conductivity equaled one salt unit (C). This was rounded to 700 and modern "SALTS" calculations are arrived at by dividing the urine conductivity by 700, i.e., 4200µs equals 6C and 4900µs equals 7C.)

The saline reading is derived from at least 48 different varieties of salts within two main groups in the body. The two main groups being:

- Chloride Salts. Like calcium chloride, potassium chloride, sodium chloride, etc.., and
- Non-Chloride Salts. Like insulin, ureas, nitrate nitrogen, ammoniacal nitrogen, etc..

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There are many different kinds of the chloride salts, in fact most of the salts are chloride, and when you get a salt substitute it simply means that the salt is not the sodium chloride table salt, it is a chloride salt but it's not sodium chloride.

The effects of the salts are age related, and generally the higher the salt reading and the longer the time the more damage is being done and the greater the stress on the heart and body. Remember the further away from perfect a number is the lower the energy. The increasing salt readings are:

- **0-6** The body is lacking electrolytes and therefore there is dullness, absentmindedness, forgetfulness because the nerve message is not going through.
- **6-7** "Perfect", only when ALL numbers are "Perfect".
- **7-12** As it starts to move above 7 towards 12 things are starting to go wrong. This is the first indication that the blood vessels and even the intestines are losing a little bit of their flexibility or elasticity.
- **12-18** From 12 up is usually the beginning of the cholesterol connection but it's really noticeable about 18. Also from 12 you begin to lose tone and elasticity in the intestines, veins and arteries. Instead of them having an elasticity to them they begin to harden and become solid tubes through which the heart has to pump the blood. You're setting the stage at whatever age for arterial sclerosis later on. Remember, the higher the salt the more rapidly the blood vessels and intestines lose their elasticity and the more cholesterol forms on the inner walls.
- **18-35** At 20 you duplicate some of the same symptoms from an acid situation, like bruising for no apparent reason, and the heart is having to work harder because as the salt goes up the blood gets thicker and it doesn't have as much oxygen as it should. At 30 you're beginning to have the chest discomfort and cholesterol is forming rapidly in proportion to 35.
- **35-48** Generally, when the salts have been high for a while they experience dryness of the mouth from 35 and at 40 angina pains start showing. The danger zone for cholesterol is from about 45 to 48.
- **48-80** At 50 you're looking at a person that's almost dead. This is the fatal heart attack zone for cholesterol to turn loose.

Because the numbers move in circles, it means that there can also be a lowering salt level. For instance, when all numbers are away from perfect the salt level too should be away from perfect. If it is moving towards perfect then there is a problem. When all numbers are away from perfect, AND the salt is lowering, AND the person has NOT been drinking the water to reduce it, a reading as shown below indicates a problem:

- 20 At a reducing 20 there is a tumor developing,
- 16 At 16 it's starting to grow,
- 13 At 13 it's growing more rapidly, i.e. becoming more malignant,
- 6-7 At 6 to 7 there is an advanced tumor.

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Let's look at the usual case of an INCREASING salt level. When the blood salt level starts to increase, it's like pickling a piece of meat on the inside and not only is the body effected but the brain as well, in addition:

- There is a thickening of the blood,
- There is increased irritation of the inner walls of the blood vessels,
- There is an increase in ionization on the blood vessel walls, the plating effects increase which causes cholesterol to be plated.
- There is a loss of elasticity,
- There is a loss of muscle tone,
- Weakening of the smooth muscle, and
- There is the beginning of hardening of the arteries.

Remember, the further away from perfect the greater the loss of energy, and now you can understand that cholesterol forming in the blood vessels is actually a loss of energy because the salt number is going away from perfect.

In addition to blood salts there are:

- Muscular Salts, which causes the muscles to lose their tone and elasticity, i.e., their power to expand and contract.
- Intestinal salts, which causes the intestines to lose their tone and elasticity, i.e., their power to expand and contract, and salt stored in the intestines causes diverticulitis, sagging intestines, pockets in the intestines, and all kinds of odd things which might even be called "cartoon intestinals". In other words the intestines actually look more like cartoons than they do an intestinal tract, and
- Vascular Salts which causes the blood vessels to lose their tone and elasticity, i.e., their power to expand and contract. Vascular, or blood vessel salts cause similar things in the blood vessels as happens in the intestinal tract as can be seen on the legs of people with varicose veins.

Now your blood salts may be normal but the other three may be high, so in adults your blood salt is not an indication of how much salt is stored in the muscle, or how much is stored in the blood vessels or the intestines.

Now the higher the saline reading the more cautious you should be in lowering it and if the reading is above 47 to be exact, you MUST put them in a retreat. Please don't try to handle that kind of a case or you may have a corpse on your hand. Get them to a retreat where it can be handled quickly and wisely.

People will often say to you, "I don't have any salt at all."
You can tell them it's the "total combined salts" reading, and they get their salts indirectly from their food, as well as being processed and flushed from within their system and they don't necessarily come from the salt shaker. Now high salts in children MAY be from growth factors, such as nitrogen salts, but when Doc often saw high salts in young children his answer often was:

- pretzels,
- corn chips,
- crackers,
- popcorn, or
- some other salty snack food.

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so it's a matter of finding where the salt is coming from. For instance, do not be too upset with a salt of 52 on a child of 1 year because babies and young children tend to have a higher salt because of the child's growth factors, but sometimes a high salt, say 52, we can then assume that the child is either being fed crackers by grandma, or they're eating something that is salty. Even if that's not the case we find that for such a little body it registers a high reading and it takes a goodly number of tests over a period of time to see this come down even into the 20 range which, while still high, compared to where they were the body is making progress. Now even though the salt range may look horrendous, and it is, a baby's body chemistry will change so quickly that in a week this will not be the same body chemistry, it will change that dramatically.

There's two ways for salt to get out of the system in great amounts:

- Perspiration, and
- Urination.

and women generally have an extra one that most men don't have, the tears. It is said, "the oceans are made out of a woman's tears".

You do not need to be deeply concerned about the salts until they get up to around 12 to 18 then you notice that cholesterol is beginning to form in the system. Also there's a ratio between your chloride salts (conductivity meter) and your non chloride salts (urea salts). Both are salts. The conductivity meter reads your total salts whereas the urea salts are only your nitrogenic salts which do not contain chlorine, so you must keep in mind what each thing does. Also there is a ratio between your salt and your urea such that the higher the salt goes the lower the urea can be for a heart attack. In other words, you can have a fatal heart attack with a urea of 24 if you have a salt of 47 C or above, and you can even have two kinds of a heart attack at the same time.

That now brings us to the point about the first test. The numbers in the first reading that you ever do on anyone will not mean the same if you found those exact same numbers 6 months later on the same person that had been on a diet because the timing would be different, the age would be different, they've grown a little older. It makes a difference.

Remember the effects of increased salt on the system and the longer the salt has been there the greater the effects:

- Thickening of the blood,
- Increased irritation of the inner walls of the blood vessels,
- Increased ionization on the blood vessel walls which causes cholesterol to be plated.
- Increased heart stress,
- Loss of blood vessel elasticity,
- Hardening of the blood vessels,
- Loss of muscle tone,
- Overcharges the nervous system causing it to fray which leads to a breaking down of the nerves., and
- Weakening of the smooth muscle (See “Smooth Muscle”)

When you have a person with a dangerously high salt, or a dangerously high urea, before they do anything else they should take distilled water until:

- the urea level is below 20, and

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- the salt level is reasonably lower. Sometimes the salt lowers quickly and sometimes it's as stubborn as a balking mule - it'll hardly budge for about a week and then it starts to move down. That may be because nature may be preventing a rapid contraction of the veins so that it gives the cholesterol time to get out.

Keeping in mind the relationship between salt and cholesterol, the cause of glaucoma is a mineral deficiency and the body retaining too much salt and the glaucoma is a cholesterol that forms in the eye.

Now keep this in mind, we need to get the salts out of our system, we cannot afford to let them build up or the effects will even go up into the arteries and veins in the brain because the irritation and ionization caused by the salt will cause the liver to manufacture cholesterol there. Salt is an irritant, it stings, it burns, and the liver manufactures this smooth, glistening, coating of cholesterol to relieve the irritation and there's no relationship at all to cholesterol coming in through your mouth and what comes out in your arteries and veins.

When the salts were high then reduced by a proper program and the people still have thicker blood in the legs, or hypertension, or high blood pressure, then the recommendation is walking, walking, walking because it's the pumping and kneading action of the muscles on the vessels in the legs that starts moving this thicker blood, to begin getting it going back up to where it needs to go. In other words, the blood moves in the veins by muscle action and walking is about the best exercise there is.

You bring the ureas and salts down the same way for everybody, both vegetarian or non-vegetarian alike, by using dolomite (for ureas) and lemonade and water (for salts). There is no difference in the treatment of vegetarians or non-vegetarian.

Once you learn to eat food without salt you won't even miss it, and if the cook knows how to season foods and use the condiments properly you'll never miss the salt. The proper use of your condiments, your all-spice, a little bit of honey, a little bit of blackstrap molasses will give the flavor of salt when there's no salt in it.

Salt.
Are the salts related to energy intake or energy expenditure?

Too much salt hardens the arteries and then cholesterol forms in there. Now, when cholesterol forms in there you are losing energy, does that answer your question? Remember the further from perfect the greater the loss of energy. For instance, suppose your salt was between 6 and 7, perfectly normal, you can empty the salt shaker on your food and it was between 6 and 7 all the time, but your urea was 29. Now the urea is also a salt. Now this situation is possible because the salts that are within the blood are turning the delta cells to a salt in the blood and there's not enough salt there to measure in the urine, but there's enough to overstimulate the heart all the time. Now, the cholesterol would be normal but this would bring forth pain in the left arm, and a constricture there of the muscles, and be a pectoris heart attack. I have seen it, I don't thoroughly understand the complete mechanism of why, but I have seen it.

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A poorly functioning liver causes the body to store salts, as opposed to releasing them. It shows how your liver is working. If your liver is functioning properly you're going to be getting rid of it, if it's not functioning properly you're going to be storing it.

Delta cells do not go out through the skin, if they did people could smell us a half mile off, so it goes out through the urine with a high amount of salt. You know the salt in the ocean purifies this planet, keeps it inhabitable. If it wasn't for that this planet would become so filthy we couldn't live upon it.

It's actually the salts thrown out into the urine that also keeps the urine from smelling like the stool. Also, 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, and that keeps us from being attacked by many different kinds of bacteria, or many different kinds of fungus, and there is also a lot of sodium on there.

Sayings.
Following are three sayings that are quite common:

- **Little Woman.** In every man's life there should be a little woman telling him he's not so good.
- **Woman's Tears.** The ocean is made out of a woman's tears, and
- **Pears.** A pear a day for breakfast keeps colonics away.

Scar Tissue. If your body heals it won't leave a scar unless the actual stoles of the cell have been removed so deeply until they cannot be replaced, like taking a leg off, or an arm off, or a thumb or finger off, then it's absolutely dependant upon the brain to reproduce another. You shouldn't get any scar at all unless the stole or the nerve end has been removed.

If you could see a nerve branch it's something like a branch of trees, or needles sticking out in that little cell area and if you cut off a certain amount and get what we call one of the little transformer glands that controls the blood in that area then you will have a permanent cavity there but you should have no scar tissue.

If you have an old scar then as your health improves it should get softer and smaller until it goes away completely. Scar tissue is not normal tissue.

As far as I know human limb regeneration is impossible and the Scriptures don't say much on it but it does say one thing, AND THIS IS ONLY MY OPINION, "if you lose a leg or an arm then you've lost a part of your soul" because the Scripture that I have for that says that when our body's made new we shall be made whole again. "We shall be made whole again", denoting that there's something lost. Now that's my opinion.

The healing process is related to the time of the year, which also relates to temperature, and the phases of the moon. Doc says that a "cut" on the increase of the moon (from a new moon up to a full moon) heals slower than a cut on the decrease of the moon (the full moon down towards the new moon). The example he gave was a calf being branded. When branded on the increase of the moon there was an increase in the scar tissue as the calf grows older whereas if it was branded on the decrease of the moon that scar tissue and brand would remain the same size as the calf gets larger.

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I have never run into a case where scar tissue in the brain caused headaches. I would think that it was a possibility but I found very little scar tissue in the brain, except in bone scar tissue. I found two or three bone scar tissue where there's been an injury from an automobile accident or acts of war or things of that nature and the bone would thicken quite a lot and cause pressure.

Sceptic.
The more sceptical you are during the Course the more benefit you're going to get out of it because a person that comes ready to swallow hook, line and sinker misses about half of it, but the sceptic picks the bones and gets the meat. So I love sceptics, they're the ones that really go out and do something about it because they've found a new toy they can use to help people.

I had a doctor from California in the last course and he said, "I came as a sceptic, and I was going to prove you a charlatan and wrong. So I wrote down everything that you said that was contrary to what I was taught and what I believed and for a whole month I've been trying to prove you wrong, but I found you right 100% of the time. I come to you now and want to ask you to forgive me for thinking that I was a doubting Thomas."

So, I WANT you to check out everything I say and you don't have to take a thing in the world I say as the Gospel truth. Do not swallow hook, line and sinker what I say, take it, use it, and prove it beyond a shadow of a doubt, and then it will become a part of you and you a part of it and then you'll be a sceptic no longer.

In time you'll be able to predict a heart attack anywhere from minutes to a few years away. I predicted one in 1971 for 36 months and I missed at 3 weeks. I predicted another one in 1975 at 6 months and I missed at less than 6 days. So whenever you know your energy, and you're working with the theory of the energy then you can zero in on the span of life unless the person takes steps to change that pattern which can be done. It is the sceptic that refuses to change and continues down that same road to destruction.

Schizophrenia.
If the testrogen or estrogen level is too low they believe they are fine. They take it that nothing is wrong with them, everybody's wrong but them, and it's a type of schizophrenia or insanity, because the calcium is not producing enough of the estrogen or testrogen, and as the deficiency becomes greater the estrogen or testrogen deficiency becomes greater and you have a schizophrenic on your hands because of the imbalance in calciums. So in working with schizophrenics you want to be sure to get the right kind of calcium.

Now, when you get into schizophrenia cases there's no two of them alike but I would say that above 80% of them could be greatly benefited and I have seen many of them come back to normal. I could tell you about twenty five similar cases but the results are exactly the same, B3 on schizophrenics plus a good body chemistry.

I enjoy working with schizophrenics very much because you never know what they're going to do next, and they're able bodied, their numbers are nearer perfect than anybody's you ever saw and what they need is constant supervision and hard work, and somebody with patience enough to understand them but the average person doesn't understand them and makes no allowance for them and they are a misfit in society, but I hope within another year to open up a colony on a farm for

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alcoholics and schizophrenics which would make them work, work, work, work, work until we get this imbalance where they can go back and be a part of society again.

Scold.
I don't scold anybody because that would be giving them a piece of my mind and I don't have any to spare.

Scripture 1.
In your bible, Isaiah Ch 8, Vs 20, it says "to the law and to the testimony: if they speak not according to this word, it is because there is no light in them." So what I was telling you this morning was the way God wants it done. Do your work as God wants it done, find out God's will and do it with all your mind, all your might and all your strength and if it's of God you will not be weary at the end of the day, God will renew your strength.

Scripture 2.
Ist Timothy, 6:10. For the love of money is the root of all evil which some coveted after that they have erred from their faith and pierced themselves through with many sorrows. Tragedies often remind us just how far we have drifted from the Lord.

I'm teaching you now to have more faith. You know, "you have not, because you ask not". So this morning the bible says, "seek to know the truth and the truth shall make you free" and only truth can make you free, and the more liberty you have in truth the freer you are.

Seed Sprout.
A seed sprouts because of the electromagnetic force over the Earth's crust.

When you plant a seed in the Earth it sprouts or germinates because of the cationic flow over the surface of the earth from the south magnetic pole to the north magnetic pole, and if we didn't have this flow then the compass would not work for us in navigation.

The depth of the cationic flow over the Earth is the depth of the ionization. In other words if you had iron at 1000 feet it would go all the way down, so it varies a lot.

Sensation.
The differentiation between pain and sensation is that sensation is like a touch, if I touch you there's a sensation but it's not pain. In other words, it's feeling and there's a different process.

Sex Organs.
See Also "Minerals & Elements - Manganese". Manganese is the element for the sex organs and when the pH is away from normal the digestive juices are not as strong and efficient as they should be and the first organs to be effected are the sex organs, and that's in both the male and female.

At pH 5.6 and 7.2 the sex organs are beginning to be effected in both men and women, with the beginning of menopause symptoms in women and many men at this point would be developing prostate problems.

The breasts, vagina, uterus, ovaries, testes and prostate are the same functional organs by way of remedy, manganese. The reproductive organs need minerals to remain in a healthy state, mainly

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manganese but also zinc and when there is a manganese deficiency in women then normally the ovaries are effected first, followed by the uterus, then either the vagina or breasts, depending on the genetics of the person. While most lumps or cords or ropes in the breasts are caused by a mineral deficiency, some lumps may be fatty deposits and are of no real concern.

In Louisiana, Arkansaw, Mississippi, Western Texas, Eastern Georgia, Western Tennessee and part of Okalahoma you will find a very, very high count of manganese deficiency there and a high delta cell count in the sex organs of both men and women. Cranberry juice contains the manganese and, provided your vitamin A levels are up, you get plenty of zinc from the air and sunshine.

Shell.
If you were in space and could look at the Van Allen belt which encircles the earth about 100 miles up and 60 to 80 miles thick you would see it's made of anions that are rotating clockwise with such rapid speed until they form a solid shell.

An example of that would be if you take a yardstick and tie a ball of yarn on the end of it, put some oil on it, light it in the night and spin it around slowly. If it's done slowly you can see the person that's spinning it, but if you spin it around fast enough all you'll see is a solid flame, you won't be able to see the person that's spinning it.

The speed with which that electron is travelling in the Van Allen Belt makes the shell go completely around the earth in the same respect that the molecules have a complete shell.

Sick People.
See Also "No-No's", "Number Interpretation - Baby, Boy, Man". It's very easy to follow the Rules of Health and be well, it's the easiest thing in the world to be healthy, but to be sick you've got to work at it, you've got to break all the rules, do everything backwards like a doodlebug and then go to a doctor to have him to straighten out your thinking, to straighten out your diet.

Now it's never made any kind of sense to me for a person to buy either the cheapest or most expensive foods, then don't drink enough water to get the benefit out of the food and they become ill because of their diet. They also buy the cheapest minerals they can get which then don't do the job, and they get sick, wonder why, and go to the doctor to help them get well, but they continue eating the very same foods that made them sick in the first place. The money they save on their foods and minerals goes in doctor's bills and it doesn't make sense at all. They're working against their wallet, against their health and for the undertaker. They're in such a hurry to get to the cemetery they just can't wait, and they're taking every shortcut that they know, and they're miserable all the way.

As I have often said it's very easy for anybody to be healthy, to be sick you got to work at it, you've got to break all the rules, you've got to be very choosey about your foods, "I don't like this", "I don't like that" and then you can get to the place where your body chemistry will crave the thing that you do not need, that it has too much of is what you'll crave most. That's your magnet coming into effect from the practical application of Boyle's Law and Baer's Law, "like things attract each other" and for that reason an alcoholic craves his whiskey, for that reason a person that is a chain smoker craves his nicotine, and a person that's on drugs craves their drugs because of Baer's Law. Now Baer's Law didn't change anything, it's just expressed a biological fact of why we crave that which we have too much of, but when your body chemistry is perfect you will have an instinct that will let you know what you need for the same reason, so it's cause and effect, loss or gain of energy.

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The Biological Theory of Ionization is how things are put together and how they're taken apart, and this is what Boyle's Law and Baer's Law is about. You've really got to work at it to be sick, and when I take my vacation in Heaven I don't want to leave this planet sick, I want to leave in good health.

The most common reason that people get sick and need special care and special diets is because their choice of foods is often so narrow and so restricted until certain organs in their body are starving and others are overfed. Now the choice of what happens is entirely theirs, because:

- If they want to get well, they have to change their ways, or
- If they continue as they've done all along their body chemistry will not improve and they'll continue to lose energy and strengthen their malady.

Many times when you write a diet for people they'll say, "how did you know everything I don't like, how did you know?"

It's because if they had been eating those foods all along they wouldn't have been sick in the first place. They had too narrow a choice in foods, a lack of variety, and variety is the spice of life and temperance in all things. Sometimes we have too much of something and not enough of something else so then in a diet we want to decrease what we have too much of and increase that which we do not have enough of and one of the reasons that so many people are ill is because they are making their stomach a garbage can. For instance, feeding children a diet that is too rich for them will cause them to lose energy and become sick.

Here's another thing too that you should remember, if you've tried as hard as you know how to get sick, and you can't get sick at all, you're still well, just listen to the morning news.

There is one thing you'll find with sick people, is that they've got their eyes on themselves, and many times you will find that ill people are spoiled rotten, the whole family is rotating around them, eager to help and obeying every whim and desire (which most of the time is all wrong) and not only that, but many times ill people are incapable of making a wise decision, and consequently the family that caters to the whims of a sick person is simply pushing them into the grave.

So the thing to do is to find a right course and do it instead of catering to the ill who are to weak to make up their minds. So remember these things because they're just as much part of getting well as the diet they take.

Another thing that you need to do to help sick people and it is in regards to their thoughts that are necessary for rejuvenation, is get the "hate" or "revenge" or "malice" out of their heart. "Hate" is the finest cancer seed in the world and when everything else fails to give you cancer just start hating and you'll have the key then, a seed that will germinate. This is what hate can do for you, it can rob you of your life, it can keep your food from digesting, it can give you ulcers, it can give you cancer, it can tear you down, hate only hurts the hater not the hated. Only hurts the hater.

Now most of you have seen the charts, "don't mix meats with vegetables", and "don't mix fruit with this that and the other", well they're fads. Actually you should mix acid with alkaline in your diet if you're healthy but if you're sick then you better go easy because the more dilute the gastric juice the more careful you have to be with your diet. Do not put foods too heavy in your stomach.

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I'm going to give you three points that are necessary if you have a person that is really ill. These things are necessary for you to do in order to doctor the whole man, the whole woman, the whole person. After doing what you can to start, ask them, "what would you do for God if He sees fit to raise you up?"

- The FIRST thing you are to do is to ask God for an assignment.
- SECOND is ask God for the strength to do the assignment that He wants you to do".
- THIRD is to ask God for the victory.
- Just as important as those three is a fourth thing, and that is to GIVE GOD THE GLORY.

Sick.
As I have said before it's very easy for anybody to be healthy, to be sick you got to work at it, you got to break all the rules, you got to be very choosey about your foods, "I don't like this", "I don't like that" and you can get to the place that your body chemistry will crave the thing that you do not need, that it has too much of what you crave most. There again is your magnet coming into effect, there again is the Boyle's Law and Baer's Law coming into effect, like things attract each other. For that reason an alcoholic craves his whiskey, for that reason a person that is a chain smoker craves his nicotine, and a person that's on drugs craves their drugs because of Baer's Law. Now Baer's Law didn't change anything, it just expressed a biological fact of why we crave that which we have too much of, but when your body chemistry is perfect you will have an instinct that will let you know what you need for the same reason, so it's cause and effect, loss or gain of energy. The Biological Theory of Ionization is how things are put together and how they're taken apart, and this is what Boyle's Law and Baer's Law is about.

Simple.
You always keep coming back to the same things and Doc often says, "this is so simple that we tend to make it more difficult than it is."

Singing.
See also "Asthma", "Emphysema" and "Illness". To get the lungs working for more oxygen then sing or play the harmonica. The harmonica's one of the best things if it's played correctly, not playing a tune, but a harmonica to be played correctly you breathe out and breathe in. You really make yourself work at it. In the Blue Ridge Retreat everybody would either sing or play the harmonica, you had no choice. He didn't ask you to play it well, you just play it. Most people then chose to sing, but you play or sing and it's usually when the lungs are showing lack of oxygen.

You know one of the first outward appearances of a short circuit in the subconscious mind that keeps you in touch with your Heavenly Father is you lose the joy of life. You get to where you don't sing any more, happy people sing, and you find people that are singing. You know there's different kinds of songs, I'm talking about the songs that promote happiness and joy, peace that surpassed understanding.

Now, also ask people many times do you sing very much? Are you happy? Do you enjoy life? How long has it been since you sang? Or if they ask you how long has this condition existed, which every one of you if you've tested very many people, you've been asked that question, "well, how long since it's been since you just sang because you were happy?"

Illness is opposite of happiness, and also illness is a sign of weakness. In order to sing you need to be stronger, and the way to be stronger is to start singing. This is one of the ways, to start

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singing. Also if I were you I would discourage people from looking at too much television, or watching too much television, being sewed to the television set. They can take up art, they can take up painting, there are all kinds of workshop things that you can buy and learn to make and so many things that they can do in order to get their mind off themselves.

There are also songs that can bring about sadness, there are songs that can interfere with digestion, there are songs that can create fear. In fact I was a bed patient in a hospital with nurses around the clock recently and in the room next to me a pastor came in and he sang to a member of his church that was in there, "In the Sweet, By and By", well, she cried. So I told the nurses, I said, "I want you to have that Pastor and his singing group come into my room, I want to talk to him."
So, the nurses went over and requested that he come in. When he came in he said "what would you like us to sing?", I said, "first, I've got ought against you, and the bible said if you have ought against anybody you tell them fact to face and I'm telling you, you come in here and you're supposed to make people happy and you sang, "In the Sweet, By and By".
He said, "They love it, they cry".
I said, "They cry because you scared hell out of them. Now when you come in here you sing happy songs, leave them filled with joy, not tears of fear, not fears of death, don't sing those kind of songs".

He said, "you know I'd never thought of it before."
I said, "Well I'm teaching you right now. Don't do that again", and I told him about tests that we had run on the numbers and the people of the clinics in which we sang those funeral songs and the next day the numbers went down, and the next two or three days we sang the happy songs and the numbers went back up. So music can have a great effect in your life and so it is in keeping in tune with the Heavenly Father through the sub conscious mind. The sub conscious mind can do no evil, remember that, it's only the conscious mind and it takes two to do it.

If you like misery, and misery likes company, I recommend a song for you to start singing, "Nobody Knows the Trouble I've Seen", and even if you don't sing at least it gets your voice box warmed up.

Sinus.
In a very small way the sinus discharge that comes from a sinus condition is a bacterial liquor. Sinus is actually the result of a benzene deficiency, but the first thing is, "oh my aching feet". The feet use more benzene than any other part of the body and seond is the sinuses. Whenever you have aching feet then sooner or later you're going to have sinus trouble.

Benzene is the element that causes the flesh to stick to the bone and one of the favorite places for it not to stick to the bone is up in the face, or the forehead, around the eyes, and therefore as the flesh begins to turn loose of the bone with just the least little bit then bacteria gets in and causes a problem but if you will eat hot peppers you won't have any aching feet if you'll eat them long enough and you won't have any sinus problem. I've never had any aching feet and I've never had any sinus problem and sometimes I eat 30 pods of cayenne peppers at one meal.

People who are prone to feet and sinus problems should eat hot peppers because of the benzene. It's amazing, it works at both ends.

Sitz Bath.

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If the person has prostate, uterus or haemorrhoid problems I usually recommend they take a hot sitz bath, or a hot tub bath, for one half hour every day. Just tell them to sit in hot water for a half hour, as hot as they can stand it, without being painful or hurting.

A sitz bath is recommended for those people who need to have heat to the lower abdomen. It helps the circulation and helps relax the muscles in that area and it also serves a secondary purpose, it's a very subtle way of getting a person to be confined to one place for a period of time.

Now you don't tell them that, but if they need some rest instead of it being a ten minute sitz bath it's a 25 minute sitz bath and you'll know they'll have to be staying in one spot.

Skeleton.
The number of bones in the body can sometimes be a variable, for instance, in England they have a skeleton with 36 vertebra, and the fellow was about 9 feet 4 inches tall. Now a good average for a body is 24 vertebra and it's also not unusual for a person to be one or two short.

In the skeleton with 36 vertebra the fellow also had 18 pair of ribs, where a normal 24 vertebra skeleton has 12 pair of ribs. We also run into people with 14 pair of ribs and some with 9 pair. People also have 2 pair of floating ribs. So it's rather amazing how many ribs and bones some people do have.

Skin.
See Also "Vitamin A". Skin disease, sunburns, blisters, steam burns and things of that nature you use the yellow light. The yellow light because the yellow light is rich in vitamin A and the skin uses most of the vitamin A. Doc quite often spoke about carrot juice being one of the most perfect juices providing it comes from good, well grown carrots. Not only is carrot juice rich in vitamin A but it's also rich in minerals and iodine, if it's grown in good soils that have sufficient iodine in them. Carrot juice is good for many things like the liver and skin and is an excellent thing for leukemia and anemia. Cucumbers are also rich in vitamin A and if you'll eat the skin of the cucumber too you won't burp it later. Now there is a long cucumber that's sold on the market called a "burpless" cucumber in which the skin thickness, the chlorophyll, goes all the way through to the seed.
Sometimes people who drink carrot juice may turn yellow, but there's two reasons why people turn yellow:

- one is drinking too much carrot juice, which is harmless, and
- the other is yellow jaundice, or it can be any number of liver problems.

Name it anything you want to but it's one of those two things. There was a person come to the retreat in Georgia and he was tested and found to have a very severe anaemic condition, and among other things, he was put on a pint of carrot juice a day. About 4 weeks later he called and said "I think I'm dying with yellow jaundice".
He was asked, "do you feel bad?" "I feel wonderful."
"Well come down and let us check you out."
So he was checked out and it was found to be the carrot juice that had turned him yellow. So it was a perfectly safe and normal kind of yellowness, his eyes were yellow, he was yellow all over and that kind of yellowness is harmless.

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Psoriasis is caused by a lack of vitamin A in the skin and for that you use lemon oil freshly squeezed from a lemon. Psoriasis does not affect fingernails, it may go up to it and cause a soreness but it does not effect them.

The energy that you get from your food has much to do with the color of your skin. Many times when you're lacking in energy your skin will naturally become darker and darker, even become a tan or brownish color, because nature is trying to help you to get more energy out of the air and out of the sun by making you a darker color. The darker the skin the more energy they collect from outside, and their body temperature may generally be a few degrees higher. If you have an extremely light complexion it means that then the body could very easily not be assimilating enough Vitamin D, the body would be too acid and consequently you would be a candidate for any bug or malady that come along.

People with a dark skin absorb more Vitamin D energy from the sun than people with a lighter skin, and the more Vitamin D that you absorb the more alcohol your body is apt to make. Everybody's got a built in whiskey still, and it manufactures a certain kind of alcohol and this alcohol is what controls our body temperature. If it doesn't manufacture enough alcohol our bodies are too cold all the time, if it manufactures a little bit too much we're too hot all the time when everybody else is comfortable, we're hot. Now it's a special kind of alcohol that's manufactured by our systems and now that is one reason why the colored man, the Negro, can be more relaxed than the white man, because his system manufactures more alcohol and he's sleepy all the time, so relaxed he's sleepy. In fact they're not afraid of work at all, they can lay down and go to sleep right by it. Many times it is the manufacture of the alcohol that causes lack of initiative, or laziness so to speak, not always. True laziness yes, but there's other reasons for tiredness.

Now the one medium that's so important in joining cells together is vitamin C and a primary way you lose vitamin C out of your system is through the skin, and the main cause of this is people taking too many baths with soap and breaking down the oil layer on the skin. With the heat process of the body if you washed your oil off the skin then the vitamin C can evaporate, be lost off the skin, but with sufficient oil left there the heat is transferred through the oil. The oil keeps the coating on and keeps the vitamin C in.

Vitamin C deficiency can cause muscle soreness, or in severe cases, can cause stretch marks in the skin. Now when you see a patient that is extremely deficient in Vitamin C, especially females who have gone through a pregnancy, one of the things to ask is "do you have stretch marks on your skin?". Lack of vitamin C is the cause of the stretch marks and it's on men too if it has lasted long enough, but men generally get out in the open air and actually men generally eat a greater variety of foods, especially the ones that travel and get around.

If you push in on the skin and it doesn't kick back up you've got a person that's dying. In other words, if you push your finger in on the flesh and it doesn't come right back out you've got a person that's in critical, critical condition and that's another test to know how near death anyone is.

Sleep.

There are seven stages of sleep and we go through these seven stages of sleep, with each stage progressively deeper. Doc's terms for these seven stages are:

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- Twilight Sleep

  This occurs just before we go to sleep, or just before we wake. Twilight occurs just before we go into the dream phase.

- Dream Sleep

  The dream stage is just after the twilight and just before quiet sleep. In this stage we dream and this is important because we actually dream in reverse. This is what brings on the memory of the dream, dreaming in reverse. Now also a person can go to sleep in this area of sleep and dream in any position. You can go to sleep sitting up and be dreaming.

- Quiet Sleep

  The quiet sleep level is only induced in one position, that is lying out flat, prone. You can't get a quiet sleep unless lying down.

- Hold Down Sleep

  The hold down stage that comes in here is interesting because this stage is a very restless sleep, we actually get no rest at all in the hold down stage. The reason for this stage is predicted in the numbers and it's with high ureas.

- Active Sleep

  The active stage of sleep is the stage where somebody is walking in their sleep. Doc gave us the illustration of a person who, while sleep walking, was shown to the end of a pier, and even though they never knew how to swim before, dove in and swam until a temperature change woke them up and they realised what they were doing. They were actually swimming and had never known consciously how to swim before.

- Impossible to Wake Sleep

  Impossible to wake, the heart slows down extremely in this stage here to the point it's like an anaesthesia sleep. There's no reflex to pain such that a person could be burned or pricked with a pin or injured or whatever way and it would not cause a wakefulness. Hypnosis is classified in this area here and also sleeping sickness.

- Sleep of Death

  Then of course we go to the sleep of death.

Now, in Doc's definition, coma does not enter into these seven stages of sleep, coma is either of two things:

- Potassium deficiency, or
- Oxygen deficiency.

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One thing that you will often find on people with a low energy, is that when their energy begins to increase by about three to five points, one of the complaints is "I can't sleep at night."

Actually they don't need to sleep as much, and they are resting much better and in a much shorter length of time. Now when people say they can't sleep just tell them, "Praise the Lord. Praise the Lord"

"Why do you say Praise the Lord if I can't sleep?"
"Because you are so far behind in counting your blessings until God is waking you up at night so you can catch up", and I also tell them, "if you want to go to the doctor and get a sedative and spend a fortune you may, but I'll tell you this, you start counting your blessings and before you get them all counted you'll be asleep". Not only this, lack of sleep has never killed anybody, but worrying about it has.

Occasionally you will find that Golden Seal or Dolomite causes people to not sleep at night when they take it. If you find people that can't sleep at night when they take two dolomite for supper just have it for breakfast and dinner and skip the supper.

In regard to sleeping with the head to the north I don't know how much of it's superstition or how much of it isn't, but I feel better when I sleep with my head to the north, or west.

Sloppy.
If there's anything that'll get me on you like a hen on a June bug, it's to make sloppy letters. For instance, a lot of people make their five like an Ess ("S"), it's sloppy. If you can't write correctly, then you can't test correctly either, and you can't interpret correctly.

Sloppy writing means sloppy life, and if you're going to make a five, make it a five, or any other number, OK, no sloppiness. I will not tolerate it and if anybody hands me a card that's sloppy it's coming right back to you, I'm not going to even look at it.

Smart Father.
When I was 18 I thought my daddy was the dumbest man on Earth, an old fogey, but when I was 21 I thought he was the smartest man on Earth and I wondered how the old man had learned so much so quickly.

Smell & Taste.
Now remember that in biological life, plants are not controlled by glands, whereas the higher animals are so controlled, and if we are perfect in our structure then we have 284 glands in our body and 284 taste buds on our tongue which are very, very important to distinguish taste and flavors and so forth. The 284 taste buds work by by giving an electrical response.

The sense of taste and of smell is actually a short circuit of a nerve ending by a particle of energy which then gives a response of flavor or odor so the particles that make up taste and smell are energy particles. Have you ever held your nose so you couldn't smell anything, and then taste something and then try to describe the flavor? It's very difficult, in other words, the odor and the flavor are very synonymous.

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I have taken a grape drink, a coca cola and a ginger ale and blind folded people and had them to hold their nose and taste them and see who could pick out which was which, and they couldn't do it, they couldn't do it. Now children that drink a lot of it can do it better than adults, the children get some of them right, but the adults that knew what the flavor was could not do it.

So the less taste you have the lower your energy rating is and the less smell you have the lower your energy rating, however there may be people with a good smell and a good taste, very sensitive, that still has a lower energy rating than you have. So you cannot compare your health and your life with somebody elses, and therefore the process by which your body chemistry is brought back to Zone 1 is different one from another, however there's an overall principle that we try that lies within the liver because within the liver there is a process by which it manufactures about 6 billion different enzymes, 5 billion each day if we're healthy.

Smile.
If so many people are as happy as they say they are then I wish they'd tell their faces about it and smile, because "smile" is the longest word in the English language, it's over a mile long, and the joy that it gives, the peace that it gives, it's just simply wonderful to be a child of the King.

There's also a sign of a lovable person they will help you by answering a question, or giving you a smile, or lifting you up.

Smog.
If you have plenty of calcium, smog won't do you much harm. If you have calcium, iron and iodine in abundance, smog won't do you very much harm. But whenever the iron and iodine begin to go down the calcium goes down then these other two are effected and therefore you become weaker and the smog has a greater effect upon you.

Smooth Muscle. (Not Reams – Added later).
Smooth muscle is found in the hollow parts of the body:

- within the walls of blood vessels (such smooth muscle specifically being termed vascular smooth muscle) such as in the tunica media layer of large (aorta) and small arteries, arterioles and veins. (Arteries have a great deal more smooth muscle within their walls than veins, thus their greater wall thickness. This is because they have to carry pumped blood away from the heart to all the organs and tissues that need the oxygenated blood. The endothelial lining of each is similar.)
- is also found in lymphatic vessels,
- the urinary bladder,
- uterus (termed uterine smooth muscle),
- male and female reproductive tracts,
- gastrointestinal tract, including stomach, small intestine and colon,
- respiratory tract,
- arrector pili of skin,
- the ciliary muscle of the eye (is a ring of striated smooth muscle[2] in the eye's middle layer (vascular layer)
- that controls accommodation for viewing objects at varying distances and regulates the flow of aqueous humour into Schlemm's canal.)
- iris of the eye.
- the glomeruli of the kidneys contain a smooth muscle-like cells called mesangial cells.

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The structure and function is basically the same in smooth muscle cells in different organs, but the inducing stimuli differ substantially, in order to perform individual effects in the body at individual times.

Soil.
While it is true that some foods have more potassium than others, and some have more calcium than others, and some have more phosphate than others, remember this, your calcium, potassium and phosphates must come from the soil. Those three substances must come from the soil. God does not supply those three elements. Remember this also, that if you will supply those three elements God will supply 80% of all the plant food necessary to produce a plant. If man will supply 20% of the plant food necessary to produce a plant, God will supply 80%. The average American farmer today supplies less than 5%, so therefore he's broke and he owes his soul to the bank.

For soil chemistry you need to know the amount of WATER SOLUBLE calcium. I use the Lamotte soil test system. I'm not interested IN the total amount of calciums that's in the soil, I'm only interested in how much of that calcium is water soluble.

Solvent.
A solvent is anything that dissolves, like a soap is a solvent. A solvent is something that breaks down another substance. The hydrochloric acid in the stomach is a solvent.

Sorcerer.
In the bible, in Revelations only, "sorcerer" means drug salesman, drug pusher. There are many doctors today that are discouraged, disillusioned and heart-broken over the laws that prevent them from doing what they know and they are forced to sell drugs. All the doctors that I know of, and probably all of them, have to write down everything they do for every patient and later that is censored by an employee of the drug companies and many doctors themselves will verify this.

So I want to call your attention to what John the Revelator predicted would happen. He predicted that there would come a time when there would be drugs thrust and forced upon people, and coming as it does at the end of the Book of Revelation that says we're very close to the time of the end, in which Jesus is going to return. Now this is what the bible says about drugs, but it's speaking about the abuse of drugs, not the use of drugs.

In the Book of Revelation where the word "sorcerer" is used it comes from the Greek word "pharmacopoeia", which means drugs, or drug salesmen or drug pushers or drug givers, and this meaning only applies in the Book of Revelation.

Revelation 22:15 speaks about those that are chosen of the lord, and those that are not chosen of the Lord, and it says this, "For without are dogs and sorcerers and whoremongers and murderers and idolaters and whosoever loveth and maketh a lie."

In Revelation 21:8, "But the fearful, and unbelieving, and the abominable, .." (those people that eat the unclean meats) ".. and murderers, and whoremongers, and sorcerers .." (drug pushers) ".. and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone: which is the second death." And doctors who depend on drugs alone to get people well are inexcusable.

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Now Revelation 18:23, "And the light of a candle shall shine no more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee: for thy merchants were the great men of the earth; for by thy sorceries .." (for by their drugs) ".. were all nations deceived." There never has been a time when whole nations have become so involved in the business of producing drugs, Thailand, Turkey, Cambodia and India and others are in the business of producing drugs and these drugs cause the mind to be deceived, you can't think straight.

Also in the book of Revelation 9:21 it says, "Neither repented they of their murders, nor of their sorceries .." (meaning drugs) ".. nor of their fornication, nor of their thefts." A lot of murder is done by the sale of drugs, and drugs, murder, fornication and thefts are all linked together. There are many doctors that are discouraged, disillusioned and heart-broken over the laws that prevent them from doing what they know and they are forced to sell drugs. In America the doctors have to write down everything they do for every patient and then that information is censored by an employee of the drug companies. This is true and it comes from medical doctors who are in that system and who hate it with a passion.

Now this is what the bible says about drugs. Now it's speaking about the abuse of drugs, not the use of drugs. There's so many things today that are considered drugs that are not drugs, for instance lithium carbonate is considered a drug and it isn't. Lithium carbonate is an element mineral, it is less harmless than aspirin tablets and yet it's called a dangerous drug in the PDR because it does a lot of good if used wisely. The only thing about the use of lithium carbonate is you do need to drink plenty of water when you take it, otherwise it can do just what so many other things can do it can make you slightly nauseated, and many times that's a good thing, but just because it makes a few people nauseated, because they don't drink any water they call it a dangerous drug.

So what I'm trying to tell you is the truth. Seek to know the truth and the truth shall make you free.

Specific Gravity.
In this course I teach the atomic weight is the specific gravity. It's the same thing, there's no difference in atomic weight and specific gravity and anyone that tries to tell you differently doesn't know what they're talking about. The specific gravity of an element is determined by its atomic value in Milhouse Units of Energy and the greater the number of anions and cations within an atom the greater the specific gravity, or the greater the weight. So the atomic weight and the specific gravity and the energy are really one and the same thing just in different words and different numbers of units.

In the other course you cannot figure energy, in this course you should be able to figure energy because as long as you have a ratio of one to one regardless of what you're dealing with, you all come up with the same thing.

Specific gravity is the number of the electrons that are in orbit and the greater the number of electrons the greater the specific gravity and the greater the specific gravity the greater the weight. Specific gravity is the total number of either anions or cations in a substance and remember this, in my work there's no difference in atomic weight and specific gravity.

The greater the soluble mineral content in the soil the more food that is produced per acre and the higher their specific gravity. The higher the specific gravity in our foods the higher the

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carbohydrates content and the greater the potential energy. In other words, a high mineral content gives a greater yield and the higher the specific gravity of the molecule of any food the higher the sugar content and the greater is the potential energy. In other words, the more food you produce per acre the higher the specific gravity of that food and the higher the specific gravity the higher the carbohydrates content. Remember that because there's no exception to those rules. The higher the sugar content the higher the specific gravity, and the higher the specific gravity the greater the yield per acre.

The greater the specific gravity of the mineral the less likely the body is to take it with a dilute gastric juices, in other words, the more dilute the gastric juices the less mineral any one can get out of their food and the less mineral they get out of their food the less energy they get on the frequency that they need and consequently the very energy that they need is passing out of their system undigested. Nature holds it in as long as it can hoping that the bacteria, or something, will break it down into particles fine enough that it can be energy on the frequency of your body can accept it.

Specimen, Poor.
Can you tell when a patient interferes with the urine specimen, like puts water in it or gives you old stuff? You won't be able to initially, but after a while you will.

Speed of Light.
See Also "Units of Measurement". Now the unhindered rate of ionization is the speed of light and is:

- 186, 400 miles per second, or
- 2.997925 x 108 m/sec or 3 x 108.

Speed of Sound.
The speed of sound in dry air at STP (STP = 00 C and 1 atm) is:

- 331.4 m/sec, or
- 1089 ft/sec, or
- 742.5 mph

Spelling.
When I went to school I told my teacher that I didn't need to learn to spell, I was gonna get me a secretary do my spelling, I did, I got a secretary but she couldn't spell either.

Spinal Meningitis.
There's two kinds of spinal meningitis, there's one bacterial and one that isn't, this was the one that was non bacterial.

Spore.
Let me make a distinction here that's probably been made but not clarified. Protons and neutrons are the number of mols it takes to make a spore. For instance, if you look at the cell of a banana plant and it may be a half inch long and an eighth of an inch wide and they call that a cell, but it's actually a spore because it's made up of thousands of cells.

If you look at your arm under a magnifying glass and look closely at the area where the hairs grow you'll see a little hole and the hair coming out of the hole and you think of that as a cell. That's what

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we actually call a spore, and that spore is made of thousands and thousands and thousands of cells. So we're learning one cell, not one spore.

Starch.
Starches and carbohydrates are not the same thing and somebody was trying to tell me that starches turned into sugar. Throw that out, it's not true, it won't work and it'll be proved later.

Another way of talking about alcohol production in the pancreas is that in the liver it is the starches, carbohydrates, fats and oils that give up the sugars, not the proteins. The starches act as a catalyst to collect and hold the sugars much like a sponge and this is where your carbons come in.

Now to achieve this there is a loss of energy in the liver for if there were no loss of energy in the body then life would not be possible. Now the liver in its many manufacturing jobs produces about 6 billion different enzymes and some of these enzymes manufacture the 94 proof alcohol (47%) in the pancreas from the starches, carbohydrates, fats and oils. The alcohol then is used in a mechanism to control heat in the body. Now one drop of the alcohol produced by the pancreas will control the body temperature in a 100 lb body for about $^{1}/_{2}$ an hour.

Steer.
A bull is a calf that when he's old enough he'll know about the bees and the birds, and a steer is one that never cares anything about them.

Stole.
The brain controls where the amino acid goes, remember "like attracts like". The brain is the master computer for the frequency and everything else, remember it programs each cell through the nerve to the cell stole. The program for the cell is in the stole.

Now the stole does not feed information back to the brain for the brain to feed information to the liver for a new particular type of cell. The only time information goes back to the brain is if there is cell damage, say from cutting or bruising or something on that order. In other words, the minute there is a signal that there's a problem then it'll try and replace the cell and reprogram for a new cell and a new plating effect and also to get rid of the delta cell.

Stole.
When tissue is separated from the body there can be no stoles created then because they've been separated from the central nervous system. A worn out cell does not create a stole. It's just like picking an orange off a tree and because the branch is still connected then next year it grows another orange, only thing about it is the next 3 days it'll grow another stole on there and that is why after an incision the 3rd day is the worst time of all, or the 3rd day after a baby's born the breast gives the most problems, because that's the day that the cells start to do something different to let the milk flow, and it's the third day that these stoles start forming. Now something else happens on the 8th day, the stole is completed, and that's in the bible for you.

Now the stole is not separate from the nervous system, it's not just attached to the nervous system, it is part of the nervous system, the stole forms on the end of the nerve.

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I've done experiments with guinea pigs, dogs and animals on the cell growing from the stole versus the common opinion that they divide.

Now in these experiments the animal would be hurt or get hurt, or else I would do an operation on the animal. Now these things are especially easy to see on turtles and it was on little turtles that I actually did most of this work because they're not near so sensitive to pain as guinea pigs and other animals. In turtles it's quite noticeable that another cell starts at the end of the nerve.

In nature a blossom comes right out of the wood and in this blossom there's a stem hooked to the blossom and it becomes fertilised with the pollen of another blossom and then the petals fall off, but this stem is still there in that piece of fruit connecting it to the main central trunk of the tree. Now if it divided it would lose the connection between it and the main tree, so this is what got me to thinking that cells don't divide, because bacteria divide and they're not connected to a central nervous system, but when there's a stole forming to knit by ionization then there's got to be something and the only thing I knew to name the end of that nerve cell which is the beginning of the point of ionization is a "stole". I don't know anything else to name it and it grows into the cell nucleus.

Now, what makes it look like the cell divides is the delta cell being pushed out into the blood stream gives the appearance that a new cell is dividing, but it isn't dividing because the old cell that has lost it's contact with the brain is caught into the blood stream and goes out through the urine. It does not go back into the intestinal tract at all, as was thought many years ago.

Also it does not go out through the skin, if it did people could smell us a half mile, so it goes out through the urine with a high amount of salt. You know the salt in the ocean purifies this planet, keeps it inhabitable. If it wasn't for that this planet would become so filthy we couldn't live upon it.

It's actually the salts thrown out into the urine that also keeps the urine from smelling like the stool. Also, 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, and that keeps us from being attacked by many different kinds of bacteria, or many different kinds of fungus, and there is also a lot of sodium on there.

Stomach.

Sometimes we have too much of something and not enough of something else so then we want to decrease what we have too much of and increase that which we do not have enough of and one of the reasons that so many people are ill today is because they are making their stomach a garbage can. Simply making their stomach nothing more than a garbage can and they only eat the thing that tickles their tongue. Unless the tongue demands it they won't eat it.

Now some people think they have ulcers when they have carcinoma or even cancer of the stomach, and if you have carcinoma of the stomach then I would suggest that you use a tablet we call "Naptha", we get it from Israel, and it comes from the Locus Olive and Cedar tree and it's made into a capsule. It's not Napthaline but it's called "Naptha" for a trade name and because it has an odor like a moth ball and napthaline is what's in a moth ball that makes a moth ball a moth ball. So, you take this "Naptha" capsule and it looks like axle-grease and you take 1 or 2 or 3 capsules of that a day and it gives great relief to people who have cancer of the stomach or intestinal tract and it's a great factor in getting ulcers well.

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You'll find it states in medical books that the stomach produces hydrochloric acid in the cells in the lining of the stomach, but it does not. It stores it there but it does not produce it there. The liver manufactures the hydrochloric acid and between meals the stomach stores this hydrochloric acid in the cells in the lining of the stomach so that it can secrete it at the right time. In your foods you should mix acid with alkaline in your diet if you're healthy, but if you're sick then you better go easy. The more dilute the gastric juice the more careful you have to be with your diet. Do not put foods too heavy in your stomach.

One of the weaknesses of the test is ulcers in the stomach because the gastric juice keeps those ulcers so clean and scatters the energy over such a wide area until they are difficult to pick up in the first test but by the third test you'll pick them up with no problem, they'll stick out like a sore thumb. The stomach puts a film of oil on it and your saliva coats it and dextrose sugars cover it and you can eat ordinary foods very well but if you eat cabbage slaw, coleslaw, or something like that, it will dig in through that film and cause pain. Now burning in the stomach means and denotes that there's ulcers and generally if people tell you they have ulcers in the stomach and they can eat coleslaw without it hurting them they don't have ulcers, they have a high count of delta cells. Now the reason it hurts an ulcer and doesn't hurt a delta cell is this, in an ulcer the nerve is very much alive right to the end, but with a delta cell the nerve dies off ahead of the deterioration and therefore there's no feeling so the coleslaw doesn't hurt them. Now a medical doctor would call it carcinoma, you call it delta cells if you're not a medical doctor.

If people have ulcers, whether it's duodenal or whether it's peptic or other kinds of ulcers, then I would suggest putting those people on freshly squeezed cabbage juice and honeycomb.

Stool.
In some people yeast will color urine pretty heavily, in others it won't, because urine color is also related to energy levels, "the lower your energy the more effect your food has upon the color of your urine and stool."

If you have too much iron in the system it turns the stool black, and if you ever recommend to a mother to give her child "ferro" then be sure to tell her it will turn the stool black because if you don't she's going to call you up and think her child is already dying or dead. So be sure to tell them that iron turns the stool black.

Many times it's good to ask questions about the stool, particularly if the numbers are almost perfect, or in Range A and the person doesn't look healthy, ask this question, "do you pay any attention to the stool or are there any little, ashy looking, white flecks in the stool?"
If they say, "yes", then it's a gall bladder problem.

Now when you really learn to go by the numbers you can really see if a gall bladder is in pretty rough shape it will show up but sometimes if it's just starting it takes 3 or 4 days to zero in on it, so these are factors that you need to remember.

Student Learning Problems.
What you are doing in the math here is like taking the components of a motor car and showing them in one hand, then showing the completed car in the other hand and saying "see, this is easy". It would be much better, and would advance the class by 2 hours, to show the specific steps of the information that's inside your head and that it involves so many steps. What we really mean is

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that you are so much above us in these concepts that you cannot come down to our level to lift us up, so we need a sort of an intermediary that can sympathise with our ignorance and lift us little step by little.

If there anybody here that can make it more simple I'm certainly willing to listen and the man that helped me did a fabulous job a few minutes ago, but I do not know how to make it any more simple than I'm doing. If you can help me, if anybody can help me to explain it to you in terms I would appreciate it because I do not know how to make it any more simple.

Student Test.
You know it's better to light a candle in the dark than it is to curse the dark.

Yesterday I gave a test and you were not the ones that were being tested, I was. I noticed that everyone of you got one question correct, not one of you failed that one question, and that is the perfect equation, all of you got it correct. Only one had a low blood sugar instead of a perfect blood sugar but I gave them credit for it because very few are perfect.

Study.
The bible says, "study to show thyself approved unto God a workman that needeth not to be ashamed, rightly dividing the word of truth." 2nd Timothy 2/15.

These tests are accurate and the case of the girl with the Dead Sea Tumor is a case that's written into the records of the Florida Hospital. What I'm trying to say is that these things are powerful in the hands of Doctors, and they're powerful in your hands, and unless you master the math, and master the chemistry that we're giving you here, you're going to be limited in what you can do.

You must memorize the rules and you must spend at least two hours a day studying these things that you've been given because it helps you to master them, especially if you are not a chiropractor or not a medical doctor or have not had anatomy because the admittance of ignorance is the beginning of wisdom, and I have always enjoyed exposing my ignorance because then I begin to learn.

When you get home chew on this, every single day spend a little bit of time at it and gradually the building blocks are going to sink in more and more. With enough study you'll begin to see what the numbers should be and you'll know how often they should come back. In other words, whenever you give them a diet you are going to expect these numbers to do certain things and if the numbers don't do it then why didn't they do it.

If you've had a rickety start in Class 1, 2 and 3 you may now be drifting in the stream, because of your foundation, so you've got to go back and make sure the foundation is solid, make sure that you're building on solid ground and not on sinking sands.

That's the objective in mathematics and if you can get to that by the ninth course you should be able to see the picture, but you've got to build at it one day at a time. Don't worry about yesterday and don't worry about tomorrow, worry about today because today is what you've got to work with, you don't have tomorrow and you don't have yesterday, you have today.

Suicide.

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Do you know that the ocean is made out of woman's tears? Do you also know that crying is the finest nerve medicine in the world, it soothes the nerves.

Crying and laughing is the finest nerve medicine in the world because it releases the emotions and soothes the nerves. The person that has suicidal tendencies, or commits suicide, is the person who can't cry, or scream, or yell and so don't release their emotions, they're depressed.

Success.
Some testers and counsellors are having a wonderful success with this and the reason for their success is they have memorized the rules. There's no substitute for it, you've got to memorize the rules.

Sugar (or Carbohydrate).
When we talk about sugar we're not talking about white sugar or brown sugar, we're talking about the natural form of complex carbohydrate out of the plant before it's processed, in the sugar cane itself for that matter. Now the problem with a high or low sugar reading is that it means a lack of oxygen.

With a right sugar level it actually transfers oxygen, holds oxygen, but with a high or low reading then you build up oxygen debt. Sugar is a chelate, meaning claw, because it becomes a binder for oxygen transfer. The chelate, meaning claw in the Greek, grabs onto the oxygen to hold it in as a transfer basis, and in our system this is why the sugar's important, as a transfer mechanism. Doc also says that an individual's weight will drop to it's genetic normal, or genetic programmed weight, with a proper sugar balance in the system. Within the Carbohydrate reading the "Sugar Zones" are:

- 0 - 5.49 Low Blood Sugar (includes "Perfect" when ALL numbers are not perfect)
- 0 - 1.0 Danger Zone
- 1.0 - 2.0 Normal (Ideal) - (includes "Perfect" when ALL numbers are not perfect)
- 2.0 - 5.49 Zone of Misery
- - 5.49 Dividing Mark between Low Blood Sugar and High Blood Sugar.
- 5.50 - 8.5 High Blood Sugar
- 8.51 - 11.0 Danger Zone
- 11.0 - 13.0 Fatal Zone

The dividing line between high and low blood sugar is 5.49, and this is the mark that in about 99.98% of the people this will be the dividing line that if the sugar rises above it won't drop below it without being directed. Under the numbers you'll find about .02% of people who will have a low

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blood sugar AND an extremely high blood sugar the same day, but those people have either cancer of the liver or the pancreas.

If the sugar is anywhere between 1 and 2 on an average first test then it is very good, PROVIDING the other numbers are proportionally out. I would rather see a number between 1 and 2 on a first test stay between 1 and 2 in the consecutive test than to see one at 3.0 or 4.5 or 5.2 because there would be more fluctuation in the other ones. In other words it indicates that the farther out these numbers are the more dilute the gastric juices, period. If the sugars were at 3.5 or 4.0 then the person would NOT be in better shape because the further out the numbers are the lower your reserve energy and the more dilute the gastric juice.

Now the medical profession considers that a person that has low blood sugar is allergic to all carbohydrates and they give high proteins and tell you to discontinue your carbohydrates but what we do is break all rules and find out why. We decrease their protein meats terrifically and put them into a low protein diet, no protein substitutes, or anything of that nature and also put them on fruits and things, one at a time until you find out which fruit or which carbohydrates causes the pancreas to flush and then we discontinue that one and it solves the problem.

If you have low blood sugar you can have fruit after 2.00 p.m. in the afternoon and there's one more thing you need to know about this that in about half the cases some are cold and some are not. On the cold ones it will do a terrific job to give zest tonic as directed and sip it slowly for 30 minutes according to the pH. Also remember one no-no about low blood sugar, never give comfrey, or comfrey tea because it lowers the sugar faster than anything else, but on all high blood sugars use it plentifully.

The Zone 0 to 5.49 brix is the "Low Blood Sugar" Zone and low blood sugar includes "Perfect" of 1.5 when ALL numbers are NOT perfect. One of the weaknesses of the test that doctor's are using is that for maybe 23 hours and 55 minutes of the day your sugar may be running "normal", but for that other 5 minutes you're either:

- in a coma, or
- you feel like you're going to die, or
- you have pins and needles, or
- you're sick at your stomach, nauseated

and you dash to the doctor or the hospital and by the time you get there the crisis has passed and they can't find a thing wrong with you and say, "it's all in your head." They're right, it was all in your head, but they couldn't find it because it was either:

- low blood sugar, or
- low potassium.

Either one could have caused those sensations and then because the adrenaline glands started to work it may have converted some fats in the body to a sugar and built the level back up and the crisis passed.

Now the doctors have no way of knowing what's wrong because they didn't find you with low blood sugar at that particular moment, so you keep doing this over and over and over for a few weeks to a month and then they say, "I think we should do a sugar tolerance test".

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They do a sugar tolerance test and it comes out normal and your problem has not been found and it goes right on and on and on. You're fine then you start to feel "funny" or "odd" and by the time you get to the doctor to get checked out your blood sugar's come back up and you don't have the feeling like nothing you've ever felt before. Maybe you even get blackouts. With blackouts there are two general types:

- Slow Blackout. It comes on slowly and you recognise the feeling and you know you've got to lay down and you don't care where it is, you've just got to lay down or you'll fall down because you're blacking out.
- Fast Blackout. You could be walking along and just like a snap of your fingers you fall, blacked out, and you don't remember anything about falling, you don't remember anything. One second you're standing and the next you're getting up off the ground.
- In Between Type. Is a combination between the two, you may or may not feel "odd" and you may or may not have time to lay down before you black out.

Now the danger line in the Low Blood Sugar realm is 1.0 brix, and under 1.0 brix you've got to know the tolerance, because it is more dangerous for an underweight to normal weight person than it is for someone who is overweight because where there's a lot of fat the fat will release sugar for a number of days, but if they're anywhere near normal or below weight then give them something to eat right then. Now you also need to know the tolerance regardless of their weight or anything else but the more fat they have the less the tolerance means.

Now you test a person and they have a reading of 6.0, you send them home and they come back in 3 days for a retest to see what effect you're having and the reading at 2.00 p.m. is 0.0 brix. Don't become terribly excited when you find a test that reads 0.0 but don't let it stay that way very long because for a while nature can patch up and make up. Now theoretically this person should be in a coma but there they are, they walked into your office looking good and healthy and the thing that you need to do as quickly as possible is to get the sugar reading above 1.0 brix. If you have a reading like this right while they're in your office then go get them some prune juice to drink right then and there because they could pass out at any time unless they're extremely overweight with a lot of fat, also it now means they need not only a sweetener in their lemon water every day, but also a different sweetener everyday.

If their reading is under 1.0 and you have nothing handy except:

- Sprite,
- or the juice of some raisins that's soaked in water,
- even if you've got nothing else but white sugar give them some of that because a little bit of that is not going to do any harm
- or anything, it doesn't matter what it is, so long as it's sweet,

because with a sugar reading under 1.0 you don't know how close to the danger zone you are, so just don't take a risk. Do it right then. Do not let them drive a car if their sugar total is below 1.0 because they could blackout at any moment and have a serious accident. Even if they have to call somebody to come and drive their car home for them, or get somebody else to drive it, do not permit them to drive a car when their sugar is below 1.0, but when the sugar comes up then they're safe to go home.

Now a half an hour after having them drink that juice, or whatever you give them, do another test and see if you've got them up to somewhere near 1.0 and therefore in probability in that length of

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time this number's rose to 4.0 or maybe a 5.0, or 6.0 or 7.0 because they've settled down, they've got quiet, they've got out of the cold, they're in a warm room and the sugar number could even rise up to as high as 9.0.

Let's suppose that we have a sugar reading of 5.0 on the 1st day then I would not put any sweetening in their lemon water that day but the 2nd day I would. Also if they get light headed or dizzy then tell them to carry a few raisins with them so that they can chew them slowly and immediately the sugar will come back up (because unless you have learned to figure the energy you won't know whether it's going to act quickly or slowly).

Now the 2nd day this will probably drop down below 1.5 and before the day's over it could be in the hypoglycaemic zone.

0 - 1.0 Brix (Hypoglycaemic Zone), is also called the Dangerously Low, or Severe Low Blood Sugar. Under ordinary circumstances with a zero reading and a tolerance about a total 0.6 brix, most people go into a comatose condition or spasms. Very low blood sugar is one cause of children having convulsions or spasms or seizures which are all the same thing. Child convulsions, spasms or seizures may be low blood sugar. Also 80% of all of the medically diagnosed epileptics in the United States are not epileptics at all, they are having diabetic seizures, and most of the time the doctor gives them Dilantin which effects the adrenaline glands and it also increases the ionization between the brain and the vital organs through the vagus nerve and it helps to bring them out of a seizure or keep them from going into one. But first you have to know whether it's a diabetic seizure or not and it's remarkable how much you can do for people when you know these facts.

Also many times when you have people that are put on a diet at home the family will call you and tell you:

- the patient is having a seizure,
- they're in a comatose condition,
- they're asleep and they can't wake up,
- they're stiffened up, they're just perfectly stiff and they've thrown their head back,
- they're thrashing around with their arms or kicking with their legs,
- their legs are twisted together or something,
- all kind of things they may be doing

there's no two seizures alike. Just keep your cool then tell them to put a little honey on their tongue and in one minute they'll be back, one minute they'll be back. Now a hypoglycaemic may be able to take fructose between meals to keep the blood sugar up but you'd have to try it and see. Raisins though are generally a better way. If the sugars are too low, below 1.0, then you cut down on the water, drink less water, and also have them to eat just one fruit a day or one food a day and so forth, in order to try and find out which:

- food,
- sweetener,
- starch, or
- oil.

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it is that's causing the pancreas to flush and then just discard that one. I mean do not eat a combination, eat single items, and you'll find out very quickly, very soon, but this should be a retreat case.

So there are many, many symptoms that low blood sugar gives to people and you can treat that symptom, but if you miss treating the real cause of the symptom, which would be low blood sugar, you have missed it entirely. Also when Doc talks of low blood sugar he means that you take in something that you're not supposed to, or you can't handle, and the reading goes all over the place, and you'll see this quite often in your patients that they'll get wiped out, the sugar level's at one point and it can start to slide. You may have them come in the next day or later the same day and instead of finding them at 5.2 the retest shows them at 0.9. The low blood sugar syndrome also means they can change rapidly even within ten minutes or less.

If you haven't had it yet you will have it at some point, and that is two clients sitting in your office at one time one has a reading of 1.6 and another one could have 5.0 and you tell them each they have low blood sugar, they'll sit there and shake their heads, how can both have it when the numbers are so different so it's also an education time. In talking with our clients we've found that one of the things that helps the most is to let them know that their body is akin to a car, and the blood to sugar ratio is much like oxygen and gas, the proper mixture gives you the most energy. At 1.4 and below they're starving the brain of oxygen, and they're probably:

- under a lot of stress,
- working very hard, and
- they need more rest,
- blood carries too much oxygen and they run out of steam, they have problems. By saying too much oxygen it's actually oxygen in a non usable form to the brain.

Anyone with a sugar that is constantly below 1.2 should be in a retreat and you should not give them a diet. If you give them a diet you're taking an unnecessary risk that you shouldn't take because there's one or two critical things you do not know:

- You do not know the whether it's the person's diet, or not the diet, that is causing his pancreas to flush too much,
- At what hour the flushing takes place, and
- Whether it's a day thing, or whether it happens through the night.

It is possible that if you give a diet to a person that has a tendency to extremely low blood sugar then after they go to bed at night as usual, during the night the pancreas may flush causing them to go into a low oxygen coma and nobody would be there to help them. Now if they go into a coma with lowered oxygen to the brain then in the space of a few hours, if they even survived it, they would be a vegetable.

Now if you have this type of extremely low blood sugar case and the person must stay at home, with no chance for them to come to a retreat, they should have someone sleep with them. Someone who they can call or who can check on them at least every half hour. It doesn't do much harm for a person to be in a low blood sugar, hypoglycaemic coma for up to two hours but after that great damage could be done to the brain.

Now generally, generally when a persons' body chemistry starts to lower real quickly, like the sugar content, they generally can let somebody know that they need help and to get somebody,

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especially if they're laying down and taking it quite easy. They begin to feel very badly and they wake up, they know something's not right and they may call out, "you better call the nurse" or, "you better get somebody". This is why we need to have them in the retreat where there is care on call if this happens.

1.5 - 2.0. Basically this means that they are getting most of the energy they need where their energy level meets their demands at that point. As we go above 1.5 the blood begins to carry too much sugar and the blood cannot carry sugar and oxygen at the same time in the ratio that you need it here at 1.5, therefore it gives up the oxygen.

If your sugar levels are normal or low then you can eat your sweets all through the day but it's best to eat most of them in the morning part of the day because that's when you need the energy. With low blood sugar fruit can always be had but it's a question of can they have enough to raise the sweetness level because you're going to be washing an awful lot out of them if they are going to be drinking the water.

Now there are some people that will never come close to the 1.5 and there are some people who will hover around 1.5, 1.6, 1.7, but there are others who will come close to it but the body chemistry doesn't turn off soon enough and they slide right on by it and down below 1.5.

Now suppose that you have any reading on sugar and we don't care where it is, it's anywhere except 1.5 and then they come in for a test and the sugar is 1.5. Understand that the sugar is not perfect because all numbers are not perfect but try to keep the sugar between 1 and 2 and if you'll keep the sugar between 1 and 2 anyone's weight will drop to it's genetic level, and the genetic level doesn't have anything to do with the chart of a perfect figure or a figure that everybody adores.

If your pancreas is working correctly and your numbers are perfect you should be able to throw anything at it by way of a sweetness nature and the insulin sugar reaction you should stay at 1.5, 1.6, relatively minor variation.

2.0 to 5.49 (The Zone of Misery). In one of the early classes Doc compared the people in the Zone of Misery to being much like two cats having their tails tied together and then draped over a clothes line. Each cat thinks the other one is the cause of its problem, hence it will fight. By taking many of the married couples to a retreat, and not even giving them marriage guidance counselling, not giving them anything but reducing their sugar level out of the Zone of Misery the couple that was fighting with each other and ready for a divorce, things tend to level out and it's Doc's prayer that at some point more ministers will be aware of this and they will begin to look into how a person in the Zone of Misery can be helped out of that zone so that no only he but others around him or her will be more understanding and acceptable.

In the Zone of Misery:

- the person is tired,
- there's usually a tightness in the chest,
- tightness in the shoulder blades,
- the back is also tight,
- the whole person feels like they are being bound together.

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- quite often they are very irritable. You could just walk up to them and say, "Good Morning" and you have a fight on your hands, or you could say something, husbands and wives quite often will say something one to the other and it's misunderstood.

5.49. Now let's take some borderline numbers, let's take a sugar of 5.49 and we're going to draw a line right here through it. Now there is a distinct line that happens right here in body chemistry that you can depend on, 5.49 and below denotes a low blood sugar and 5.50 and above denotes a high blood sugar. In that one tenth there's not much difference but it is critical. Here's something that's very important about that number, it seems to be both stable and accurate for everybody. At 5.49 and below is Low Blood Sugar and there should be sweetener in their intake. Sweetener refers to natural sweeteners and you'll find that honey is not the only one, in fact you have:

- White Karo syrup,
- Red Karo syrup,
- Sorghum Syrup,
- Ribbon Cane Syrup,
- Brown Sugar,
- Maple Syrup,
- Blackstrap Molasses,
- Different Varieties of Honey,
- Treacle,
- Golden Syrup,
- Rice Syrup.

you should never recommend one sweetener only to a client. Remember they're supposed to be on a rotation basis, approximately 1 sweetener a day for 3 to 5 days then start them over again because you will find some people have an intolerance to honey, in fact they may have an intolerance to any number of natural sweeteners.

Now if 3 subsequent tests showed sugar readings of:

- 3.0
- 1.4
- 1.0

and you're sure the person was on sweetener then the numbers indicate they would definitely be losing. If you see this reduction, even from 3.0 to 1.4, and they're on sweetener, then it's the WRONG kind of sweetener and the body is not responding, but if they were not on sweetener then it may be a normal decline with the amount of water they're drinking.

In other words, going from 1.4 to 1.0 and the person was using sweetener and still went down then it's a definite loss, if it's just water alone without sweetener then you may be washing it out and a natural dilution may be taking place. If we take the case where the person was on sweetener then there is a loss and the sweetener or sweeteners causing the loss need to be identified. On some patients where we have them on the lemon juice and water and the sugar keeps going down and down there are some people allergic to certain kinds of carbohydrates, but not all kinds. Find out which one they're allergic to and discontinue that one. Even though honey is quite often the universal sweetening agent on some people it reverses exactly and you need to find out which sweetener is wrong and change it. When a person has a sugar intolerance the sugar reading stays low, or it actually drops. You think you're giving them sweetener and you should be lifting it but

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instead the body reacts to it and it drops, so this is Doc's reasoning for having you try at least three sweeteners:

- such as honey,
- pure maple syrup, not cane syrup with maple flavoring,
- could be molasses something like that.

The important thing is to rotate the sweeteners to reduce the chances of intolerance reactions. Also in line with this, if you're using a sweetener and the sugars STAY too low then you need to find out which of the carbohydrates is actually causing the low blood sugar, causing the pancreas to flush, or it could mean that they're allergic to lemonade but many times it may go back even further than that. For instance many times there's nothing wrong with the pancreas except that the liver is in such a poor or bad shape until it has not had time to rebuild in order to manufacture the correct amount of it's enzymes in the pancreas to control your body problems.

So, the pancreas often gets blamed for something that it's not guilty of because it did not have the supply. The story on "Tobacco Road" illustrates this fact of cause and effect, the girl had no income and she had to feed her babies because she loved them and she had no way to do it except to break the law. Now your pancreas is something like that girl, it's willing to do anything in the world that's got anything to do with it, but the liver's not supplying it (the liver's acting as the Welfare Board) and as it wasn't supplying the girl so your liver is not supplying the pancreas, so your poor pancreas then rebels and does the best it can and it kicks these numbers all over creation and you lose energy.

If you have a patient or client with low blood sugar, but absolutely does not care for sweetener at all, you should still insist upon it because it is what their system needs. The depth of the need depends a lot on the other numbers but if their program calls for it you tell them to do it.

If the sweetener in water or lemon water makes them gag purely because of the sweetness then one solution may be to take the sweetener straight and then drink the water so that it is not actually sweet water that they're drinking. Maybe these are some little games you've got to play with your people to get them to take in the water and or the sweetener or the lemon juice at some point.

Have them add sweetener as follows:

- 4.5 - 5.4. Two Tablespoons to every 40 ounces of water they drink.
- Below 4.5 this is where it gets a little touchy. In Doc's words, "you have them add sweetener until it tastes sweet" and that's as subjective as you can get because what is sweet to you may not be sweet to me, the point is they've got to be taking some sweetness in. This is Doc's guidance that if it's below that number they add until it's sweet and many people it's the other way they just have to keep pouring it in because that lemon comes through so strongly when they are finally on the lemon.

Now you'll find and you'll hear in some of the problems no doubt that Doc recommends there are times when people drink water and they drink sweet water, no lemon at all because if they just drank straight water you'd flush them right off the floor, they'd have no sugar left in them. So some people have to do this.

High Blood Sugar. A reading of 5.50 and up is a tendency to high blood sugar. If you have a tendency towards high blood sugar, over 5.50 on the first test, then you do not eat fruits or sweets

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after two o'clock in the day, or potatoes for about a year. You will find a lot of people that are completely allergic to Irish potato, I mean it makes them very ill.

Also you do not give carrot juice to anyone that is on sugar controlling drugs like insulin, diabinese, orinate, diabinate or that have a very high sugar, you do not give carrot juice to those people.

6.00 and Above. Let's go on a little further, here are some general descriptions from 6.0 and above because from here on up it's not so much a matter of which Zone you're in, because when you start hitting 6.0 and start going up from there you have problems no matter where you go, and you better not try and work with someone up in the higher ranges very long.

So at basically 6.0 and above you should see a big red flag waving at you this person needs immediate instant help and you don't wait:

- You know that they're entering the diabetic range,
- There's Fluid Retention and Puffiness,
- Vision is Effected but it's related to sugar level and age,

You need to check;

- their eating patterns,
- the type of food they're eating,
- their elimination habits, because when someone tends to become constipated it effects the elimination of fluids, they retain more fluids.
- depending upon the person's work schedule or life habit on some it will effect them first thing in the morning when they get up, they haven't been having any water their sugar level could be the highest, others as they eat through the day the sugar level continues to go up and up and up and by the end of the day they just have trouble focussing and seeing.
- Headaches are quite a common thing. When you start to deprive the brain of the oxygen that is needed, you've got all kinds of sugar up there but you don't have an awful lot of oxygen, headaches will take place, and people will complain about dull headaches for years, and maybe you've had some clients this way. They'll come in and say I don't know why I have headaches I feel pretty good except I have headaches all the time, all the time, and quite often when you test them you'll find their sugar level is extremely high. Get the sugar level down, at least we've had it happen numbers of times where the sugar level comes down and the phone rings within just a short period of time my headache's gone and then they call us back in a couple of weeks it's still gone, we've never had this happen before. And all we've done is a rather mechanical thing and that is lower the sugar level.
- vitamin A is not being utilised when you have such a high sugar
- Potassium will generally be absent from the system. It's just not available, you just cannot take it in.

5.50 - 7.50. The next is the fatigue zone from approximately 5.50 to 7.50. Many people will say if you had to have them describe themselves they would say I just don't feel good, I don't know what's wrong, I just feel punky, I just can't put my finger on it. The fatigue zone. In this zone a person can be:

- Frequently tired. The main characteristic is that anything you ask them to do it's just too much, too much trouble and too much effort and if you push them you're liable to end up with somebody on your hands who's crying. Their emotions are right there at the surface.

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You may have quite a few young people, teens and preteens, who are this way when their sugars are running into the 6's and 7's they are just tired. Now you think about most of the foods that people of that age are eating or drinking and you'll understand a great deal why. Many of them have an attitude of put off 'til tomorrow what they should be doing today, now you think that they're trying to con you, no they're not, they just really feel this way because of the sugars.

- Frequent headaches,
- Still irritable, but it's a different type, it's not a perennial thing, they're not just always that way.

At a sugar of 7.2 the body is functioning as a diabetic even if the patient is one year old and the condition has existed only a short while, as far as the body is concerned at the time of the test it was diabetic and the pancreas was responding as if it was a diabetic. However, due to the age factor of a 1 year old though it may not stay that way too long.

Near 10. If you start getting up into the area of anywhere near 10 or above you could enter into a coma and many people who are diabetics are acquainted with that. What is happening is they have an imbalance of oxygen and sugar and the body responds the only way it can, it closes down.

There was a call into the retreat in Roanoke where this child had a sugar reading of 11. The parents were asked, "is the child on insulin?"
"No."
"Has it ever been?" "No."
They were then told to get the child into the retreat at the earliest moment possible but they took the child to the doctor and the doctor said, "the child is not a diabetic".

Three days later the parents called and made a Retreat reservation but the next morning they went to wake the child up and it was dead in the bed, because at sugar 11 most people die, at 13 all die then they called and cancelled the reservation because their child went to sleep and never awakened. The child died in his sleep from a lack of oxygen to the brain.

Even at a sugar reading of 8 and 9 it is getting quite dangerous but it's not deadly yet, and it also depends on how long it's been there, for instance, you've been told you that the average sugar in the urine over any 24 hour period is the average of what it is in the blood for 24 hours, that's a rule and don't forget it. Now, if the system is throwing off that much sugar it means there is a terrific deficiency in oxygen to the brain. Now if there is a potassium deficiency and an oxygen deficiency you die around 11, but if there is plenty of potassium and just the high sugar then it's about 13 in ratio but there are your fatal marks, so please remember them.

In low blood sugar the problem goes back to the liver, there's poor liver function and lack of minerals, which also means a lack of calcium, oxygen, iron and iodine. Also water, not drinking enough water. Everything goes back to that liver.

If people are on sugar controlling drugs like:

- insulin,
- orinate, "Orinase" (tolbutamide),
- debenate, "Diabinese" (chlorpropamide), and also includes the other members of the same family, like "Dymelor" (acetohexamide) and "Tolinase" (tolazamide).

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then they are a candidate for the retreat, which is another way of saying you should not get involved with it as much as you want to, you should not get involved with it at home and under NO circumstances do you ever:

- take a person off of insulin or their medication, or
- put them on a fast. If they are a diabetic or being controlled chemically you do not put them on a fast.

At one former time Doc gave us the advice you never take them off of anything you have not put them on and of course you don't have the authority to put them on medications therefore you cannot take them off. If people have sugar problems and want to use sugar substitutes it's perfectly alright and the chemicals in it won't effect you one way or the other. This relates back to frequency and in a later course you'll learn that if you take something into your body and it's not on the right frequency it'll pass right on through.

Now this holds true for diet colas and things of that type if somebody is more or less addicted to them but only as far as the sugar is concerned, but as far as the caffeine or coal tar substitutes it may not be and this is something you'll have to work out individually.

Now let me give you some facts about blood sugar. Allopathic blood sugar is measured on only one kind of sugar, and that's glucose, and the glucose tolerance test (GTT) is only about 50% accurate because certain people can digest certain kinds of sugars but can't digest other kinds of sugars and therefore it only works about 50% of the time. The scale that doctors go by is:

- 70 - 90 mg of glucose / gram of blood is normal
- above 120 mg of glucose / gram of blood is diabetic.

Now these numbers are made by taking 1000 people, or 10, 000 people, that looked healthy and this is what they found. Now these numbers were not based on a gain or loss of energy, they were based on appearance only and they are inaccurate.

Some people become diabetics whenever their glucose is 80 and others do not become a diabetic, high blood sugar, until the numbers get to 140 or even 160.

Now if you went to a doctor and you had 119.9 glucose you would not be diabetic, but if you had 120 you probably would be, however he probably wouldn't do anything about it if you had 120 until your sugar got to be about 130 and then he'd first put you on diabenese, or orinate or diabenate, but when it gets to 145 or 150 then they put you on insulin.

So, this is the method of treatment by the medical profession and believe me I'm not casting any reflection and you who are doctors will agree with the overall picture of it there's a variable among doctors but let me give you some facts that you need to really remember. You may have 1.5 refractometer test and have a 300, 400 or even 500 glucose test and be perfectly alright. I meant no bad effects at all.

Now the higher the sugar goes on your refractometer reading the more damage you'll get from the glucose reading. In other words, if you have 1.5 Brix and also have from 150 to 500 you're comparatively safe on glucose, but if your refractometer reading is 5.50 and you have 150 glucose you're in trouble. In other words, you are a full fledged diabetic according to the doctors

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numbers. So this is the relationship or tolerance between glucose and your total carbohydrate. The refractometer number is a reading of your total carbohydrate whereas the doctor only measures the glucose.

Now you might ask, "how do we know?" Because if this was the only problem the people have, and this was the only reason for them to begin to lose Reserve Energy, then that is the line that determines the accuracy of these equations.

Sugar, Dead Child.
The difference in zone and range is ranges go across and zones go up. The ranges go horizontal and the zones go perpendicular. For instance, down here we'll say on the sugar, would be 13, and 12, and 11, 10, 9 and so forth up to 1.5 only in tenths.

There was a call into the retreat in Roanoke recently, this child had a sugar reading of 11. They said get the child into the retreat at the earliest moment possible. They asked, "is the child on insulin?"
He said, "No." "Has it ever been?" "No."
And they took it to the doctor and the doctor said, "the child is not a diabetic" and three days later they called and made reservation. But the next morning they went to wake the child up and it was dead in the bed because at sugar 11 most people die, at 13 all die. So, they called in and cancelled the reservation because their child went to sleep and never awakened. What happened there? The child died in his sleep from a lack of oxygen to the brain. So these are factors that you should remember.

The child that died with the 11 sugar, and also at 13 all are dead, but at 8 and 9 it is getting quite dangerous. It's quite dangerous but it's not deadly yet, that also depends on how long it's been there, for instance, I told you that the average sugar in the urine over any 24 hour period is the average of what it is in the blood for 24 hours, that's a rule and don't forget it. Now, if the system is throwing off that much sugar it means there is a terrific deficiency in oxygen to the brain. Now if there is a potassium deficiency and an oxygen deficiency you die around 11, but if there is plenty of potassium and just the high sugar then it's about 13 in ratio but there are your fatal marks, so please remember them.

In low blood sugar the problem goes back to the liver, there's poor liver function and lack of minerals, which also means a lack of calcium, oxygen, iron and iodine. Also water, not drinking enough water. Everything goes back to that liver.

Sunburn.
For skin disease, sunburn, blisters, steam burns and things of that nature you use the yellow light because yellow light is rich in vitamin A and the skin uses most of the vitamin A.

Supplements.
The supplements that I have developed are the the purest form that I know of, for instance the dolomite is far superior to any grade that we know of anywhere, and we can tell the difference. Often times a patient will come back after two weeks to a month and I'll say, "why didn't you take dolomite like I told you"
they'll said, "I did take dolomite". I'll ask, "did you take the capsules?"
"No, I got the tablets, they're a lot cheaper." "Well the tablets you took didn't work".

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Many times the dolomite tablets are so hard, and the gastric juice is so dilute, they go right through like buckshot without breaking down whereas the capsule all explodes at once like a bang and it gives a powerful punch there.

Some calcium supplements in stores are made from ground up oyster shell, or ground up bones of animals, and these are not accepted by the body because in an oyster shell the calcium is a very, very hard oxide form and even when you grind it as fine as talc, the calcium is still like boulders compared to the size it's going to have to be in to really break down and fit and actually become available to you.

With bonemeal you'd have to take about 60 bonemeal tablets in order to get what you'd get out of one MinCol capsule.

While I'm on the subject of supplements I'm often getting complaints about the cost of the minerals that we recommend and one man said, "I know what you're paying for algavim by the ton, and your the price is absolutely outrageous."
I said, "do you also realise that we grind that down to a very, very fine powder, then put it through a centrifuge fan and only the heavy particles are used, that two thirds of what we buy is lost, called inert. In other words it's your processing that counts."

We can tell by the numbers whether the patient takes what we recommend or not.

We'll only touch upon other supplements, vitamins and minerals that can be bought anywhere else in that particular refined form. Keep this in mind, we want you as doctors and counsellors to use whatever vitamins, minerals or other supplements or helps are necessary to do the job, we do not expect you to limit yourselves to what we suggest alone. We only tell you what the body is most deficient in and you're supposed to use any knowledge that you have to aid that patient in recovery at the earliest day possible.

Surgery.
I believe in surgery. There's times for surgery, like in the case of the Dead Sea brain tumor, or whenever you have ruptures, or when you have acute appendicitis. There's many times you need surgery but the thing about it is try to co-ordinate the diet with your surgery to see if surgery can be prevented. There are acute cases in which you don't have any time, there are times when the appendix has already burst and you have to do something and do it quickly, there are times when the haemorrhaging is very severe and something's got to be done very quickly, there are times for heart massage in which surgery is necessary, so don't think for one moment that I'm against surgery, don't think for one minute that I'm against medicine or chiropractic adjustments, or other things, all I'm saying is to coordinate your diet with your treatment and you will get a lot better results.

So many times people have the idea that by surgery you can cut out the area that has cancer or carcinoma and you solve the problem. If you take out the offending part without changing your body chemistry and your body diet the problem is only going to break out somewhere else. In other words you've got to remove the cause in order to conquer the situation. I intend to put a stop to unnecessary surgery without first trying diet. Now it doesn't make sense to remove, say a left ovary, because it has cancer and then not do anything to replace the mineral to keep the other one from becoming effected. In other words, why not try to replace the mineral first providing that "post mortea", a dying off, a gangrene, so to speak, had not set in. If that has set in then it must be

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cleaned out by surgery because the body's starting to die and that is the area that it starts to die in. In other words, the mineral deficiency is increasing where the body cannot take it and "post mortea" is setting in. In other words it's premature ageing and dying.

You doctors who have studied surgery know something about how important it is when you operate on an appendix to miss those glands in that area because the one down in the appendix area controls the basic metabolism of the brain waves within the brain, and if you disturb it very much the patient almost becomes a vegetable. I have seen people that were made a vegetable by an appendicitis operation. There's another one right close to it somewhere in the area between the appendix and the navel that controls the valve at the neck of the bladder, and if people have problems with them then they can massage them and it does a marvelous job.

When the gall bladder fills with stones and the weight of it crimps the tube then nothing will fix it but surgery, but before you try surgery there's 2 or 3 different things that you may be able to try and have them do:

- You might put the patient in bed, generally laying on their back, for a couple of weeks, but they can turn to their right side a little bit but NEVER to the left, and give them 2 tablespoons full of olive oil on a salad every day, and a light diet, and lemon water and sometimes it will shrink the gall bladder down. If it doesn't shrink it and they still have their sickness then it takes surgery.
- You might try the bed with the feet up just a little bit so the head will be down and a very low pillow. They can have a low pillow so that it will not lift their chest up and sometimes it will go down, but sometimes it won't go down so then you're just going to have to do the best you can, so there are times for surgery but get the person physically strong enough to stand the surgery before you recommend it, or suggest it.

Using olive oil daily on your salad will reduce the possibility of getting gallstones. If you already have gallstones the olive oil will soften them over a period of time and then they will flush out.

In treating a hernia get their body chemistry in Range 1 for at least 6 weeks or more and THEN send them for surgery, and it will take. Sometimes they have surgery three or four times and it will not take, but after you get their body chemistry into Range 1 for 6 or 8 weeks or more then it will take.

Sweat and Water.
See Also "Number Interpretation - Negro"
32, 5' 10", 168 lb , Male (Negro)

$$3.2 \qquad \frac{8.20}{8.40} \qquad 24 \qquad 4 \qquad \frac{16}{4}$$

The first thing you notice is that this is a colored man (black), and his age, height and weight don't tell you anything in particular at all. The next thing you'll notice is that he works out in the open air and sunshine a lot and he also takes his lunch with him with a lot of balony and cold cut meats in it. It's the salt at 24 which shows that he does a lot of sweating because if you drink enough water the salt would drop down to normal, but if it wasn't for the salt coming out in the sweat that salt level would be sky high and it's the salt at 24 and high pH's that says he's an outdoor man and that he's doing a lot of sweating.

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The sunshine gives him too much Vitamin D and the bread that he eats plus his cheeses and things he carries in his bag constipates him and his food is digesting too slowly, also he needs some colonic therapy and he's not getting enough water to drink. The high nitrate form of urea says "too much cold cut meats" and he ought to avoid all those canned, high nitrate, cold meats.

He's sweating out too much of his water and what you sweat out doesn't count, it's only that which goes out through the bladder and the urine that counts and he needs to drink more water after he gets home in the afternoon or whenever he can, and then he'll wash this condition out of his system.

3.2 is also one of the factors that shows he sweats a lot. With a sugar of 3.2 he is also low blood sugar and because of the high Vitamin D and high ureas, his weight shows that the low blood sugar is not effecting him because if his blood sugar was affecting him it would have changed his weight and would have dropped it 20 or 30 pounds.

He's not getting enough water to drink because he's sweating out too much and what you sweat out doesn't count and that's what this problem shows you, that the water you sweat out doesn't count and you have to drink extra water whenever you sweat it out or it won't work. It's only that which goes out through the bladder and the urine that counts, what you sweat out doesn't count.

Sweetener.
Always put sweetener in the lemonade whenever there's low blood sugar and use a different sweetener every day, for instance:

- Honey,
- Maple, Rice, Karo Red & Golden Syrups,
- Date & Dark Brown Sugars,
- Blackstrap Molasses,
- Treacle,
- Sorghum,

there's a great list of things that you can use, but use a different sweetener each day.

Swelling.
When you begin to study carcinoma not only are you going to be into adhesions, but you'll be into adhesions in advanced stages and you're going to find all of it is a mineral deficiency.

You'll find swelling of the tissue and so forth is what actually occurs and takes place whenever disease sets in and causes a loss of energy.

Swimmer, Fish.
The structure in the lung is shaped like a tree. Did you ever look inside of a swimmer of a fish and stretch it out, it looked like a tree in there because the whole swimmer of the fish is dependant upon one lung cell so to speak, they don't have lungs like we do but in there they have this structure that looks like a tree whenever you stretch it out, a big oak tree or something and it's the lining of inside of the swimmer or bladder of the fish and the oxygen bounces over the tree points to give the fish enough oxygen to live. The fish gets his oxygen from his gills, but some fish don't have gills and they have to get their oxygen by sticking their nose out like the porpoise and breathe in and then

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dive down and then come back up and breathe out. They breathe it through the air and they've got lungs, some fish do have lungs.

Symptoms.
Many times when the client comes into your office they will be telling you many of the symptoms that are listed on the symptoms sheet. Doc always stressed that one of the reasons you need to be aware of symptomology is that when you begin to talk with people you'll need to talk with them enough to let them know that you're talking about THEM, and not somebody else down the road. Once they know that you know their case, or their situation AND their numbers, (maybe not down to the fine detail), then they'll listen to you.

So the point about it is, don't expend all of your energy finding out what is wrong with the person, just find out enough to let them know that you are relating to them, and then you go on from there.

This was demonstrated when when there was a group sitting in Doc's room and one person was not feeling well so he had a test run and Doc looked at the numbers, and almost in a state of shock, described what was wrong with this young man. He said, "if you'll take your hand and press in just near the urinary bladder you will find extreme pain". Now the fellow didn't know where he hurt, he didn't know what was wrong except he was passing blood, and he put his hand where Doc said there and just barely touched it and almost went right through the ceiling and Doc's counsel to the young man was "you stay here, you belong at a retreat", he was scheduled to go to Europe and Doc's comment was, "if you go to Europe you'll come back in a box." Now just from a little bit of blood and a little pain, you know you'll be dead you won't be able to come back from Europe that's hard to take and yet right now after six weeks this man is still in the hospital and Doc's prediction was true, had he gone to Europe in all probability he would have died over there.

He stayed here at the retreat for a while but he just became worse and put himself into the hospital. He did not get worse because of the retreat (Doc was not even aware that he was here), he was there on his own and on his own program, and then he put himself into the hospital. The strain of his problem (caused mainly by fear) was too much on his heart and it was wearing him down, which was why he went into hospital, in order to get help that could not be given at the retreat.

It's not necessarily a sugar problem, or any particular problem that puts them into hospital, it's mainly "fear" because the body doesn't change very easily from one pattern to another, it resists the change, and it's that resistance that makes them have headaches, sick stomach, tingling, nausea and most any kind of thing and they'll just swear and affirm that their diet is about to kill them. It's a change in their body chemistry and it's the metabolic poisons and toxins coming out of their system. In other words, their system is beginning to restore itself, it's beginning to rebuild, and it's a shocking experience and causes fear. If people do not know what to expect when their chemistry changes then they become afraid, and the fear can cause heart palpitations.

You can expect anything in the world to happen when people go through a withdrawal, you name it and it generally happens, except that they live. I've never lost a patient going through withdrawal. You're going to find many cases that will do the strangest things you've ever seen, especially when they're going through withdrawal, and it is absolutely unpredictable what will happen.

Some normal symptoms of withdrawal when the body chemistry is changing patterns are:

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- Nausea,
- Get sick at their stomach, vomiting,
- Break out in hives,
- Blood pressure may go up,
- Gagging on lemon juice.
- Lump in the throat.
- Sore throat. "All that lemon juice is burning me up from the time I put it in my mouth till it hits my stomach, it sets me afire." Praise the Lord. It's got the bacteria out of your esophagus that's going to cause your esophagus to rot and have diseases, and for the first time in years you've got a clean esophagus. Keep it up for three days and your esophagus will be like brand new.

One of the main reasons we send them to a retreat is because of the withdrawal symptoms, because they may get so severe they're going to throw you over the sandybank and say, "you don't know what you're talking about, you're making me worse instead of better", so it behoves you to tell them plainly what to expect when they start a diet and then some of them have no place to put it, they won't remember it and therefore it's better to have some people in a retreat.

The first visible symptoms of recovery is around the mouth, you'll see color coming around the mouth and then it begins to spread over the face and then after it covers the entire mouth and lips area up to the nose and down to the central part of the chin, then you can look on the tongue and round the side of the tongue it begins to look brand new, pink, and new color coming in, and then the whole tongue will begin to look like a brand new tongue and it won't be coated anymore, it will not have the appearance of an alligators back and you'll begin to know that life is coming back and then all of the wrinkles will disappear.

The same numbers always have the same general symptoms but different numbers can also cause the same symptoms. The symptoms are only a verification of the numbers, and the numbers verify the symptoms. Remember, your problem can be either extreme, high or low, either too much or too little and still have the exact same symptom, too much or too little. There's a happy medium, Range 1, that when your body is perfect it will have that range. Too much or too little often has the exact same symptoms.

The questionnaire is going to be of great help to you to help you to compare the numbers with the visible conditions that may or may not exist, but one of the things that's going to be so dumbfounding to you is that all people don't have the same symptom from the same deficiency.

Our foods are so low in calcium that we are showing symptoms of:

- nervous eccentrics,
- nervous wrecks,
- interference with the regular beat of the heart (may be from low calciums),
- fear, and
- cramps.

If you have a urine pH around 7.10 and a saliva pH down near 5.40, or even lower, then you have an ideal setting, for acute indigestion. People don't have acute indigestion anymore they have heart attacks because there's no money in acute indigestion. People can get over acute indigestion in 30 minutes, but it takes 2 weeks for a heart attack in a hospital. You can tell the difference between a

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heart attack and acute indigestion because with acute indigestion they have cold hands and cold feet, which are symptoms that let you know it's acute indigestion.

On a tuberculosis (TB) patient you can tell 30 days before they die because their sexual passion will become uncontrollable, and you know then they've only about 30 days to live at the most. It would be different with different individuals but the overall pattern would be the same, in other words, there is a desire to leave offspring and it doesn't matter too much about age or sex, they all become almost uncontrollable and you almost have to put them in solitary confinement during that last 30 days. It's one of the most terrible desires that I know of and it's one of the symptoms of a dying TB patient. It does occur in other maladies but it's magnified more in TB.

If the tongue is blue or black, or if the gums are streaked with blue it's a symptom of leukemia and if the lips are showing blueness then it's an oxygen deficiency.

Some of the symptoms of a diabetic are:

- Inside of the central core of the eye there is a lot of fluid and whenever the body chemistry begins to get too many carbohydrates then that fluid begins to increase, the eyeball enlarges and the vision is effected, and that's the first sign of a diabetic person. You've heard people say, "that child has the most big, beautiful, brown eyes", or "big, blue eyes", or "big, hazel eyes". All they're saying is that child has diabetes, or is a candidate for diabetes.
- Sores that don't heal, scruffies that stay too long, body, leg or foot sores and things of that nature. Overall there'll be slow healing and so forth particularly of the extremities, and that's also the cause of amputation of the extremities of diabetics.
- A diabetic drinks water like it's going out of style, if he didn't he'd be dead a long time before.

Synchronized.
A molecule is any substance that's composed of two or more elements, the same as a compound. It is a complex atomic atmosphere composed of two or more atoms in a definite energy ratio to one another and they are synchronized, and it is the synchronization that forms the frequency.

The frequency of all cells of the body is constant or else we'd come apart. In other words we're synchronized, we must be synchronized, there's no such thing as unsynchronized.

Whenever you take hot water and cold water and put them together it seeks it's level of temperature and this is called synchronization.

When two motors are running and one is running faster than the other and both of them are trying to pull a propeller, maybe on an airplane, the plane will have a tendency to try to turn around because one is not pulling as hard as the other and it's not synchronized, but when they're synchronized and the pitch of the blade is the same then the tone of the engine is different and the plane sails very smoothly, so you will find synchronization throughout all nature.

All nature seems to synchronize and synchronization will follow the line of least resistance. Now if nature follows the line of least resistance then it would be impossible for an atom to contain the same number of protons as neutrons, it would be utterly impossible. In other words synchronization along the line of least resistance explodes that theory completely because it couldn't be, because you'd have a ratio of 1:1 and it wouldn't matter what you mixed you'd still

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come up with the same substance. Is that clear, do you see through that statement. An atom cannot contain the same number of protons as neutrons even though the chemistry book says it does. Everything that has a ratio of one to one and the things that follow the line of least resistance would all come out as hydrogen.

Whenever you begin to deal with your atomic structure, the atomic elementary structure of a molecule, the variables will cause it to synchronize into a compound substance on one frequency.

When you start to supply the minerals needed for optimum health the later you start in life the more difficult it is to synchronize the ratios of elements, and the reason for that is because of the variable of the elements in different people, it's a very difficult thing.

T

Tablets.
Many times tablets like dolomite are so hard, and the gastric juice is so dilute, that they go right through like a buckshot without breaking down, which is why capsules are recommended.

Talents.
Some people are lazy and won't use what they've got, and some try and use more than they've got and these things are a factor that has much to do with vim, vigour, vitality and enthusiasm of life. Their returning in life, what they expect and there's whole lot to that to what you can do.

Tardy.
It seems like it's the spirit of the age to be tardy, to be late.

Taste Buds.
There's 284 tastebuds on the tongue and let me say this about maladies or illnesses, "you generally crave the food that makes you ill, and you'll generally resent the food that makes you well, it repels you. There's something repellent about it and it's a matter of changing your body chemistry patterns." You can't go by the taste because it can fool you, but you can go by these numbers.

If you'll change your body chemistry from one pattern to another, or from the wrong pattern to range A, you will find that your taste buds will like things that they once disliked.

For instance, people can't drink the green drink or they find it too difficult to drink the carrot juice because they haven't tamed their tongue. Who's the boss, the tongue or the condition.

Teacher.
On the first day of the Course you were given the whole 9 Courses of the Biological Theory of Ionization put together, and if you understand what was said then you know the whole 9 Courses, but you're having to take it step by step by step and you have to have a teacher to help you understand these these things.
I had to have a teacher to teach me the knowledgeable part and you also have to have a teacher to help you to understand these principles that create a biological living realm.

Teeth Rot (Mothers).

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Many mothers are highly depleted in calcium and other minerals, and this is the very reason that a mother's teeth rot out while they're having a baby, because nature is drawing the mineral from the teeth that they should be taking.

Temperamental.
You could have a perfect calcium and have a low blood sugar and be temperamental.

Temperature Measurement.
There is a difference between Celsius and Centigrade temperature measurement.

Test/Retest.
This system was discovered in 1931, and the way it was brought about was a man, an engineering friend, we helped him to learn something about an orange grove. He'd married into a family and they didn't know what to do with him so they bought an orange grove down in Florida and put him at the head of it, and he didn't know an orange tree from a grapefruit tree. He didn't know anything about it, but he was a smart fellow so he hired somebody who did know to teach him how to run an orange grove for a profit so he hired our firm to do that.

> "This man lived the second or third door from my father and mother and he had a little $2\frac{1}{2}$ years old boy that had seizures. On this particular day he'd had his little boy to the doctor and this young fellow came down that afternoon after 5 o'clock and he said, 'I just had our little boy to the doctor today and the doctor tells me that he's going to go into a seizure and just not come out, that it's impossible for him to live until he's 5 years old. Medicine has failed, you've just got to help me.'
>
> At this time the boy was having between 5 and 8 seizures every day. So I went to the lab that night and I started working, or started thinking at least. I was just sitting in a chair thinking and I couldn't think of a place to start. Nowhere could I think of anything to do, or any way to start. If I could only think of a place to start or what to do, and for three days and nights I sat thinking, I mean I didn't sleep, I was frustrated, praying and fasting for something to know what to do.
>
> The thought came into my mind, that if you knew what "perfect" was then you could find out what this little boy's body chemistry was. If you knew what a perfect body chemistry was then you could test this little fellow and find out how far from perfect he is and then make a diet to bring his body chemistry back to perfect. I'm sure that the Lord himself put that message into my mind because I had my first clue then on what to do.
>
> Then strictly by calculus and working it through this equation resulted in four more days, although the original equation was much longer than that. Then I brought the little boy in and we tested the stool, the urine, the saliva, the tears, the fingernails, the wax out of his ears, everything we could think of we tested, and then I made a diet for the little fellow and in just 90 days the seizures had practically stopped and after a few months they moved away to Texas to take over another project the family had bought on which they were losing money because he had made an excellent success of the grove in the year and a half he had been there.

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So they sent him out there and I lost contact with the family for 35 years, or thereabouts, and as I was walking in the street of Orlando one day and this young man came up to me and said, "aren't you Doctor Reams?"
I said, "yes."
He said, "I know you but you couldn't know me",
I said, "no sir, I don't know you. If I've ever seen you I don't remember."
He said, "you haven't seen me since I was about three and a half or four years old." He said, "I was the little boy who had epilepsy, and you gave me a diet, and I got over it. I didn't have any more seizures although at about 7 years old we were in a little fender-bending accident and I thought I might have had a light seizure then, but I haven't had one since. I'm now happily married, and I have a family of my own", and he told me about his parents and things of that nature.

But his problem was not epilepsy, it was diabetic seizures that he was having instead of epileptic seizures, his blood sugar was too low. So this formula was born out of that, or came out of that coupling and I have dropped off everything that was in repetition and now have it down to the basic facts because in the original formula that I had there was a duplication and repetition that was just more expensive and not necessary.

So this is how come this equation become into existence."

Remember this, you need to be very careful in your testing and keep your equipment clean. For instance, some of the boo-boos that have come in on the cards are utterly impossible, for instance a pH of 10, or a pH of 3.2. I mean there isn't any such number and the tester made a Boo-Boo, they picked up the wrong chart. Also one of the most important things in laboratory analysis is to be sure to keep the equipment clean. Keeping the equipment clean is absolutely essential and unless the equipment is clean you will not get a clear, concise, accurate reading.

Because people's readings may rise and fall with the changing time of day it is best to retest as near as possible to the same time as the original test, especially on pH and sugar. So in order to keep as many variables the same as possible try and retest them at the same relative emotional physical strain as the original test.

These tests are accurate and you cannot deny them. You can't necessarily go by what the patient tells you, but you can go by your numbers. You can go by your numbers and do go by your numbers. Believe your numbers first, last and always.

The Test now is only on the Urine and Saliva, we don't use fingernails, toenails, wax and so forth in the test because it's just a repetition that adds to the expense. These tests indicate:

- whether you have too much sugar, or not enough,
- whether your body is too acid or it's too alkaline,
- whether there's too much salt or not enough salt,
- whether there's too much iron or not enough iron,
- whether there's too much manganese or not enough manganese,
- whether there's too much iodine or not enough iodine,
- whether there's too much urea or not enough urea,
- whether there's too much calciums or not enough calciums, and which calciums to use,

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What the numbers show is whether you have too much or not enough of various things. Actually the test is not one of the healing arts any more than the gauge on the dashboard of your automobile is a mechanic. The test itself is the gauge that shows whether you have too much or too little. So it's really NOT one of the healing arts, and if anybody uses this formula and gets well by using it then it's not my fault, or your fault. It's something that just should be done. For instance it's like setting a plane from one city to another, you fly on an azimuth, and when you get there it's because you flew on the azimuth. If you miss the city then something went wrong somewhere, so if you are not getting the energy you need there's a reason, and that reason is a mineral deficiency.

One thing that makes this a little bit disturbing to many is that you have to carry so many thoughts in your mind at one time so it's like coming up to an intersection with 84 roads going out from it. Which road should should they take? Now we can take more than one because we need more than one, in other words, we're the supply house, we're the consumer to use it and instead of travelling 84 roads we just say which of these roads are going to bring me iron, which one's going to bring me aluminium or copper, zinc, potassium and so forth. So, you've got many, many things to keep in your mind at one time.

Now it is necessary to know the atomic number of an element because we don't live on elements, we actually live on compounds but we have to figure energy by the elementary structure of the compound. Also under frequency is micronage and the micronage is the result of the way the atoms are stacked together to make the organ. I've said that micronage was something like piling up 84 piles of red bricks, and hiring 84 carpenters to build a house without giving them any floor plan. Just told them to build a house with 284 supply rooms, two windows, two telephones so to speak, a blender and so forth which represents the parts of our body but you didn't give them a floor plan. Well each one of them would build a house out of red bricks but every one would be made differently, yet they would all be built out of red bricks which represents the frequency. They all had the same number of red bricks but what makes the micronage different, is because of the different structural plan of the species and each individual.

So this is what this test tells you, and you can go on through the elements. I understand it's a lot of Greek to you at this time because we have jumped over the math completely and we've come to the answers. We're studying the answers and we're not studying the why the answers are there, we're just taking the answers and I'm going to ask you to memorize these answers. Memorize these answers because later you're going to work the problem and it gives you these answers.

The purpose of the "Ranges Sheet" is that it tells you where the people were when you started working with them, and don't be too shocked if on some of your cases you find that you think you're doing everything right and the person actually slips backwards, or apparently backwards, and it could be that:

- you're doing something wrong, or
- the body's going through a chemistry change and you have to wait just a little bit.

So by going through this in a a systematic way you not only think of what the malady might be, but you also think of what you can do to bring about a change. That also brings me to the point that your numbers in the FIRST Test that you ever do on anyone will not mean the same if you found those numbers 6 months later exactly on the same person that had been on a diet. They would not mean the same thing because the timing would be different, the age would be different, they've

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grown a little older, you get the idea. For instance, when the sum of the ureas is below 12 on a "First Test" it is a potassium deficiency and below 9 it's actually a brain tumor.

However you can verify to see if it does mean the same by putting your stethoscope on the heart because the higher the ureas the harder the heart beats up on a first reading, but as the cells are thrown out in cellular form before they break down into salt form, and they will break down into salt form if they stay in the blood stream five or six days those cells will break down into a salt form, ordinary salt that looks like ice-cream salt, and that causes the heart to beat too hard. Now if you drink enough water then it will wash these cells out in cellular form and the heart will beat soft. Now you could precipitate those cells and then take the urine and come up with a different ureas reading from what you would with the cells in there but you'd have to add about US$50.00 more to the test and it's not worth the difference when you can hear it in the stethoscope.

This is not a one-test wonder, the people will need to be retested more frequently whenever:

- the lower their energy, or
- the further from perfect, or
- the more their numbers jump around,

because the sicker they are, and the more erratic their numbers.

With retests you're not just trying to get another US$50.00 dollars out of them, you're trying to get them to realise the seriousness of their condition, and be sure that they're doing it because a lot of people are quite foxy and they're going to blame you if you don't check on them often enough to know whether or not those numbers are where they should be. With enough study you'll begin to see what the numbers should be and you'll know how often they should come back. In other words, whenever you give them a diet you are going to expect these numbers to do certain things and if the numbers don't do it then "why didn't they do it". You see you're not supposed to ask them, "did you do what you were supposed to?" You're supposed to tell them what they did wrong, and the thing about it is work with them, find out, ask them whatever questions need to be asked, but remember, please use "cause and effect".

When you do consecutive multiple testing it isn't the ureas you multiple test for, it's the sugar because the sugar is the one that's critical. You don't have to worry too much about the urea. It's the sugar that you don't want to drop too low because the lack of sugar in the urine means a lack of sugar in the blood which means a lack of oxygen to the brain.

Now the higher the energy the further apart the retests, or, the nearer to "Perfect" the equation is the further apart the retests can be. Many times a normal patient will be told to have a retest every 2 weeks and sometimes it's a very good idea to put a borderline person on a 1 week retest. If they're in Range 2 or B, or Range 4 or D, and you want to try to do it at home, then have them come back once a week for a week or two or three, and then every two weeks and then every four weeks and then once every six or eight weeks or every three months.

If they are a retreat patient, and they go to the retreat, after they get back they should have a test at least once a month for 3 or 4 months unless told otherwise.

I want you to know that this system isn't perfect, it has its weak points, and we're going to show you what these weak points and these happen more often in Zone B and D than they do in C and E:

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- One is ulcers in the stomach, because the gastric juice keeps those ulcers so clean and scatters the energy over such a wide area until they are difficult to pick up in the first test but by the third test you'll pick them up with no problem, they'll stick out like a sore thumb. The stomach puts a film of oil on it and your saliva coats it and dextrose sugars cover it and you can eat ordinary foods very well but if you eat cabbage slaw, coleslaw, or something like that, it will dig in through that film and cause pain. Generally if people tell you they have ulcers in the stomach and they can eat coleslaw without it hurting them they don't have ulcers, what they have is a high count of delta cells. Now the reason it hurts an ulcer and doesn't hurt a delta cell is this, in an ulcer the nerve is very much alive right to the end, but with a delta cell the nerve dies off ahead of the deterioration and therefore there's no feeling so the coleslaw doesn't hurt them. Now a medical doctor would call it carcinoma, you call it delta cells if you're not a medical doctor. So what you do for stomach or peptic ulcers is to start with you put people on lemon water according to their sugar count then if they have peptic ulcers it will clean the film off of those ulcers but it will burn them very, very badly, so badly till they can't stand it. Then you take them off of the lemon water and put them on the cabbage juice program. With the film off the ulcers the cabbage juice will heal that ulcer real fast. Use only freshly squeezed cabbage juice three times a day as follows:
    - Day 1. 2 oz of cabbage juice in 4 oz of water, 3 times a day, making a total of 6 oz each time.
    - Day 2. 4 oz of cabbage juice in 2 oz of water, 3 times a day.
    - Day 3. 6 oz pure cabbage juice 3 times a day.

I've never seen ulcers that this would not heal and I mean real quickly.

- The next thing is a stretched gall bladder. For instance you may have an enlarged gall bladder stretched so large until it holds a pint and yet the gastric juices ferment inside that gall bladder and whenever you eat food they can't flow properly and when it does flow it's fermented and the food makes you sick and you're nauseated all the time. Now the gall bladder is stretched so thin it does not give off enough energy for you to pick it up on a Ist test, but after 2 or 3 consecutive days of testing you can zero in on it.

You're going to find people that will even add water to their sample before they have it tested in order to try to get a better reading but it won't change it at all but if they add enough water then their sample will be so dilute that there won't be any picture there.

Testers, Retail Sales.

I very much discourage testers selling vitamins and minerals. I discourage that, I'd like for you to keep that in the health food stores as much as possible and I'll tell you why, work it out with the health food store that if they'll send you customers you'll send them customers for their minerals and vitamins.

In that way you have a lot more time and you're not in competition and it's a lot easier in fooling with it and you can help a lot more people but when you try to do the whole cheese sometimes it gets to be quite strong cheese.

Testicles Removed.

I've known men who for religious principles and beliefs have the testicles removed, and in three months they were dead because their body had a shock of not enough testrogen.

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If you make eunuchs as they did in England a couple of hundred years ago they did them as children.

Testrogen or Testosterone.
The liver manufactures an enzyme that controls the estrogen and testrogen flow in people. In the natural liquid form I was taught testrogen, but in the specific hormone form they call it testosterone:

- If it does not manufacture enough estrogen or testrogen the person becomes extremely violent, almost insane and it can then upset the B3 and B5 balance.
- If it manufactures the least bit too much estrogen or testrogen they become on a vegetable tendency line on which they're going to get to using too much of something, hooked on something, like too much alcohol, too much coca cola, too much cherry pie, too much sweets, too much cigarettes, too much pop, too much potatoes (I found one that was hooked on Irish potatoes). The least bit too much estrogen or testrogen breaks their resistance, they can't resist something, they're going to get hooked on something and if it continues to increase a little bit further then they'll become a vegetable.

Thanks.
When I was a young engineer in agriculture about the only people that came for help were those with the sheriff at the door, foreclosure on the hand that couldn't turn or twist, and all they were hunting was somebody to lay the blame on. They thought if they couldn't do it, it couldn't be done but we would get them on their feet again financially and you know only about 1 in a 100 of those people would come back and say "thank you", even though they paid us.

You know the 10 lepers that Jesus healed only 1 come back and said thank you, just one. Well, He had a very high score compared to what I have, a very high score, but he deserved more.

Thanksgiving Turkey.
Doctors have more calls on a full moon than they do on new moon, with one or two exceptions, the week after Christmas and the week after Thanksgiving are exceptions because of overeating. Thanksgiving dinner is wonderful when it's used intelligently.

Theory of Atomic Structure.
Now we'll burst up another theory that you had. You were taught that an atom had to have the same number of protons as neutrons. That is wrong. That is false. For instance any time in chemistry, or math, you have a ratio of one to one you have the same thing. Now you were taught you had to have 8 anions and 8 cations for a one mol of oxygen. If that were true the physics of that structure would follow the line of least resistance and break down to be 8 molecules of hydrogen. Doesn't that make sense. I went through college and I was taught just like you were taught, it hasn't been changed, and when I got out into the field to work I fell flat on my face, I absolutely almost went insane for about three years trying to figure out what was wrong.

I finally went to private teachers who taught me how to figure energy. I was charged US$50.00 an hour back in the Great Depression to teach me the basic foundations of calculating energy, but the very thing they taught me I could sell it today, and tomorrow and the next day. In other words they put the foundation of figuring energy in. Dr. Charles Northam was the one who taught me how to figure this energy and how wrong the books were, and he had a nice write up in the 1937 Readers Digest. The write up is in there. So what I'm saying to you is forget what you've been taught in the past and now just take it like it really is and I will prove this more and more as we go through it.

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Thermograph.
A thermograph is an image on a television screen where the different temperatures produce different patterns.

Thoughts.
Diet has everything to do with your behaviour, and your child's behaviour, with what you think and what you do, and it goes back to the gastric juice that you have that is manufactured by your liver and stored in your stomach.

When people are extremely ill you will find that they've got their eyes on themselves and that they are not able to think clearly for themselves, and should not be expected to, they need somebody else to tell them what to do and what not to do.

Many times you will find that ill people are spoiled rotten, the whole family is rotating around them, eager to help and obeying every whim and desire (which most of the time is all wrong) and not only that, but many times ill people are incapable of making a wise decision, and consequently the family that caters to the whims of a sick person is simply pushing them into the grave. So the thing to do is to find a right course and do it instead of catering to the ill who are to weak to make up their minds. So remember these things because they're just as much part of getting well as the diet they take.

Another thing that you need to do to help sick people and it is in regards to their thoughts that are necessary for rejuvenation, is get the "hate" or "revenge" or "malice" out of their heart. "Hate" is the finest cancer seed in the world and when everything else fails to give you cancer just start hating and you'll have the key then, a seed that will germinate. This is what hate can do for you, it can rob you of your life, it can keep your food from digesting, it can give you ulcers, it can give you cancer, it can tear you down, hate only hurts the hater not the hated. Only hurts the hater.

Throat Burning.
When you put people on the lemon water program one of the complaints you'll get with people in all Ranges, except Range 1 is, "this lemon water is burning me up from the time I put it in my mouth until it hits my stomach, it really sets me afire."
just say, "Praise the Lord."
"What do you mean Praise the Lord, it's about killing me. I'm allergic to it, it burns my throat."
No, it doesn't burn your throat, actually it does burn in a way but not a burn. What's happened is that there's been a lot of bacteria chewing on your esophagus which were causing your esophagus to rot and have diseases, and the lemon juice has got the bacteria washed out of there and for the first time in years you've got a clean esophagus and nature has started to heal it. Keep it up for three days and your esophagus will be like brand new."

The burn is a bit like like putting a little rubbing alcohol or salt water on a cut or a bad bruise, it burns a little bit, cleanses it and in 2 or 3 days it'll pass over and they'll feel well.

Thyroid.
Organs manufacture, glands do not manufacture. The definition of an organ is that it's something that manufactures, or pumps or processes. It's a structure of action but it does not ionize. The definition of organ includes the thyroid because it manufactures "old fashioned grandma's soap by adding potassium to thyroxine.

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Your liver manufactures a substance called glycogen which goes over to the pancreas and it makes thyroxin. The thyroxin then goes up to the thyroid gland and the thyroid gland mixes potassium with it and then you have a type of soap, old fashioned grandma's soap, that's there for the purpose of dissolving the excessive fats and oils in your system and keeps your weight to normal. If it manufactures too much old fashioned grandma's soap then that's one cause for underweight, but if not enough of it then you're overweight.

Many of you have been taught that thyroxin is made in the thyroid, well that's wrong. The thyroid makes thyrotoxin, it's the worn out cell. Thyroxine is manufactured in the pancreas and goes to the thyroid where it adds potassium and you get thyrotoxin, the worn out cell. The thyroid also manufactures one of the potassiums needed for the brain.

You recognise a thyroid deficiency by:

- overweight, or underweight,
- or by a malfunctioning liver, by pH (saliva) being too high,

generally that's some of the signs of it and the overall picture gives you an idea but there is no oversupply of such a thing as sugar or salt or whatnot and therefore you go by what we call deduction. You deduce from your problem the possibilities of things that could cause certain symptoms or certain mineral losses.

All thyroid problems begin with a malfunctioning of the liver, and then the pancreas doesn't manufacture enough thyroxin and therefore the thyroid becomes irritated because it also supplies the material to rebuild itself and if it doesn't have then you can have all kinds of problems.

Hypothyroid or hyperthyroid just means a malfunctioning of the liver is the cause of the malfunctioning thyroid and it doesn't matter whether it's hyper, hypo or any other kind.

Tinnitus.

Tinnitus, or ringing in the ears, is caused because there's infection, or a loss of energy, in the ears and it's the wave lengths that strikes the anvil of the ear that gives tone, and this is exactly the same energy we pick up in the specimen test that pinpoints the malady.

The high salt level has an effect on tinnitus only when there is an infection there. The two recommendations for tinnitus, ringing in the ears, are:

- Formula X, and
- Rubbing alcohol.

Both rubbing alcohol and Formula X you drop it into the ear. Use the pure alcohol, do not dilute it.

Tissue Categorisation of Soft Tissue - Hardest to Softest.

We're going to take you from the softest tissue and the smallest cells in the body right on through to the hardest tissue and the largest cells in the body, and the difference between the tissue is going to be because of the micronage, which is in direct relationship to calciums. It is the tiny, tiny, tiny increases or decreases of percentages that makes all the difference in the world. Now remember, throughout all these cells the frequency is going to be constant because of the nitrogen. The soft tissue is the basic thing with minor, slight changes. If we come to the sex organs it's the

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manganese that'll be slightly increased and the calcium that'll be slightly decreased. In the heart it'll be the arsenic that's slightly up and the calcium slightly down.

Why is it that the heart needs arsenic and the sex organs need manganese and the variable is the calcium? It's partly due to the size of the cell, or the micronage, but never forget too that there's a quarter of a million different kinds of calciums and maybe more. Now the fact that the heart needs arsenic, etc., cannot be reversed is because God made it like that, that's the way we're made and I don't know why. That's why we determine by chemical assay, not by mathematics. The rythmatic we're going through here is a result of laboratory tests and is not the cause of the arsenic being great in the heart and manganese in the sex organs and iron in the liver and so forth.

Tissue, Softest / Hardest.
There's 23 tissue types in hardest to softest. The tissues that are the softest pick up the most energy.

Softest	Brain (Smallest Cells, Most Potassium & Anionic Energy, Least % of Ca) - Bone Marrow Lungs - Most mineral variety of any part. Best food is "All Spice". Perfect has 84 minerals Ovaries and Testes - Endometrium or Placenta on the Uterus Lining - Looks like a pin cushion. Lining of the Stomach - the Rugae (It's soft to pick up the energy) Eye Tissue - Breast, Prostate, Uterus, Penis, Vagina, Fallopian Tubes Liver -
Tough	Fat - Soft Vessels (Capillaries) - In the skin they're tougher than in the lungs. Spleen - Skin - Muscle
6.40	Transformer Glands Arteries - Veins - Pancreas - Intestinal Wall - Gall Bladder Thyroid, Esophagus Heart , Kidneys (About the same specific gravity)
Tough	Skin of the Feet, Kneecaps, Elbows (Variable) - Depending on how we dress - shoes etc. Villi (or Coli) - of the Small and Large Intestines. Hair - Ligaments and Tendons - Cartilage (Gristle) - Nails - Finger and Toe Bone - Largest Cells, Most Calcium. Teeth (tooth enamel?) -
Hardest	

Tissue Damage.
Tissue damaged by vehicle exhaust fumes is caused by a lack of oxygen.

Tongue
We have 284 taste buds on our tongue and one thing I want to call your attention and is a good thing to do, is to look at a person's tongue when they come in with your first test as well as looking at their eyes. Poor nutrition causes the tongue to get as rough as an alligator's back, and then watch their

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tongue as their system progresses and you'll see around the edge it gets to be looking like a brand new tongue, pretty and pink and got some life to it. Keep them on the diet until the whole tongue is as beautiful as a brand new tongue, but you're going to find people with:

- a black tongue. A tongue that's just as black as it can be.
- a blue tongue or bluish gums. These indicate a leukemia condition.

You can put certain things on your tongue and within ten seconds you begin to get effect from them, however that kind of effect is only what we call aroused effect, or a quick energy, in other words, it's only stimulated energy. It is not actually created something that actually becomes a part of us. It only sets the stage for the other organs then to begin to perform their part in the anatomy.

Sometimes we have too much of something and not enough of something else so then we want to decrease what we have too much of and increase that which we do not have enough of and one of the reasons that so many people are ill today is because they are making their stomach a garbage can. Simply making their stomach nothing more than a garbage can and they only eat the thing that tickles their tongue. Unless the tongue demands it they won't eat it. People can't drink the green drink or they find it too difficult to drink the carrot juice because they haven't tamed their tongue. Who's the boss, the tongue or the condition.

Training.

If you think that diet is the whole thing you need more training, if you think drugs is the whole thing you need more training, if you think Theology is the whole thing you need more training, if you think that any one thing is all you need more training. The purpose we're here for is to seek perfection, to be perfect in anything and everything that we do.

It's remarkable to know the power you have in your hands and the accuracy of it. I was on call for 38 years by the three largest hospitals in Orlando before I got kicked out and falsely accused of practicing medicine without a license, especially when I was doing the work for the doctors, through the doctors and for the patients and that is when I gave it to the world. It's the greatest thing that ever happened.

But what I'm trying to tell you is in these entire 38 years they never found this system wrong once, however, I did my own analysis when I was there and I was much more highly trained than you are, and you really need to work, work, work, work on those analyzes until they are perfect, till they are perfect and your equipment is perfect and you understand these numbers. Now you must understand anatomy, you must memorize the rules and slowly and surely you will see cause and effect, cause and effect.

Transformer Glands.

See Also "Hodgkin's Disease". In manufacturing amino acids the liver is involved only in the early stage of production in that it only starts the manufacture of the amino acids, putting together about the first 60-70%, then these partially completed amino acids go out into the blood stream to circulate and await use by the transformer glands. In the body we have different organs tuned through the brain to pickup amino acids of various structures with their specific milli micronage, and very few of these enzymes have been named. For instance, the liver manufactures glycogen from which the pancreas manufactures alcohol. It is the milli micronage of the amino acids and Transformer Glands that determines the Line of Least Resistance which enables the Transformer

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Glands to grab specific amino acids by magnetic attraction. The milli micronage of the amino acid determines tints, shades and colors (Baer's Law, "like attracts like") of the body part where they go.

The transformer glands for the different organs and tissues are tuned through the brain to pickup these partially completed amino acids which they then ionize and tune to the exact milli milli micronage of the various structures in the body. You need to get a book on acupuncture to show you where the 284 transformer glands are in the body, and they're not in the same place in every person, they're a variable and only a few of them have been named as yet.

Now indigestion, or more correctly, the lack of digestion is the beginning of most illnesses because it's actually the lack of getting the minerals out of your food and there are two main causes for indigestion:

- a lack of calciums, and
- a lack of oxygen.

This is the beginning of problems and many times they begin in childhood and they cause children to form habits that become stumbling blocks throughout their entire life and many times they have indirect effects on the genetic code but that won't show up until later generations.

Indigestion effects the transformer glands and whenever it's time in life for these glands to become active and they don't act, or they over act, or they come into production too small or too quickly, then for instance, some girls come into puberty at nine years old or even six years old. There's a medical case where one came into full puberty at six years old. There's another case of a man that came into full manhood at 4 years old and died of old age at six, with a long beard and a base voice and so on.

In other words these glands in our body determine at a certain age that we'll do certain things. For instance, boys and girls that are born normal use the same amount of calciums until the young lady comes into young womanhood and at that time she uses 700 times more per day than a normal man, and if she keeps this ratio throughout her life she will have a very happy life as far as health is concerned, but if this calcium drops too low at any time she's in menopause and it doesn't matter whether she's ten years old or 60 years old, it's menopause when her calciums drop too low and she becomes too nervous. Now most doctor's tend to magnify women's diseases over men because they don't know to supply the calciums that they need to keep them healthy. Now when a man's calciums gets too low he's dog tired at night from barking all day, he's upset also.

Hodgkin's Disease is a very serious disease, it's cancer of the lymph glands, and they need to get to a retreat at the earliest date possible and get their body chemistry lined up but in the meantime:

- plant some wheat grass so they can start on 4 oz of wheatgrass juice twice a day after they get home,
- they practically do no work what-so-ever, and
- they stop eating all meats

and you have to go by the numbers after that. Hodgkin's Disease numbers are:

25, 6' 3", 175, Male

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$$5.1 \qquad \frac{6.40}{6.60} \qquad 36 \qquad 4 \qquad \frac{9}{10}$$

Energy 41 or 42

This person is in pretty bad shape but this problem generally doesn't last very long, it's a short term disease but it's also fairly easy to stop if the body chemistry responds.

Many times people can have Hodgkin's Disease and they feel wonderful, but they're just weak, although they may have occasional headaches.

The first question is, "Is there some discomfort at the base of your neck, where the neck goes into the shoulder, a little bit more on the right hand side than the left side?"

I would ask him that question because I know the one in that spot aches more, it bothers him, because there's a loss of energy there because that's the spot for the primary lymph gland. You must know where your lymph glands are, know your anatomy. The lymph gland that would probably be the first one to be effected most in this kind of a numbers is the one nearest to this area. There's two of them there, one on each side, I would ask that question because I already know the answer, all I want to know is how far advanced is it. If he says, "there is absolutely no pain there" then I know it's much further advanced than if he says, "it does ache there" because the nerve ends have died off ahead of the deterioration.

Now his proteins are not digesting and the glands necessary for protein digestion are the lymph glands. There's 284 lymph glands and if they don't work you've had it. Now I prefer to call them Transformer Glands and not only do they help to control the protein, they also fight infection, help control the acid alkaline balance and other things but the main thing they really do is control the circulation of the blood, and when that circulation goes down those lymph glands swell, and that's Hodgkin's disease. It means that there's problems in the circulatory system.

Those glands swell:

- because there's a mineral deficiency and they can't handle to load.
- partly because the lymph nodes are filters, and they're like any other filter in that when you get enough bacteria in there they clog up.
- because that area in which they send electrical impulses cannot get the blood through and the resistance piles up in the lymph gland.

Taking them out does no good at all because they haven't worked on the cause, which is a mineral deficiency.

When the lymph glands swell it not only means that there's a mineral deficiency but that the body is letting you know there is a poor circulation in the area and also that there is a loss of energy. There are particular minerals involved depending on which organs the transformer glands really represent. Now generally speaking, if the mineral deficiency is great enough to effect one lymph gland then all are effected slightly, but some more than others because each one of them is dependant upon the other one.

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You who have studied surgery know something about how important it is when you operate to miss those glands, especially for appendicitis because that one down in the appendix area controls the basic metabolism of the brain waves within the brain, and if you disturb it very much you almost become a vegetable. I have seen people that were made a vegetable by an appendicitis operation and there's one right close to it somewhere in the area between the appendix area and the navel that also controls the valve at the neck of the bladder. If you massage these you can do a marvelous job with them.

There's so much we can do with the glands if the body will respond. The response is very important, to know whether or not the body responds and is almost impossible for a tester to test often enough and to know exactly what the patient ate or didn't eat, did do and didn't do in order to evaluate the case. We need to know that and it's so easily tried, and you can tell very quickly whether or not the body chemistry responds or not. You would first suggest this man go to the retreat.

Some of these transformer glands have never been named yet, just some of them we know what they do or how they do it. Just some of them. Now let me tell you something about these particular two at the base of the neck, they have much to do with the vitamin A in your system, or have a great part to do with it.

Now you would expect this young man's complexion to be pale. If he's in sunshine a lot or uses tanning lights he'd have a tan, or he could use a face coloring cream, but in reality he would be pale. Now the lack of vitamin A is going to most effect the bone marrow before anything else because that's what vitamin A is most directly related to, the bone marrow. Because of the vitamin A and bone marrow problems Hodgkin's Disease is therefore very closely associated with leukemia, when you work on one you've got to work on both of them.

There's one more factor you need to keep in mind and that is frequency. See the whole thing every time. Frequency. Frequency. Frequency. There's a rule in regard to frequency in human beings and that is once you know the frequency then you know the diet. Everyone's diet should not be the same because of the micronage, milli micronage and milli milli micronage. As an illustration, the diet would vary between a man and woman, which would then change the frequency, both having the same identical numbers. Because the woman uses 700 times more calcium each day than a man that changes the diet. It's how much calciums they use, that's your primary factor.

Now this man is deficient in calcium and has a major shortage. The rule that gives that is, "when one number's out they're all out" and the primary reason that all numbers are out is a lack of calcium because there's more calcium by weight and volume than all other elements combined.

There's also a water deficiency here. A calcium deficiency and water deficiency go together, in other words your calcium can't become absorbed without the water, and vice versa. Now it doesn't show more exaggerated numbers in the pH because the pH is only a measure of resistance not volume. Now, they're in the retreat and you're the dietitian there. You first put him on a three day fast of lemonade and water and test every day. Now the foods you'd recommend for Hodgkin's Disease are:

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- Green, raw, chlorophyll and for Hodgkin's Disease they need wheatgrass. Wheatgrass chlorophyll is the one that you use most with Hodgkin's Disease because it has a low protein, and
- A lot of carrots, carrot juice but work the green drink first.

Transfusion (Blood).
If you need a transfusion you better get it.

Transmutation, Biological.
In regards to the Theory of Biological Transmutation, where the body turns one element into another it is possible, and I agree up to a point. For instance in the organic and inorganic realm I do go along with it but in the Theological realm I do not go along with it. For instance, the body chemistry cannot change silicon into calcium, it does not change the electron structure of an element, it does of compounds but it does not change it of elements. However the body can use silicon, can take a calcium requirement and use silicon in place of it, there is a trading, a base exchange of trading a silicon mol for a calcium mol. There is a base exchange.

Nature will follow the line of least resistance and if the least resistance is greater then there will be a temporary loss like I showed you in a single cation losing one anion, and then it become 499 anions. This is what actually happens, and then anions can be put together in such a way by our system in order to form a cation. So in that respect they give up in base exchange between one another so that energy is made, so it's perfectly possible for a nitrogen ion to lose enough electrons until it will become a carbon molecule. I'm not saying that it does but it is possible.

Treatment.
It's time to start treating a person the moment their body chemistry goes away from perfect, don't wait until the disease knocks them down. In other words it's easier to stay healthy by the numbers than it is to get sick and the time to get well is in childhood.

Treatment Priorities, 220 Cases.
The brain has more aluminum in it than any other part of the body but way, way less than the potash. Just a good trace and remember, potash is the same as potassium. Now in treating 220 cases you work with the potassium and not aluminum because the largest critical percentage is potassium. Work with the big percentages and don't sweat the small stuff. Get the big ones. Remember, people have more calcium by weight and volume than anything else. So work with calcium. The next most important one is phosphate. So if you can take care of the calcium and the phosphate you've just about got the whole ball of wax.

Trouble.
You know I can't stand to go through 3 days without trouble. If I don't have trouble in 3 days then I start some because nothing is accomplished, and any day that somebody don't chew me out it's a day ruined. You know I like to get things done, you know what I mean.

Now I do not believe there's any such thing as trouble. I have no troubles at all. None. I don't believe there's any such thing as trouble. Trouble is only a problem that you're too busy to solve, you're in too big a hurry to solve, you're too lazy to solve, or you're just too ornery to solve, or you think you're too good to solve it, pride stands in the way. Now God gives you problems to draw you close to Him and you can take any problem with God's help and make it a stepping stone to rise to

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higher planes. But, if you take that same problem and put it in a bag and call it trouble it will weight you down. It'll break your heart, it will cause you to worry, it will break you. Your life will be remembered by how well you solved the problems that God gave you to handle.

Problems are what makes us strong and without them we would be weaklings and whenever you have a problem, like a flat tyre on a rainy night, all you've got to do is to say, "thank you Lord for slowing me down, thank you for giving me this problem" and praise Him all the time that you're fixing that tyre and believe me, you'll come out of there singing, you'll come out of there rejoicing, you'll come out of there filled with something that you didn't have before that tyre went flat on you.

You cannot run from trouble, and no person worth their salt would run from a Heavenly assignment.

Never take your troubles to bed with you, never, but I tell you what one thing that you can do, if God permits you to be awakened for a few minutes at night tell Him how much you love Him, praise Him for His mighty works and at the end of that prayer just before you go to sleep say, "Dear Lord, don't forget that $10000 bill that's due in the morning at 8.00 o'clock" and go to sleep, and believe it or not the next morning it'll be handled with no problem at all. But if you want God to do something praise Him first, and then just say, "it's your business Lord, it's your bill, it's not mine and you've got plenty of money, the bank of Heaven can't be broken, so just don't forget about it, I'm just reminding you", and it's amazing what you can do when you turn on your faith but listen, listen every once in a while to see if God has something to say back to you.

Tuberculosis.
On a tuberculosis patient you can tell 30 days before they die, because their passion will become uncontrollable and you know then they've only about 30 days to live at the most, it would be different with different individuals but the overall pattern would be the same, in other words there is a desire to leave offspring and it doesn't matter too much about age or sex, they all become almost uncontrollable and you almost have to put them in solitary confinement during that last 30 days. It's one of the most terrible desires that I know of and it's one of the symptoms of a dying tuberculosis patient. It does occur in other maladies but it's magnified more in TB.

Tumor.
A Tumor is a group of carcinoma cells that if they stay long enough they will have a core. I would not consider it a tumor until a core is formed. A core is a group of cancer calls, dead cells, like a boil.

In fact a principle would be that the lower the potassium level the higher the probability of tumors anywhere in the body and this is why you need to work on the people to increase their potassium level. There is a rule that if you are low on potassium you are tumor prone, and that's throughout the whole body and not just the brain.

All tumors are a mineral deficiency. If the body responds nature will heal them, if it doesn't respond they cannot be. Now you can tell within 4 days to 7 days whether or not your body responds. One of the first ways to tell whether your body responds is in the first three day fast the ureas numbers will probably drop down to 1 over 2, or 1 over 4, and then it'd begin to pick up, it'll be 6 over 4, and the next day it'll probably be 6 over 6, and this day is the first day that the body chemistry is out of withdrawal because it's up to 12, it means that the body is responding to potassium and the brain tumor is receding or the tumor anywhere else in the body is diminishing.

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There's certain areas in the United States where I am deeply concerned today about the amount of brain tumors that are showing in those areas because the soils are so depleted in that area in potassium, they're not getting enough potassium in their diet. The lack of potassium means a brain tumor. Simple as that. It is the cause of a brain tumor. You can find out two, three to five years or longer when a potassium deficiency starts you know sooner or later that person's going to have a brain tumor if it's not corrected and when you begin to deal with a tumor you begin to deal with many, many factors. So many people think of a tumor as being round, like a ball or a marble, but tumors come in all kinds of shapes, all kinds of patterns and they generally follow nerve centers, or certain types of them do but the cancer type of deterioration has a habit of following the nerve sinew, therefore causing no pain in the area until it's really to late to do anything about it, so this is why people can have a tumor so many years, or cancer, without even knowing it's there.

The brain has more aluminium in it than any other part of the body but way, way less than the potash. Just a good trace and remember, potash is the same as potassium. Now in treating 220 cases you work with the potassium and not aluminium because the largest critical percentage is potassium. Work with the big percentages and don't sweat the small stuff. Get the big ones. Remember, people have more calcium by weight and volume than anything else. So work with calcium. The next most important one is phosphate. So if you can take care of the calcium and the phosphate you've just about got the whole ball of wax.

Tune Up.
When you go to the average doctor he will only ask you a symptom and treat for one thing but many times there are many things wrong that needs to be harmonised, and you need to be tuned into that field. We often say, "all you need is a tuneup", meaning that there's a whole lot of little things wrong that should be corrected.

U

U & S Test.
The urine and the saliva test is denoting the presence or absence of mineral, in other words, it's measuring energy loss. Our goal, what we're trying to find, is what caused the cause of cause and effect, what caused those numbers to be there in the first place, and the cause of cause and effect is lack of mineral. So what we need to do is find out what's missing and put it back in. Fix the worn out car tyre. If the person comes to you with a flat tyre don't go looking under the hood for the carburetta, the problem's not there if they had a flat tyre. Fix the flat tyre.

Ulcers.
Now burning in the stomach is a different cause from the lemonade and water, it means and denotes that there's ulcers. If people have ulcers, whether it's duodenal or whether it's peptic or other kinds of ulcers, then I would suggest putting those people on freshly squeezed cabbage juice and honeycomb.

If they have a low blood sugar they can have the honey in it, if they have a high blood sugar well they can have the honey in it provided they don't have an allergy to honey or just wash the honey out of the honeycomb then chew it to a milk. Cabbage juice, water and the honeycomb chewed to a milk will stop any ulcer I have ever seen. I have never seen an ulcer that it wouldn't stop.

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Duodenal ulcers (from the Latin meaning 12 teeny ulcers all in a cluster) and peptic ulcers are difficult things to pickup in the test because the gastric juice keeps the ulcers in the stomach so clean, and scatters the energy over such a wide area, until they are difficult to pick up in the first test but by the third test you'll pick them up with no problem, they'll stick out like a sore thumb.

Also with ulcers the stomach can put a film of oil on it, and your saliva coats it and dextrose sugars cover it and you can eat ordinary foods very well but if you eat cabbage slaw, coleslaw, or something like that, it will dig in through that film and cause pain. Generally if people tell you they have ulcers in the stomach and they can eat coleslaw without it hurting them they don't have ulcers, they have a high count of delta cells. Now the reason it hurts an ulcer and doesn't hurt a delta cell is this, in an ulcer the nerve is very much alive right to the end, but with a delta cell the nerve dies off ahead of the deterioration and therefore there's no feeling so the coleslaw doesn't hurt them. Now a medical doctor would call it carcinoma, you call it delta cells if you're not a medical doctor.

Ulcers are an irritation brought about because of lack of calciums in your diet, or you may have too much calcium oxide but not enough lactate, not enough phosphate, not enough carbonate, not enough tricalcium phosphate, and so forth. So these are the types of calciums that you need to know to rebuild the lining on the stomach, and the lining of tissue or tissues that are being destroyed for the lack of mineral.

So what you do for ulcers to start with is you put people on lemon water according to their sugar count then if they have peptic ulcers it will clean the film off of those ulcers but it will burn them very, very badly, so badly till they can't stand it. Then you take them off of the lemon water and put them on the cabbage juice program and use only freshly squeezed cabbage juice three times a day as follows:

- Day 1. 2 oz of cabbage juice in 4 oz of water, 3 times a day, making a total of 6 oz each time.
- Day 2. 4 oz of cabbage juice in 2 oz of water, 3 times a day.
- Day 3. 6 oz pure cabbage juice 3 times a day.

With the film off the ulcers the cabbage juice will heal that ulcer real fast and I've never seen ulcers that this would not heal really quickly.

Ulcers (JM).
You don't get ulcers in your large intestine or further on up maybe because of the ionization factors, not necessarily because of the softness of the tissue although the rugae of the stomach is softer than the lining of the duodenum which is the softest of the intestinal linings. After you get something down through your esophagus it goes into your stomach, then into your small intestine but the first part of that is the duodenum which is the softest of the whole colon tract.

In our teaching I said to Doc that we were taught that in the small intestine you had tiny little fingers like this but in the large intestine, if you had a lump of bread dough and you stick your fingers into it they were called Crypts of Liebercone. Now they taught us in school that this was like fingers in the small intestine and they were like pockets in the dough in the large intestine, but why can't you say they're like fingers too. It's how you look at it, they're harder and they're flatter but still fingers. It's the micronage that determines their appearance.

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Now it may be that it's not necessarily the softness but the ionization factors that cause the softer tissue to lose energy the quickest, in other words to becomes the most minerally deficient the quickest, the soonest then the next one along, the next one and so on and so forth.

Units of Measurement.
See Also "Drops", "Speed of Light" and "Speed of Sound". Throughout this text there is a mix of Imperial and metric terms. In the imperial:

- 16 ounces (oz) = 1 pound (lb or #),
- 14 lb = 1 stone,
- 1 lb = 0.45 kilograms (kg)
- 1 kg = 2.2 lb
- 1 fluid oz = (approximately) 30 millilitres (mls),
- 20 fluid oz = 1 pint (pt) = 600 ml

Universe.
These energy numbers are now introducing you to a field of mathematics that is so vast it's incomprehensible in it's overall pattern because you can take an ordinary deck of cards with 50 cards in it and there's over three million different plays that can be made with just 50 cards. Now here you have 1 to the 999 power and all of the differentials that could be made with that, why you know what you have, you have a universe on your hands, you have everything in the universe to deal with, all matter, all substance, all gas, all air, and all the oceans and everything else that's made from anions and cations. There's nothing made that is made without them. And this is the power that we are beginning to peek through the keyhole that we're going to unlock this week and prepare it for you to use to bring and to aid people in your practice to be and to have better health.

Unlearning.
In working through this course you're going to find one of the most difficult things is the unlearning process. Things that you've been grounded in since you were in high school you're going to find out are not so at all, they're not true, and you will see for yourself why they're not so. I'm just not going to say something is not so, I'm going to show you why it isn't true and assure you of what is truth in mathematics. The unlearning process is very difficult for most of us. It's very difficult to educate the educated. It's so easy to change our automobile every year or two but it is very difficult to change our minds, we get in a rut and we just don't want to get out, we feel secure.

Let me show you something here and this is going to really throw you people for a loop, it's going to help you unlearn some of the things that you think that you know.

Remember this, calcium is calcium is calcium and it will always be calcium. Let's take some calcium now and add to it sulfuric acid. Now we have gypsum, calcium sulphate. Now is the calcium in that an acid or is it an alkaline? In a test tube it is an acid but the calcium is still calcium. Now I'm going to show you what really happens, here we have our atoms of calcium, and in orbit around this calcium particles we have the cation charge of sulfur rotating around it counterclockwise. But now what about oxygen, oxygen is an isotope and it will follow the line of least resistance, so it joins the sulfur and goes round counterclockwise this way. This is what's happening in a molecule of gypsum.

Unlearn.

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We have to again unlearn what we previously learned, they're different terminology and that's one of the things that we as a group have tried to get from Doctor Reams are definitions because at times that becomes critical.

Uptight and Irritable.
How quickly does calcium respond to somebody that's very uptight and irritable and they're given their calcium. How quickly they respond depends on how uptight they are.

Ureas.
See also "Salts" and "Nitrogen". The ureas we measure in the test are the undigested proteins, the nitrate nitrogen and the ammoniacal nitrogen.

The perfect reading when ALL numbers are perfect, is 3 over 3.

When ALL numbers are perfect, AND your proteins get above a total of 6, whether it's 5 + 1 or 4 + 2, or 3 + 3 (which is perfect), that lets you know that there is a beginning of a loss of energy and the FIRST real sign that there is something amiss in your chemistry is an upset in your proteins.

In respect of body chemistry the ureas are the first thing to go away from perfect and, when getting well, the last numbers to come back to perfect.

After the first test the ureas should NOT drop below 12 for at least 6 or 8 months on an adult, or even a year or year and a half. It sits around 18, 20, 22, 24 after the first test and this indicates the body is using potassium and getting well.

Now if there is plenty of calciums, or almost enough calciums, then any loss of energy due to an increase in the total protein (ureas) can be caused by emotional causes such as hate, revenge, worry, or not living the golden rule. In other words these things can be the beginning of your liver not accepting enough calciums and it can be the beginning of ulcers (which again the liver's not accepting enough calciums). Remember this, ALL disease is a result of a mineral deficiency and there's no exception to that rule, but your mental attitude can be one of the causes of why the mineral deficiency exists, and this will show up at the earliest stage in all of the numbers of a loss of energy.

In other words this is where it starts moving down from and the higher it goes the greater the loss of energy, or the more rapid the loss of energy.

The urea is the very first indication of a loss of energy, that is, when all numbers are perfect except their urea and it's very seldom that you'll ever find this kind of a case.

When you see a combined urea starting around 16 and below, this can indicate a couple of things:

- it can be a body in a state of change,
- it can be a potassium deficiency.

By looking at the entire equation and/or using subsequent tests you'll be able to determine the difference.

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In regard to nitrogen don't forget this rule, "magnesium is the greatest enemy nitrogen ever had". Magnesium releases nitrogen and dolomite (magnesium oxide of calcium), is used to reduce the undigested protein level in the body because it's not a purgative to most people.

In the analysis expression we measure the nitrogen and the difference between the nitrogen readings is:

- Nitrate nitrogen is anionic, and
- Ammoniacal nitrogen is cationic.

The nitrate nitrogen is the most dangerous because it causes the heart to beat harder, tiring it out pushing you, building up the inward tension a lot more. It's anionic and works faster and while the ammoniacal nitrogen causes the same thing only it just takes a lot more of it. It effects the heart too but it doesn't do it as fast and as quick and it's not as quite as violent. Now in the equation nitrate nitrogen is the top number, and ammoniacal nitrogen is the bottom number.

Remember, "no number is perfect unless all numbers are perfect" and the perfect numbers for the ureas is 3 over 3, when, and only when, ALL numbers are perfect. Now you add the two numbers together, and a total of 6 would be perfect. Remember the higher the numbers go above 6 the greater is the loss of energy:

- **6 - 12** Going up from perfect, this is the range in which the person knows something is wrong, that the foods are not digesting like they should, that the proteins are not turning into energy, and that the proteins are beginning to accumulate, and while it denotes some increasing problems there is nothing to be unduly concerned about. Now on a first test only, if all numbers are out and this is 12 or below it denotes a potassium deficiency and then you really need to pay attention to it. A 13 or 14 could also denote a potassium deficiency, but at 12 with all the numbers away from perfect, it definitely denotes a potassium deficiency. The sum of any two numbers 12 or below denotes a potassium deficiency on the first test only.

- **12 - 18** Means that there's a loss of energy, and at 18 you really begin to be tired, in the morning, at night, all the time and there is an increasing irritability, particularly when there is low blood sugar too. Cholesterol is beginning to form in the system. There's a ratio between your chloride salts (solubridge salts), and your non chloride salts (urea salts). Both are salts. The solubridge reads your total salts whereas the urea salts are only your nitrogenic salts which do not contain chlorine, so this you must keep in mind what each thing does.

- **18 - 20** You're very tired and irritable all the time.

- **20 - 24** Entering the minor pectoris heart attack zone.

- **24 - 26** The major pectoris heart attack zone, but there's some exceptions too. It's also possible for 26 to be in the fatal heart attack zone.

- **27 - 30** Any numbers that are greater than 26 is the fatal heart attack zone.

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Your numbers could be almost perfect at times and yet your ureas would be too high from eating too much of the canned, preserved and embalmed meats, luncheon meats and so forth and the ureas jump way up high and then you become tired, irritable and cranky. As the ureas begin to climb the heart begins to beat harder each time. Harder, not any faster, but much harder and you can hear it in a stethoscope. Whenever I heard doctors say, "you've got a heart as strong as a horse", all they were saying was, "you're a candidate for a pectoris heart attack caused by the ureas being too high."

Now as the ureas go down, or the cellular form of the ureas change, then the heart begins to beat softer and the people aren't tired anymore. But when the ureas are high they're just as tired in the morning as when they went to bed at night because that heart has been beating too hard all night. It's simply tired."

In regard to these ureas readings, they're the biggest tattle-tales of all the numbers about heart attack, AND HEART ATTACKS CAN BE STOPPED WITHIN TWO WEEKS OF ANY TIME THE PEOPLE DEMAND IT. It's
absolutely unnecessary for anyone to have a heart attack unless they've just got to have one, they can't wait.

Let's say for instance that we have a first reading of 12 over 14. If there is no other reading besides that one you would see wrinkles in their forehead caused by nervous tension, and that's cause and effect. Those wrinkles start when the ureas total is 20, and the higher the numbers go and the longer they're there the worse the wrinkles get. Wrinkles begin at 20, and also at that stage the person is tired in the morning, tired at night, and tired all the time. When you see a child that has the 20 reading you can say to the parent, "This child is hard to get out of bed in the morning because he's so tired, he can't get going, but once he gets going he's a stick of dynamite."

There are some people, especially those that have a weight problem, that you will have some difficulty in keeping the urea down low enough because the fat cells are being thrown out so rapidly until they keep the urea quite high, but as long as those cells are visible with your eye you have nothing to worry about, but if those cells become invisible you better watch that urea, and if you're in doubt about it use a stethoscope.

Now the waste particles, albumin or delta cells are big at first and then they get smaller and smaller and smaller until they look like little diamonds when the light shines on them, drifting in there and you can see those with no problem, but if ever the ureas get up to 20 and you can't see those little particles bouncing in there you're in trouble, I've never seen that happen but I've lived in fear to a certain extent that it could happen. But the person would be so tired and the wrinkles would be back in the forehead and it'll be visible.

For men, urine should not foam whenever they urinate into the water. If it forms too much foam it means a high ureas and if it smells of ammonia it also means a high ureas because the ammonia occurs from the urea breakdown in the proteins that are thrown off and if you can smell the extremely strong odor of ammonia then it's a very high concentration, in fact, you're on the verge of a major heart attack in that condition. While we're on this aspect of urea, many times mothers may say, "my baby's urine smells so strong of ammonia and it's really rough to change the diaper".

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In that case the diet is too rich in proteins for the baby and if she's nursing the baby then the mother should begin taking dolomite as follows:

- 1 x 2 a day, then
- 1 x 3 a day, then
- 2 x 2 day, and then
- 2 x 3 a day

so it won't upset the baby or give the baby diarrhoea. Now if this high ammonia remains in the urine you will get serious skin chapping on the baby because when that ammonia odor is in the diaper it's then very hard to get the soap out when it's washed.

In the cell nitrogen is stored in the cell membrane and the cell protoplasm. Now in the analysis when you look through the urine with a light you are analyzing cellular debris, dead cells, and the dead cells are in fact nitrogen, but it's bound up in those waste cells. If your system retained these protoplasmic parts of the dead cells for more than three days they would break down into ammonia salts and build up the toxicity and salt content.

Remember the effects of increased salt on the system:

- Thickening of the blood,
- Increased irritation of the inner walls of the blood vessels,
- Increased ionization on the blood vessel walls which causes cholesterol to be plated.
- Increased heart stress,
- Loss of blood vessel elasticity,
- Hardening of the blood vessels,
- Loss of muscle tone,
- Weakening of the smooth muscle, and
- Overcharges the nervous system causing it to fray which leads to a breaking down of the nerves.

but the effects on the smooth muscle are particularly important. Now the enzyme for the handling of fats and oils comes from the thyroid (remember "old fashioned grandma's soap"). As the cellular waste stays in and breaks down to a salt it causes the salt level to increase. The high salt then effects the smooth muscle in the blood vessel walls and causes cholesterol to be deposited on those walls to protect them from the high ionization effects of the salts. In fact the cholesterol is there to do a job.

Now what would happen if your body increased it's thyroid production when:

- the delta cells are increasing,
- the salt is increasing,
- the blood is getting thicker,
- the cholesterol is increasing, and
- the oxygen is getting lower.

The urea would rise and you'd increase the stress on his heart to the point where he'd die, because what's happening is this:

- With a high thyroid output we start an emulsifying action on the fats, oils and cholesterol. Now sudden high doses of lecithin or other emulsifying agents can do this too.

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- The cholesterol starts coming off the vessel walls and it puts a surge of it into the blood stream, thickening the blood still more.

The result may be vascular collapse and sudden death from either a pectoris or angina heart attack, or both of them at the same time. High ureas is what the medical profession call uremic poisoning and crib death is caused because of the high ureas.

It's the undigested proteins that's the prime cause of many, many crib deaths. Not all of them, but most of them are caused because the ureas are causing that baby's heart to beat too hard each time. The baby doesn't die from a heart attack, it dies from cardiac arrest, in other words, the little heart is so tired that it just can't beat another beat and it just stops.

That is the cause, and it's caused generally because the mother doesn't give the baby enough water to drink because there's nothing about it in the baby books. Most of the baby books say to give the baby liquids, not water, and liquids don't necessarily wash out the ureas but clean water does.

Now if you see a patient that has an extremely high urea the first thing you'd need to do is have them drink water to wash it out, and one of the first things you'd do with their foods is take them off high protein foods like meats and put them on low protein foods and lots of sprouts. Keep them on the high water until the ureas go below 20, then in addition to the water use dolomite according to their weight and age. Although dolomite is not available to the body as a calcium it is a magnesium catalyst that will cause the undigested proteins to be thrown out of your system in order to prevent a heart attack, and this is the time when you use it. It will drop the undigested proteins in soluble forms which were overstimulating your heart, causing the heart to beat too hard and therefore asking for a heart attack.

Now there are times when you shouldn't drink the water that you're supposed to, for instance, suppose you had low blood sugar, and you had a high ureas, and you started to drink water, then you'd go into a coma. So if you have high ureas, and a low sugar, then you're going to have to use lemonade or some other juice along with it in order to get it down and many times if it's a juice it's going to draw from your own fat until it won't drop down. But the important point that you need to remember is to keep the sugars up while getting the ureas down.

Now let's look at what happens when the ureas are lower than they should be.

With the ureas number the first test is most important. On a first analysis, on a first analysis, don't forget, on a first analysis, if the sum of the ureas is:

- 15 There may be an ever so slight potassium deficiency, depending on weight.
- 13 There may be a potassium deficiency, depending on weight,
- 12 Definite and noticeable potassium deficiency,
- 11 Early stages of 220 case, look at the other numbers

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- 9 Definite 220 case. The tumor has formed and it's not a minor problem, it's a major problem and those people should be gotten into the retreat at the earliest date possible. They may look perfectly healthy as though there's nothing wrong and about the only thing that they will notice, and sometimes they don't notice it because it depends on where it is in the brain, that they are absentminded or forgetful.
- 8 Serious 220 case
- 7 Very serious case.

Now if they have a 220 case and an acute low sugar, less than 1.0, then it's very noticeable, but if they have a higher "low blood sugar", say 1.4 to 5.4 then many times they don't notice it as much. But remember also that the sugar zone from 2.0 to 5.49 is called the "Zone of Misery".

Now suppose that you have a urea test with a total of 10 and all the other numbers are way out of line. You'll need to ask some questions for any time the urea is from 10 - 13, and the questions you'll ask are:

- Are you working quite hard?
- Are you very busy?
- Do you work long hours?
- Are you a hard worker?
- Are you a busy bee? I don't mean trouble maker, I mean they work like crazy.

One of the signs of a brain tumor is a person works, works, works like a machine, they never slow down because it seems that nature knows that their time is short and they're trying to turn out as much work as possible, they work like crazy and the urea keeps dropping until it's down to about 7 or 8 and they're in serious condition and all of a sudden they either have a heart attack or they run out of "get up and go", their go has gone, they can't go, and this is a potassium deficiency.

A 220 Case is a term in math for a brain tumor, and as you get into this you're going to find that brain tumors appear at other places besides below ureas of 12. You may find people with brain tumors where the total urea is 22, 23, 24, or 25 but it's a different kind of condition. Right now it's suffice to say if it's a first test and the ureas are below 12, if there's a picture, that they have a potassium deficiency and the worse the potassium deficiency and the longer they've had it the greater the chance of a brain tumor.

With a potassium deficiency, and a true reading, the greater the deficiency the less people are able to function. If on a first test you find a 7, and all other numbers are way out and yet the person walked into your office looking good and alert then that may not be a true reading, they may be in a slight withdrawal from recent changes in things like:

- Diet. They may have read a diet book and be trying it.
- Living location. They may have just moved house.
- Personal circumstances. They may have just gone on holidays.

and you'll need to establish by questions what is happening. But whatever the reading remember the rule, magnesium is the greatest enemy that nitrogen ever had" and while magnesium in dolomite form is used with high ureas it is never used when the ureas are below 15. Do not use dolomite

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until the ureas get above 15. One no-no is never, never, never use dolomite or magnesium when you have a 220 case, a brain tumor, because it will aggravate the condition.

Now whenever the body chemistry is going through a withdrawal the urea will drop below 12 and this is one way to tell when a body chemistry is in withdrawal is that the urea will be below 12 along with the other numbers, or way below normal, below perfect is what I'm saying.

Now as soon as it rises above 12 again it means that they are finished their withdrawal and that they're ready for a light diet, and this is very, very important.

Now, as soon as it rises above light diet on a normal case, and they're over their three day light diet and back on food toward normal, and had a week for stabilization for numbers so that you can give them an intelligent diet, then I would start an Adult, weighing 100 lb or more on 1000 units of vitamin E twice a day because vitamin E thins the blood and the delta cells that are being thrown out so rapidly thickens the blood so thick until it overworks the heart.

Now on a FIRST test you find a urea 24 or above and you put a stethoscope on the heart it's a very loud, beating very hard and you've heard doctors say, "your heart is strong as a horse's heart". All they were saying is you're about to have a heart attack, a pectoris heart attack.

But then you watch this recovery after the withdrawal and then you still got the high urea, put the stethoscope back on the heart and it'll sound like a kitty cat walking on eggs, soft, easy normal beat, not beating too hard. Now if this undigested urea, which is really worn out cells that are very high in protein, stay in the body for three days they'll turn to a salt and this salt then turns to a urea which overstimulates the heart and causes it to beat too hard and this is why it's very good for these cells to be thrown out at a very rapid rate for months, for the rebuilding of all the cells in the body.

Now one more thing about this urea, it generally creeps up on you so slowly until you can have a fatal heart attack and think you're perfectly alright. There's no symptoms that an individual can really connect to it, however the tester can see tell tale symptoms.

If the condition of high ureas exists it's only going to be a matter of time until it's going to have an effect upon the other numbers, for example, let's take a person 40 years old and he has a 23 urea then it's only then a matter of time until he's gonna either have a major or a fatal heart attack, depending on the other numbers.

Number	**Sooner Heart Attack**	**Later Heart Attack**
Sugar	over 5.50, and	5.49 or under
pH	below 6.0, and	6.40
Salt	above 35	18

Urea Dilution Procedure.

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To get urea readings where the reading initially goes over maximum you use the dilution method and double the answer.

You use one drop of your extract solution with the urine in it and one drop of straight reagent and then just shake it just a little bit and then use your four drops of your each solution and multiply the reading by 2.

There's another way you can do it also and that is use a double amount of your extract solution and put one drop in it, but that's quite a waste of your extract solution, but you can double the amount of extract solution to start with and add one drop to twice the amount and then multiply it by two after concentrating it for one minute.

Another dilution method is to double the amount or reagent drops. Instead of using 4 drops of the Sulfuric Acid or Potassium Hydroxide on a dilution you use 8 drops.

Urethra.
If you had burning in the urethra it's calcium carbonate that you need.

Uric Acid.
There's two words that people often get confused in, "urea" and "uric acid". Uric acid arises because of the acetic acid that's in the system and has no direct bearing whatsoever on the ureas. For instance, you have burning when you urinate then that's uric acid, that's the acetic acid. Actually the acid has only burnt, irritated and tenderised the lining of the urethra, but then it is the salt, either urea salt or chloride salt extracted from the system by the kidneys, that actually causes the burning. The uric acid, the acetic acid, damages the lining of the urethra and the salt burns it. It's like putting salt in a cut or a bruise or something of that order causes the burning, so the finest thing I know for burning in the urethra is a little bi-carb of soda, level teaspoonful in water a couple of times, and generally in 24 to 30 hours it will knock it unless there is serious deterioration and breaking down of cell structure even to the point of being really a cancer, and not carcinoma, and throwing into the system a form of dilute post mortea and so keeping the body way too acid all the time.

Urine.
The urine specimen is only good for about an hour, after an hour they lose their real meaning because the bacteria in the specimen changes it. You're also going to find a very bashful lady that brings her sample in her pocketbook, hours old and pours it in the bottle and brings it to you to test, no picture or foggy picture. So just tell them the specimen must be fresh and then if they want to pay for another one after they do it wrongly I have no objection.

Initially if someone brings you a sample of animal urine there's no way that you'll know it's not human especially if it's a puppy or something like that. The point is this, you've got to know the frequency on which you're dealing in order to correct the diet. Now some animals you can distinguish the difference, but a puppy urine could be very easily mistaken for a child's urine or something on that order and if they want to do that and get a wrong reading that's all up to them, they're paying for it just the same. In order to make the correction you've got to know the frequency.

The urine that comes from anyone should be as clear as the water they drink when they are healthy. Now there are certain vitamins and certain food that will cause coloring in the urine. Coloring in

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foods, coloring in vitamins, coloring in coffee, and especially coloring in green drink will cause the urine to be colored, or eating a lot of salad, the chlorophyll will color the urine a little, but when those are eliminated from your diet and if your system is perfect it'd be very transparent, but even at the best healthy people should only have a light tint. Now the medical books said it should be an amber color, that is not correct if you are in perfect health. If you are in perfect health it should not be an amber color, it should be absolutely transparent.

I've seen urine that looked like pure blood coming out of the kidneys because there was such a breaking down of cancer in the body and I've seen others that looked like very thick soup and I've seen others with very thick sedimentation in the bottom because there were actually pieces of cancer cells coming out and thrown out through the kidneys, or are pieces of the kidney.

Now you can tell a cancerous kidney cell from the other regular cancer cells by the color. The regular body cancer cell is the most red and the kidney cancer cell is the light one. The regular cancer cell is the darker red, or the deeper red or the deeper color and sometimes it can be both that will give it a blend between a red and actually a greenish battleship grey, between a battleship grey and a green color.

Thick, opaque urine that is similar to thick peach or pineapple juice in appearance indicates a lack of vitamin E AND not drinking enough water. For men, urine should not foam whenever you urinate into water, it should not foam at all. If it forms too much foam it means you've got high ureas. The cause of foam in urine is nitrogen and the higher the nitrogen the more it foams.

There's treatments out now that advocate the drinking of your own urine in the treatment of certain diseases. That treatment's as old as time and it's a good short-cut to a cemetery.

Try to find out as much as you can by the numbers, but there may be times when you're going to have to do something whether you have any numbers or not because when it comes time to give a specimen they can't get a drop, it's dry country, and you have to wait sometimes for hours to get a specimen of second hand lemonade, or second hand distilled water. But anyway it's just one of the problems that you run into and do the best you can to handle it.

Be sure too that when you have only a very little bit to use it intelligently and sparingly so that you won't waste it because you may not be able to reduplicate, even though you have to multiply upward.

Blood cells wear out just like any other cell, they wear out and they're thrown out but they're broken down otherwise there would be blood in the urine all the time from worn out red blood cells. Whenever a blood cell wears out it's the salt in the blood that tears it to pieces and therefore it goes off as heat energy, or electrical energy or it's so dilute until it doesn't color. Even if you drink milk beverages with no coloring in it, no vitamins with any coloring in it, no green drink and don't drink quite enough water there'll be a brownness in the urine, an amber color, and that's the blood cells breaking down. It's the broken down blood cell, it's not a whole blood cell. For instance if you find a whole blood cell in the urine it's coming from either the bladder or some part of the urinary tract starting with the kidney, but here I'm talking about the brown or amber color which doctors claim is normal. It is not normal, urine should be transparent unless you're taking something with coloring in it, green drink and so forth. Now, in some people yeast will color urine pretty heavily, in others it won't because urine color is also related to energy levels, the lower your energy the more effect your food has upon the color of your urine and stool. If you have too much iron in the system it

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turns the stool black, and if you ever recommend to a mother to give her child ferro then be sure to tell her it will turn the stool black because if you don't she's going to call you up and think her child is already dying or dead. So be sure to tell them that iron turns the stool black.

You need to understand the difference in "urea" and "uric acid". Uric acid arises because of the acetic factor in the urine, and urea is undigested proteins. They're two different things entirely and don't get them confused. Uric acid is the acetic acid that's in the system which has no direct bearing whatsoever on the ureas. Now for instance urine that has high ureas smells like ammonia, and there's a lot of foam in it when a man urinates into water. The other, the uric acid, for instance you have burning when you urinate then that's uric acid, that's the acetic acid, two different things altogether.

However it's the non-chloride salt in the ureas, and the waste chloride salt, that actually causes the burning. It's the uric acid, the acetic acid, that damages the lining of the urethra that causes the burning. I'll repeat that, it's the uric acid, the acetic acid that damages the lining of the urethra which then causes the salt, the ureas salts or sodium chloride or chloride salts that's being thrown out of the body, to do the burning. Like putting salt in a cut or a bruise or something of that order causes the burning, so the finest thing I know for burning in the urethra is a little bi-carb of soda, level teaspoonful in water couple of times, generally in 24 to 30 hours it will knock it unless there is serious deterioration and breaking down of cell structure even to the point of being really a cancer, and not carcinoma, throwing into the system a form of dilute post mortea keeping the body way too acid all the time.

When the urine has a very high pH then this would be a case where you would take Vitamin C, but the thing about it is they need a colonic, or a number of them. The first thing is to get that colon cleaned out. For instance, a urine pH of 8.4 indicates that the transverse colon is so stopped up it'd make a smoked sausage ashamed of himself and he's really got a problem, he can't go.

Now there are ways to use urine in certain cases, for instance, you take a case of poison ivy or poison oak, and take a urine sample and the first thing you do is to precipitate it, clean it with a filter, and then I take an ordinary hypodermic needle and fill the syringe and then empty the syringe and then using distilled water I would I fill the syringe about ten times and pump it all out, and then I fill it the last two times with USP saline solution and give 'em according to their weight 1 cc for about each 50 lb of weight and in 24 hours it'll stop poison ivy. This works out to about a one to a 200 power solution but it does a fabulous job. It wouldn't hurt to stop at six I don't suppose but I generally go about ten.

Uterus.
You'll find it states in medical books that the stomach produces hydrochloric acid in the cells in the lining of the stomach, it does not. It stores it there but it does not produce it there. It stores it there like the uterus stores blood whenever the body is not pregnant until the next period then it releases it, it shoves it off, so the stomach does the same thing between meals it stores up the hydrochloric acid in the stomach from the liver so that it can secrete it at the right time.

V

Vaccination.

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One thing that I'm bitterly against and that is the inoculations for children. I'm not in favor of inoculating children at all, unless there's an absolute need for it. There's more children killed every year with the poisoned needle than die from the diseases. So I'm not in favor of inoculation at all for the prevention of diseases.

I raised six children and I refused to have them inoculated at all, at any time. When it comes time for the first to go to school, The Pensitter's Parochial School, I went to see the principal to register them and he said, "you have to have the child inoculated"
I said, "no. I'm not going to have the child inoculated, I don't believe in it and the child will not be inoculated." and he said, "well I can't take the child in school."
We were very good friends but I said, "listen, the Federal law says the child has got to go to school, and the State law says they've got to be inoculated before they go, and the Federal Law takes precedence over the State Law. Now I'm not going to have the child inoculated, it's your job to educate not to medicate, and if you refuse to take my child just because she's not inoculated, I will be forced to enter suit against you to show cause why, and I'll have to charge you with practicing medicine without a license, and I don't want to do that."
and he thought for a minute,
and then I said, "not only you but each member of the school board." It was a parochial school I was paying the child to go to.
He says, "I tell you what you do, you send your children, this child and the others when they're of school age and we'll never have any trouble."
I said, "thank you, we understand each other perfectly."
And you know they were never inoculated, not even during the polio scare. My children were not and they never missed a day from school because of illness and they never had any cavities in their teeth until they got to the place where they knew it all and then a few little cavities formed and then they said, "I believe daddy was right", and then they went back to obeying the rule again.

So what I'm trying to tell you is there is a time for vaccines but I'm bitterly against the broad use of vaccines. I'm also against the flu vaccines that come out every year. I've seen senior citizens die because their energy is too low when the vaccine's given and their body can't accept it therefore it simply hastens their death. It simply hastens their death. Every year I see that and most all doctors see the same thing, so there is a time for vaccines and there's a time not for them but for the State to say that everybody has to be inoculated is wrong. It removes from you the freedom of choice to do what you see fit, so these things I pass along to you without malice.

It's up to a parent, he is the guardian of that child's welfare and of a senior citizen, and all this advertisement done every year and the scare that comes out every fall about a new kind of flu, new kind of shot, don't you believe it. Don't you believe it. It's simply put out for no other purpose but to sell drugs. Keep your numbers right, keep your body healthy and you won't need it. So these are some suggestions that I want you, if the Lord leads you, to go out and tell it to the world, and don't do it because I said do it, do it because God has ordained that our foods should keep us healthy.

Van Allen Belt.
The Van Allen Belt that encircles the earth about 100 miles up and 60 to 80 miles thick is an anionic belt.

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If you could be out in space looking down at the earth the anions in the Van Allen Belt would be rotating clockwise, however they're like a shell around the earth. These anions go around with such rapid speed until they form a solid shell.

I'll give you an example of that, if you take a yardstick and tie a ball of yarn on the end of it and put some oil on it and you light it in the night and spin it around slowly you can see the person that's spinning it. But if they spin it around fast enough then you've got a solid flame and you can't see the person that's spinning it, so in that way the speed with which those anion electrons are travelling makes the shell completely around the earth in the same respect that molecules have a complete shell.

Variety.
A 20 year old in perfect health would have a Reserve Energy of 100, would be 100% efficient and their body would contain a MINIMUM of 84 different kinds of mineral. Now 84 is all I've been able to measure in enough research over 50 years that amounted to anything, the rest is such a far out trace until I've never been able to connect it as a catalyst or as a necessity because I found people with perfect health without it, but I have not found anybody in perfect health that had less than 84. So we need the variety but the mineral that is found most by weight and volume is calcium.

We're simply telling you that the reason you get ill is because your choice of foods is so narrow until certain organs in your body are starving and others are overfed. Too narrow a choice in foods and lack of variety.

Variety is the spice of life and temperance in all things and this is what you need to learn, or start learning, the things that we are deficient in and the things we have too much of, and what to do about them. Now men generally get out in the open air and generally eat a greater variety of foods, especially the ones that travel and get around.

In a great variety there is safety even to the use of vitamins. Use a great variety of vitamins, and even with vitamin C it's better for you to take and alternate your vitamin C's so that you don't get again the body into a rut with one type.

Vegetarian.
I've tested a lot of vegetarians and all their urea numbers were about 14 over 10, and you'll find that vegetarians are just as sick as anybody else. Just because they're vegetarian doesn't mean that they're getting the minerals that they need from their foods. Generally vegetarians don't live any longer than a lot of those who eat intelligently; a little meat; a little fruit and a lot of other vegetables.

Vegetarians are just like everybody else and a lot of them get into a pattern of eating too much of the same food, too much bread, too much this, too much that, too much the other, or too many nuts. I've known vegetarians:

- to almost kill themself on eating nuts, because they couldn't digest them and their system kept getting weaker, and weaker and weaker. Their gastric juice was not strong enough to get the mineral out of the nuts.
- that looked very anaemic and boasting all the time that I'm a vegetarian, and
- other people to look dehydrated and anaemic, boasting that they never eat cooked vegetables or cooked foods, they ate all raw.

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Well, I wouldn't want to look like them. I have never seen anyone that was on raw vegetables for two years or more that was any kind of a specimen of good health, they looked like a smoked sausage, dehydrated, anaemic. I'm not saying there isn't any such person it's just I haven't seen them. It's a bit like the man who was going to prove to the world that he could live on carrot juice, and nothing but carrot juice, and just when he learned how, he died.

There are no other substitutes for MinCol and K-Min and a strict vegetarian who will not take MinCol, fish oil, vitamin D, or even K-Min then it is suggested that they keep their life insurance paid up.

Vein.
See Also "Phlebitis" and "Salt". Let me say there's basically two different kinds of blood vessels, there's arteries and veins. The standard medical definition of each is:

- An Artery is a vessel that carries blood away from the heart out to the tissues.
- A Vein is a vessel which carries blood from the tissues towards the heart.

If there's any vessel that's leading towards the heart it's called vein and if it's leading away from the heart it's called artery. Now there's a difference in the anatomical structure of an artery and vein and this is really where Doc is at. The anatomical definitions are:

- An artery has two different layers of muscle fibers around it. Anatomically speaking, arteries are different from veins in that they have two different layers of muscle fibers.
- Veins have no muscle fibers, but they have valves.

The important thing to remember is arteries have muscle fibers, and veins have no muscle fibers, but valves.

Doctors will tell you that arteries and veins can't be rebuilt, and when they tell you that they simply mean there's no drug that will rebuild them, but we see them rebuilt all the time. When you see veins standing very high on the back of the hand it means the 7th to 8th vertebra needs adjustment, there's pressure on that nerve and it causes the blood vessels in the back of the hand to stand up and be prominent.

Varicosing of veins takes place in a very acid system and it's the vascular salts which cause the blood vessels to lose their tone and elasticity, i.e., their power to expand and contract. Vascular, or blood vessel salts cause similar things in the blood vessels as happens in the intestinal tract as can be seen on the legs of people with varicose veins. For instance, when the salt level is high enough long enough the veins get twisted out of shape and also get partially blocked by cholesterol, and are called varicose veins. Because they're twisted out of shape the blood does not move through as rapidly as it should under normal circumstances. It is moving through the varicosities but it's not moving as well as it should, and when pockets of stagnant blood form within those varicosities then you have phlebitis.

It is the action of the muscles from walking which can start to move that thicker blood along, and the person needs to take vitamin E. Now the purpose of vitamin E is to thin the blood, the muscles do not thin the blood, the vitamin E does, but the muscles get it moving.

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So in addition to the vitamin E the recommendations you need to tell them in mild cases only of varicose veins, are to walk, walk, walk and start drinking water, and that should take care of the condition.

Now you can really get in trouble very quickly with phlebitis and severe cases of varicose veins. I have seen some doctors that take plain USP distilled water (which means it has been distilled about 20 times in glass) in a syringe and inject the water into varicose veins and pump back and forth with the needle until it got pretty thick and let the water dissolve the clot, then pick it up into the needle and so wash out varicose vein pockets without surgery. I've seen that done but it takes longer than the surgery but you cannot get to some of the pockets and you don't know where they are and it is a very dangerous thing to stir them up and walk and walk and walk and so keep stirring it around.

People with severe varicose veins need to be in bed, and in most women it effects their thighs and legs and so they should keep their feet propped up gently, and stay off of their feet, and they need medication to keep the blood clots from forming a "Post Mortea", in other words breaking down into a liquid which can cause instant death or paralysis or all kinds of problems, you just name it and it just about can happen.

Vertebra.
The number of bones in the body is a variable, for instance, in England they have a skeleton with 36 vertebra, and the fellow was about 9 feet 4 inches tall. Now a good average for a body is 24 vertebra but it's also not unusual for a person to be one or two short. Now in the skeleton with 36 vertebra the fellow also had 18 pair of ribs, where a normal 24 vertebra skeleton has 12 pair of ribs. We also run into people with 14 pair of ribs and some with 9 pair. People also have 2 pair of floating ribs. So it's rather amazing how many ribs some people do have.

Now with glaucoma, an elderly woman came down to the retreat and she went through the program but her glaucoma kept getting worse as far as the pressure was concerned, and her doctor was concerned that she had increased her fluid intake. Now she may have a diabetic condition, be on insulin, orinate or debenese. If she's not then she may have pressure on the 2nd and 3rd vertebra on the back of her neck because that can cause it also. So you need to know about the 2nd and 3rd vertebra in the back of the neck whether there's pressure there or not.

When you see veins standing very high on the back of the hand it means the 7th to 8th vertebra needs adjustment, there's pressure on that nerve and it causes the blood vessels in the back of the hand to stand up and be prominent.

Villi.
In England we call it coli, now they started calling it villi over here. We (the instructors) were taught that in the small intestine you had the tiny little fingers, the villi, but in the large intestine it was like pockets, as if you had a lump of bread dough and stuck your fingers into it, and they were called Crypts of Liebercone but they're really like fingers too, just fatter fingers. It's how you look at it, they're harder and they're flatter but still fingers and it's the micronage that determines their appearance.

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One of the things that was brought out was that vitamin A is absorbed at the base of the villi in the colon and now you should see why some people need colonics. If they've got mucous or plating in there then that stuff has to get out.

So you can give somebody a million units of vitamin A a day but if they can't get any out to I don't think it's going to help them that much, they've got to have colonics.

Two main things which cause the villi to shed off are:

- Arizona Salmonella, and
- a lack of mineral in your diet over a long period of time.

One thing about the walls of the intestine in which there is Arizona Salmonella is it thickens, and ordinary doctors just say it's a type of cancer. Well it's not like cancer. After the villi shed off, the outer cells of this wall do replace themselves, in other words it stays alive, but the food can't pass through it. Unless those villi are there the body cannot pick up the energy from your food. It's the villi that picks up the energy from your food and if it doesn't take it into the walls where the blood vessels lie you starve to death, actually you starve to death.

Once the villi sheds off then moisture does not go on through the intestinal wall. It'll leak through the lining of the intestines and collect in the abdominal cavity and it has to be drained off. Now 6 months to 9 months is a long time for anyone to live once it sheds off because I have not seen one case yet that it rebuilt on and neither has anybody else.

Vim, Vigour and Vitality.

Some people are lazy and won't use what they've got, and others try to use more than they've got, and these are factors that have much to do with vim, vigour, vitality and enthusiasm of life. Their returning in life, what they expect and there's whole lot to that to what you do.

Virus.

With the liver function, any reading off of perfect means a lack of calcium in the liver which means a dilution of the liver bile and the gastric juice. The more dilute the gastric juice the weaker it gets; the weaker the hydrochloric acid then the liver is unable to split or ionize the salts that come in and therefore the body accumulates the salts because there is generally insufficient water to wash them out. When the liver splits salts it takes the chlorine and uses it as a germicide, or cleanser, in the body and it's the chlorine that keeps us from having too many worms and keeps the bugs and bacteria out of our lives. People that are troubled by viruses, funguses and worms have a dilute hydrochloric acid in their stomach (made by the liver) and their body cannot make use of the chlorine in their diet.

My name is Paul B..., what about viruses in the blood, can they stay in the blood or can they be taken out of it? Is there such a thing as viruses staying permanently in the blood and not being removed?

Viruses should not be in the blood, but some bacteria is normal in the blood. A number of families should be in there, the aerobic bacteria and the ones you find in yoghurt, even a minor amount of some of the salmonellas should be in there in order to ward off the other salmonellas. But funguses I have not found any place but salt would break down any fungus, but it would not break down

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certain bacteria. Funguses are plants that require CO_2 gas and bacteria requires oxygen. Now the "Salmonella" group is a large group and Malaria is a salmonella, and a little of it stays in the blood.

Vomit, Diet/Fasting Related.
When someone has changed their diet and is going through withdrawal they are often nauseous, and feel like vomiting. We want them to vomit, and if they don't then the cells that flush from the liver, the caustic poison, will go out through the colon in the form of a hydrochloric acid and will burn you very, very badly in the rectal area, it won't blister but you'll think it does. The caustic poison goes out through the colon and it just about sets the woods afire, it just burns them up and then they complain, "oh my God doctor it's burning me up,"
"well take a bath, or get a colonic and wash some of that caustic acid out of the system." It's hydrochloric acid and it's hot, believe me it's hot like hot peppers and we want it just so it gets out of the system.

Vomiting up is the easy way, because one minute before you vomit you think it's your last minute on earth, you just couldn't possibly live, your flesh is tingling, it's feeling like pins and needles and crawling off of the bone and about the only thing you're afraid of is that you're going to live and a minute later though (you don't remain sick afterward) you feel like a million dollars, you really feel relieved because this caustic material that's been causing illness is out of you.

They're in deep withdrawal because their urea numbers are less than 12, and if they can vomit when they first start to throw off these cells:

- it's very, very green, and bitter, and
- then it turns to brown (but it comes and goes, it doesn't stay), and
- then it turns to a yellow,

and when it turns to a yellow they're practically to the end of it. This generally happens within 2 to 3 days at the most. You can always tell when the withdrawal is over and when it gets to yellow, you're almost through with it, it's almost over, then you're on the road to recovery and your ureas numbers will begin to move back toward 12 again and you just feel so wonderful, you begin to live again.

Please don't attempt putting children with a high blood sugar through a lemon water and water fast because the child will vomit two or three times and then will go to sleep, and it will sleep anywhere from 12 to 30 hours, and you can't hardly wake it up at all, it's just like a dish rag, the eyes roll back in the head and it scares mommy and daddy plum to death almost. The child is so relaxed, there's nothing wrong with the child at all except all this tension that they've had from the high blood sugar and they're so tired from it they're just resting, but I'm going to tell you this, mommy and daddy'll fight you. The child won't give you any problem but mom and daddy's ready to fight you, and believe me they'll call you up at any hour of the night or any other time and I don't blame them, they're deeply concerned about their child.

If there are people who want to get off of insulin then only in the retreat do we give them a diet to cause the pancreas to behave and to manufacture the right amount of insulin, but remember this, the effects of salt are age related, and over the years of their taking insulin their systems have stored it up like salt pork. It's hardened their arteries and veins if they've been on it long enough it's crystallized the arteries and veins in their brain and in their kidneys and their joints and they're really in trouble, and when their body starts to release this stored insulin then many times they

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begin vomiting and start to dehydrate and in the meantime insulin is still pouring into their system, released from their body actions, and then their platelets begin to drop because the insulin salt is too high in their blood and then you've got to get them in a hospital where they can have IV solutions in order to tone this down so it can pass out through the kidneys.

Now they're lucky if this is what happens, but if they've been on insulin long enough and those arteries and veins are crystallized to the point of breaking, and if they break in the brain they'll go into a coma and you've lost a patient. Or if it's not quite that far advanced they may be breaking in the kidneys, and cause the kidneys to break down and they start passing blood. If they're not that far advanced then they may start breaking down in the joints causing excruciating pain in the joint. So when you get a person off of insulin you've really got a problem on your hands.

Food & Supplements - Vitamin.

This brings us to how marvelously made we are and that vitamins and enzymes are the same thing. There's no difference in a vitamin and an enzyme, they're exactly the same, however we think of vitamins as being man made and enzyme as being naturally made by a living phenomena. Both vitamins and enzymes are products of hormones and hormones are products of minerals. Hormones are living cells (this is what a hormone is, is a living cell) and whatever that cell manufactures is an enzyme or a vitamin and this is what vitamins are, so it would take an awfully long time to take enough vitamins many times in order to supply the mineral to reproduce the hormone that is worn out. So it's very important to back up to use of vitamins with minerals and minerals with vitamins. Try to comprehend the whole picture, the whole plan.

There's some good text books on vitamins and you really ought to study them. There's a whole book on vitamin A, a text manual for about US$35.00, and it really will help you to understand something about vitamin A, and also there's one on the B vitamins and it will help you a lot to get this book on the vitamins and what they do, but don't buy one from a vitamin company, that is advertising to sell their vitamins. Get a manual on it and also if you'll get one with the chemistry of the vitamin in it, it will also help you understand the variables and the many different kinds of vitamin A, the vitamin B and the vitamin C and it's various kinds.

Now vitamins are a wonderful thing to take but at their best they're only a crutch, but if you need a crutch then you need a crutch. Now if I need a crutch I'm not going to go out and buy 28 different kinds of crutches and use them all at the same time I'm just going to use the ones I need. We want people to have all the help they can get from any one they can get it and anywhere they can get it. You may have to take these minerals for the rest of your life and it's the cheapest, most economical way I know to prevent serious illness, surgery and a early and premature funeral bill, but if you can get your body to strengthen the gastric juices you're going to need a lot less vitamins and minerals and this is the reason why I discourage testers from selling vitamins and minerals because they get 40% and it's so easy to sell an extra bottle that the people don't need. If you sent them to the health food store you'd only write what they need. "Yield not to temptation" for yielding is sin.

I don't recommend any one particular brand of vitamin and you're open to try different ones but I do recommend that you stay with the proven trade names because you'd be amazed at how much processing that they put into the making vitamins and minerals today. You have to have three tests made by three different laboratories and they've got to be in absolute agreement, and if anyone is manufacturing vitamins and minerals and you're not doing this you'd better watch your P's and Q's because they're really zeroing in on it.

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So don't encourage your patients to go out and buy the cheapest vitamin possible, and that'll also hold true with minerals, and you'll have it happen and they'll come back to you in two weeks or five days or whenever and you look at their numbers and they basically are not changed. The value of synthetic vitamins versus natural vitamins depends on the individual's chemistry, always go by the numbers and use a great variety of vitamin brands, and even with vitamin C, it's better for you to take and alternate your vitamin C's so that you don't get again the body into a rut with one brand. You generally think of a complex vitamin as having some of all the vitamins in it, hoping one of them will work and that's what I call a shotgun prescription, little bit of everything and I don't recommend it.

Vitamins and enzymes are like blocks that children use, they're easy to put together and they're easy to take apart, so nature makes these enzymes or vitamins and as they pass the organ with a magnetic attraction on the exact micronage down to the milli-milli-micron of that organ the magnetism of our bodies snatches off what it needs, a small part or all of the enzyme and it becomes a part of that organ just like silver plating, nickel plating, chromium plating takes place. This is the way we grow by ionization.

There's a little minor technical difference in vitamins and enzymes, we think of an enzyme as the direct vitamin made by a living cell, and we think of "vitamins" as one that man has processed from a living cell, or living cells. In other words we think of vitamins as something that man has made. But an enzyme is something that is manufactured by a living cell and is not processed. That's about the only difference, they're both exactly the same thing. Vitamins and enzymes are products of a living cell.

Remember, here's a rule and don't forget it, "take your minerals with meals and take your vitamins between meals".

There's no exception to that rule IF you want to get the maximum benefit from your vitamins and minerals because your vitamins start to become a part of you when they touch your tongue, but the minerals have got to be digested in your stomach.

You don't take the vitamins with meals because the gastric juice is flooding so heavy at the time of digestion they often change the form of your vitamins and if you take your minerals between meals they're much more difficult to digest and the liver will start digesting the minerals just like they do foods and then flush. So if you can put your vitamins in the stomach in a capsule form, or chew them unless it's an oil, if it's in oil form the capsule will break and you've got a quick explosion so to speak then it'll just give you barely enough of gastric juice to take care of that but if you put minerals in your stomach they're quite heavy and the digestive process will start and very equal to that of eating a meal. Have even your Vitamin A&D oil capsules between meals.

If they are doing a 6 day fast at home then we start their vitamins and minerals on the 7th day. We do not put them on vitamins and minerals while they're actually on a fast because many times they're nauseated, sick at the stomach, vomiting, and they're just sure that their diet is killing them. Also with vitamins and minerals we always recommend that people start off at the lowest level. You're never to try and change a person's body chemistry quickly because you'll have them on the phone and they'll be complaining to you in a few moments time, "what are you doing to me?"

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We do not supply any vitamin, mineral or supplement that can be bought anywhere else in that particular refined form. We want you as doctors and counsellors to use whatever vitamins, minerals, supplements or other helps are available to do the job, we do not expect you to limit yourselves to what we suggest alone. We only tell you what the body is most deficient in, and you're supposed to use any knowledge that you have to aid that patient in recovery at the earliest day possible.

Vitamin A.
The liver has the darkest color because of the minerals in it and some of the things that effect the liver's functioning are calcium, oxygen, iron, iodine, water, and vitamin A.

The foods and supplements rich in vitamin A are:

- Any food with a yellow color has vitamin A. It's the carotene that's yellow so when you begin to deal with vitamin A look for the yellow color as in corn and yellow squash.
- Carrot juice is rich in vitamin A, minerals and iodine especially if they're grown on good soils with sufficient iodine in them. Carrot juice is good for many things like the liver, skin, eyes and bone marrow and is an excellent thing for leukemia and anemia but you don't give carrot juice to anyone that is on insulin, diabinese, orinate or diabinate because it is high in sugars.
- Cucumbers are also rich in vitamin A and if you'll eat the skin of the cucumber too you won't burp it later. Now there is a long cucumber that's sold on the market called a "burpless" cucumber in which the skin thickness, the chlorophyll, goes all the way through to the seed. Cucumber juice is the highest form of vitamin A.
- Celery tops contain vitamin A and iodine provided they're grown on soils that have sufficient iodine in them.
- Chlorella is a type of algae and contains both vitamin A and is an excellent source of chlorophyll.
- Yellow light too is rich in vitamin A. In the process of the food coming from the air, you can get vitamin A out of any yellow light that you put upon you. The liver puts the vitamin A together on the frequency of the body so therefore it's found rich in the liver, not because the liver uses it but because it manufactures it.
- You'll find a little vitamin A in the stems and tops of beets.
- Sweet potatoes have vitamin A and iodine provided they're grown on soils that have sufficient iodine in them.

One of the things that was brought out was that vitamin A is absorbed at the base of the intestinal villi, and now you should see why some people need colonics. If they've got mucous or plating in there then that stuff has to get out because you can give somebody a million units of vitamin A a day but if they can't get any out to I don't think it's going to help them that much, they've got to have colonics.

Vitamin A is not being utilised when you have such a high sugar.

Molybdenum is a very essential element in making vitamin A available to your system and it takes such a small trace of it to do it, the smallest trace. One of the things that molybdenum does is make vitamin A available. Provided your vitamin A levels are up, you can get plenty of zinc from the air and sunshine.

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Since algavim is great for helping to assimilate vitamin A we give algavim to people with leukemia and other vitamin A deficiencies, they get algavim:

- Children less than 50 lb, 1 x 3 with each meal.
- Others over 50 lb, 2 x 3 with meals.
- Senior citizens, 2 x 4 with meals.

Some vitamin A deficiencies are:

- One of the processes of ageing is a lack of vitamin A, and practically all senior citizens over 60 need some algavim to help make vitamin A available, and it does a fabulous job. Carrot juice is also very good but remember you don't give carrot juice to anyone that is on insulin, diabinese, orinate or diabinate because it is high in sugars.
- The lack of vitamin A is going to effect the bone marrow most before anything else because that's what vitamin A is most directly related to, and so the bone marrow problems of Hodgkin's Disease is very closely associated with leukemia, so when you work on one you've got to work on both of them. Now with Hodgkin's Disease there are two particular Transformer Glands at the base of the neck that have much to do with the vitamin A in your system, or have a great part to do with it.
- The skin uses the most vitamin A and so skin disease, sunburns, blisters, steam burns and things of that nature you can use the yellow light.
- Hair loss is caused by a vitamin A deficiency and also the skin is not absorbing enough oil.
- Psoriasis is also caused by a lack of vitamin A in the skin and for that you use lemon oil freshly squeezed from a lemon.
- Gum recession on the teeth is a lack of vitamin A, but it could also be anemia or a lack of iron.
- The cause of glaucoma is a mineral and vitamin A deficiency and is very closely connected with anemia or leukemia. The body is also retaining too much salt and it's a cholesterol that forms in the eye. You can also have glaucoma and not have high blood sugar.
- Bursitis is caused because the body needs Vitamin A&D, and taking vitamin A&D capsules will generally stop bursitis the quickest of anything.
- Leukemia is cancer of the bone marrow and is caused because of a vitamin A deficiency (vitamin A being a vital element in the manufacture of bone marrow). There are no two cases of leukemia alike and it's a very difficult problem. A sample set of numbers for leukemia would be:

$$4.4 \quad \frac{6.20}{5.70} \quad ? \quad 4 \quad \frac{8}{8}$$

These numbers indicate that the liver is not producing, and that the bile is almost acid. Leukemia and anemia are both in the same category of cause from a mineral deficiency in Calcium, Iron, Iodine, and Oxygen. Where you've got leukemia AND low blood sugar you've got two maladies requiring absolutely opposite diets. The chain reaction is it first starts with a calcium deficiency, which leads to an iron or iodine deficiency in the liver, and there may also be an oxygen deficiency from the lungs, and consequently the body does not manufacture, or accept, or receive enough vitamin A from the foods. There has not been found one single case of leukemia, or anemia that did not have the lack of Vitamin A. The mineral deficiencies occur in that order and each one is just as important as the other because without those you cannot assimilate vitamin A.

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Although leukemia is caused because of a Vitamin A deficiency, the amount of Vitamin A you take has nothing to do with the amount that's available to you. You may be taking it by the pound and doing yourself damage. What you need to do is to find out why the body is not assimilating Vitamin A and set the body chemistry in position to accept Vitamin A. If you know of a person that has leukemia, or is classified to have leukemia, they should be in a retreat because there's a lot more to leukemia than just a vitamin A deficiency even though it is the primary cause of it because many times the body refuses to accept the vitamin A in any shape form or way and, as the saying goes, you have to go all the way round Robin's Barn to find a catalyst to make vitamin A available to them. Carrot juice is an excellent thing for leukemia as is cucumber juice (the richest source of vitamin A). Not only is Royal Jelly given for the equal distribution of many different kind of calciums for arthritis and especially for soreness of the joints, it is an excellent product and highly beneficial in all leukemia cases along with the carrot and cucumber juice.

Leukemia treatments generally take about a year to really get them back to near normal, however in 10 weeks they're much improved and I've even known them to be able to go back to work after 10 weeks, light work about 2 to 4 hours a day, and after 6 or 8 more months be able to work 3 days a week all day and after about a year and a half they work the full week.

The color of the tongue can also indicate a leukemia condition, either:

- A tongue that's just as black as it can be, or
- A blue tongue, or bluish streaks on the gums.

Keep them on the diet until the whole tongue is as beautiful as a brand new tongue. Now the pH's of

$$\frac{5.40}{5.40}$$

would be a candidate for leukemia because there is a great lack of vitamin C and it is a lack of vitamin A that can cause a loss of vitamin C. Also when the pancreas starts to manufacture too much or too little insulin then the level of vitamin A drops off, then the level of vitamin C drops off too.

Now suppose a person doesn't get enough sleep for a couple of nights and the eyes get kinda red, then that's a vitamin A poisoning, or too heavy amounts because many times vitamin A will cause the little vessels to break down in the eye from extreme fatigue for too long a period of time, in other words the eye is under such a strain the system will throw heavy amounts of Vitamin A and cause a breakdown of the smaller blood vessels in the capillary area, give you a bloodshot looking eye and it only means you need more rest. Now if there's a blotch on the sclera of the eye put a "B", and it means you have a terrific Vitamin A deficiency and that's about all the vitamins you can tell by looking at the eye.

Vitamin B.

If I put a patient on vitamin B1, and he's not on a B Complex at the same time, the vitamin B1 does NOT drag the other B's about because you only give the ones that they are most deficient in, and in doing that you will not deplete the body of the other B Complex.

Now vitamin companies slant their advertising according to their product without any specific testing and that's the only thing they can do, there's no other way to do it. But what we do is give

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them the specific ones they're deficient in. Suppose you needed vitamin B but you didn't want to take the vitamin you would find it in brewer's yeast and whole grains.

Vitamin B1 & B2 is yeast.
250 mg to 300 mg of B1 and B2 by itself a half hour before meals will stimulate the appetite and make you hungry.

People that are overweight should not have yeast or vitamin B1 or vitamin B2, that's if it's just an overweight problem, because it makes you more hungry and you eat a lot more food. People who's system naturally manufactures too much B1 or B2 actually are hungry all the time and they eat too much. That is one of the causes of obesity but I don't believe in obesity as a disease in itself, it is the result of other body conditions.

Vitamin B3, Niacin or Nicotinic Acid.
People with severe depression or mental imbalance generally have a calcium deficiency and in those cases their bodies cannot extract the calciums out which is absolutely necessary to make hydrochloric acid which then extracts other substances out of the foods and so the body becomes depleted in vitamins as well as minerals then the liver does not manufacture vitamin B3 (nicotinic acid).

A deficiency of vitamin B3, nicotinic acid, effects you mentally and there's one specific thing we do to improve nerve function in the brain and that is we generally give them vitamin B3 (niacin). We know that nicotinic acid does something to those that are mentally imbalanced and it helps them overcome their problem.

Now, when you get into schizophrenia cases there's no two cases of them alike but I would say that above 80% of them could be greatly benefited and I have seen many of them come back to normal.

I had Doctor Henry Williams in Lancaster Pennsylvania bring me a girl named Miss Fitz, she was 22 years old, of a German family, and she had been in Harrisburg Insane Asylum for six months and they heard of us coming to that area so Doctor Williams took this girl out and they brought her to see me. Well, she was a complete vegetable and her hands went in any kind of a direction and she was acting like an idiot, she couldn't even talk, she would try to talk but she couldn't, she couldn't dress herself and she couldn't feed herself.

I asked Doctor Williams for permission to give her 1000 units of vitamin B3, nicotinic acid, every two hours until I gave her 20, 000 units, and he said, "it's alright with me if you keep testing her."

So we started this and in seven hours that girl is normal and she's still normal to this day. She's married and got a little girl that's as cute as can be however the little girl developed spasms which were low blood sugar, they called me and I told them what to do. Now Doctor Williams saw this case with his own eyes.

Now, when you get into these kind of cases there's no two of them alike, and you must deal with them accordingly, but then we corrected her diet she's not ever had any more trouble since, and this has been practically ten years ago.

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I could tell you about twenty five similar cases but the results are exactly the same, B3 on schizophrenics plus a good body chemistry.

When you give vitamin B3 start off with 50 mg twice a day between meals and tell them to expect a flush, and when they go three days without a flush then double the amount they're taking till they reach about 200 mg and then start increasing it by 100 mg twice a day between meals.

If they start flushing immediately it means that they need it. Now vitamin B3 does not lower the sugars and if they get a real bad flush with heart palpitations then the heart palpitation is caused by fear, not the nicotinic acid. If they're told what to expect, and what to do, they don't get so afraid and then they go through it nicely but if they are not told then they become afraid and the fear causes heart palpitations.

Now many times I have patients complain about heart palpitations and they were not having heart palpitations, even at the very minute they said they were, they were not.

I'll tell you about a case that I had, this girl was in high school and she was called an idiot even though she was a straight A student. She couldn't write, she couldn't put her hand where she wanted to put it, her face twisted in all kind of positions and she would hold her head and walk at the most awkward way that you've ever seen in your life, and they brought this girl to me three years ago, about three or four months before school was out, about '75, just before school was out, and the numbers showed that her problem was synchronization, her body could not synchronize itself, the messages were not going through from the brain. She knew that she wanted to reach down and pick up a pencil but instead of her hand going towards the pencil it may go any which way. She could not put the hand where it started, so I said to the mother, "her diet needs certain corrections" and I took all meats away from her, she was 17 years old, and she'd had an expression of an idiot, because she'd been told all her life that she was an idiot, she'd been told this, and therefore naturally she took on the expression of an idiot and I said to the mother, "I want to ask you something about this child, did she crawl when she was a baby?"
and she said, "no, she didn't crawl, she just started walking."
I said, "right now her problem is this, this child can't crawl. Now, I want you to take this diet and give it to the child." The diet had vitamin B3 and there was a supplement B3 also, and I said, "I want you to teach her to crawl." And she said, "Doc it would embarrass us to death, my husband is one of the big engineers for Exxon at the Copper Company and to have this girl in senior high school crawling it would embarrass us to death, because there's no place in the house to crawl."
And I said, "Well, I have told you what to do now, and it's up to you to do it, I can't tell you how to do it, or what to do."
So the mother left quite angry with me, she was quite peeved with me and when the father came home that afternoon he called me up and he said, "we have spent thousands of dollars on our daughter trying to get her helped. We believe that there's help. I want to ask you something, your instruction is different from anything that we have ever received in our life, and we'll try anything, but how can we do it without being conspicuous?"
I said, "I'll tell you what I would do, I would get a 30 foot culvert about 24 to 30 inches round and I'd put a cushion in it and I would have her crawl through this culvert, from one end to the other three or four times a day."
And he said, "I'm going to try it, we've tried everything else and it hasn't worked but we're going to try this." I said, "good, and I'd like to see her back in 30 days."

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I never heard anything about it for 30 days then she was back and I didn't even recognise her. She was so different and the first thing the mother said, "we had the surprise of our life, she could not crawl." But now then she had learned to synchronize her body by crawling and she could pick up a pencil, it was a little clumsy, but before school was out she was as normal as any person and even the expression on her face you would never dream it was the same girl.

Well I learned about this in England 50 years ago and time and again we use this system where there is synchronization problem as well as correcting the diet, of teaching the child to crawl. If there's any child that we know of now that doesn't crawl we start to play a game of crawling with the family and so forth.

In fact I just had one two years ago that started walking but six months later they begin to make certain motions that got the parents terribly upset, it spilled everything it got a hold of, it couldn't take a glass to it's mouth and the parents brought the child to me and I found out that it couldn't crawl, we started it to crawling and in three months it was just a normal child again.

But this girl had been going since infancy and to high school and she graduated at the very tip top of her class and you should have seen the difference.

Vitamin B5 - Pantothenic Acid.
See Also "Arthritis". If the gastric juice is not strong enough the liver does not manufacture pantothenic acid and it causes soreness in the hands and the joints and this is the beginning of arthritis, is the lack of pantothenic acid. Also too much of one kind of calcium and not enough of pantothenic acid is the cause of arthritis, lumbago, neuritis and so forth. There's too much oxidation in the muscle. I do not know if the calcium pantothenate is as effective as the pantothenic acid.

There's many, many different kinds of pantothenic acid and even some made synthetically out of coal tar and I ran a test some 15 years ago on 20 different brands of it and the one that's in Royal Jelly made by Whiddens is the only one I found that bees would eat. Royal Jelly looks like raw honey and tastes like raw honey but in it is a pantothenic acid which is a substance the bees manufacture to feed the larvae to make a queen and they will go into a dark room to get the one made by Whiddens and that's the only thing I ever found that bees would go in the room to get, and I have offered it to them, put it on their hive and everything else in every other form and even mixed it with other honeys and they pay no attention to it. But this one they will go for it, and this is the reason I chose Whiddens Royal Jelly is because it's the only one that a bee would recognize.

Vitamin B6.
The main sinew of a nerve has thousands of nerves within a nerve, just like a telephone cable has many wires inside the cable, and these nerves have many little lines inside the nerves. In order to keep those nerves from short circuiting each other out you need vitamin B6 and when they short circuit each other out there's numbness. The function of vitamin B6 is to stimulate the nerves in an area. In other words, vitamin B6 is a type of mineral that's necessary in the nerve for it to conduct electricity. It's a substance that must be necessary in the nerve.

If the hands and feet are numb AND warm it's a vitamin B6 deficiency, whereas if they're cold at the same time it could just be a malfunctioning of the pancreas and alcohol.

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Vitamin B12.
Use vitamin B12 in all cases of anemia. When the pH gets to be about 5.4 then watch for anemia.

One lady in her 40's came to me and she was very highly anaemic and I said, "I want you to take two, 250 mg tablets of B12 twice a day, and come back in two weeks" and I also gave her a dietary program to follow.

She came back in two weeks, tests were rerun and there was no change in her numbers, exactly the same, and I looked up at her across my desk and she said, "doctor I'm not a bit better than I was two weeks ago."
I said, "I see you're not. Why didn't you take the B12 like I told you to take it." She said, "doctor, I did take the B12."

I said, "lady, let's set the record straight quick and fast, if you're going to lie to me get out of my office, you did not take the B12, you did not take it and you're not going to sit across this desk and tell me you did because if you had of done it, if you had of taken what I said then you would have been better."

and she said, "doctor, I'm going to be absolutely frank with you, I didn't have the B12 so I took two B6's each time." I said, "lady you're arithmetic is excellent but you flunked your chemistry, now you go take the B12 like I tell you and then come back in two weeks."

And she did and you should have seen the difference, she was amazed at how much difference there was in one B12 instead of two B6's.

Vitamin B17 Evaluation.
When you start working with a substance it's very difficult to evaluate it because you can't get two people and give one of them one thing and one of them another and then evaluate it on that.

In trying to evaluate vitamin B17 Doc found two people for whom he could connect a benefit from vitamin B17 by evaluation, and he did it with the same person.

The person was assimilating Vitamin C at a certain given rate then he took them off of the vitamin B17 and immediately the assimilation rate for vitamin C dropped significantly and their progress became much slower. He put them back on the vitamin B17 and immediately their body began to assimilate more Vitamin C. But he also found that it takes about 25 days for the assimilation of vitamin C to peak again, even if they're only off the vitamin B17 for 3 days, it takes almost 25 days for it to get back to that point.

Only in this way was he able to directly associate the removal of vitamin B17 from the diet as the cause of the losing of accepting Vitamin C, however the insulin manufactured by your own pancreas also has much also to do with accepting Vitamin C.

Now certainly vitamin B17 is a great asset to make Vitamin C available and it does make Vitamin C available PROVIDING you take it for at least 25 consecutive days or more. It takes it that long to really make a dint into the system in order to make Vitamin C available, and this is one

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of the reasons that the HEW is so far down on the use of the mineral is because they're expecting too much from it too quickly and it doesn't work that quickly, it works very slowly.

It's a form of sodium cyanide and also potassium cyanide in colloidal form. Now this potassium cyanide and sodium cyanide (which is actually amygdalin) is one of the things that makes Vitamin C available but if a person's gastric juice is too dilute then they cannot absorb it and therefore they're wasting their time.

Vitamin C.
See Also "Collagen Disease". Emmanual Shiraskin, a dentist from Alabama, did a study upon how effective vitamin C is in helping your tissues connect, helping them knit together.

What he did was take dental students and he took a silver punch and went into their gum and pulled a part out and made an ulceration. He did it with one group and then fed them a vitamin C free diet and then another group he gave vitamin C.

Now he didn't check their numbers and didn't know where their pH's were or anything but the ones that had the vitamin C healed faster. Then they doubled the dosage and did it again and they healed quicker and then they doubled the dosage again and they healed in less time. You could almost get to the point you would think that as soon as you punctured them it'd heal if you increased it that much.

Vitamin C is cationic and is the structure that cements the cells together and the first thing that happens when the stole starts to make a cell is it's required that it has some protein because around that protein that whole cell will be constructed. The protein is the magnet that pulls the cell together. Now the one medium that's so important in joining cells together is vitamin C and vitamin C is the coating on the stole and it is this coating that is important in the plating process, in other words, it's the coating that actually binds the proteins (which are the electrolytes). The vitamin C coating knits the cells together. In other words vitamin C plays a part in the mechanism of the plating as it becomes the binder for the protein. A cell cannot be formed without Vitamin C and collagen disease is old fashioned scurvy and is a lack of vitamin C. In other words, your body becomes too acid and the acids in the system destroy vitamin C, they're a solvent for it because they're more caustic than the vitamin C. Vitamin C has a pH of less than 6.0 but if you've got enough calcium then when the liver gets through with it, and if your chemistry is perfect on 6.4, then that vitamin C is also on 6.40.

Vitamin C is the cellular cement and it's very important because when we start talking about putting amino acid cells together we're also talking about the interplay of vitamin C in there, and if you do not have vitamin C then you start losing energy. In other words, vitamin C plays it's part in the bonding of the cells. For instance, a jellyfish is soft and mushy and the only reason he's being held together is with vitamin C. When a jellyfish stings, or the thing that burns is the phosphorus in it.

Anyone having "Perfect" health will have 4,500 micrograms of Vitamin C per gram of blood and this level of 4,500 mcg of Vitamin C actually means perfect health and remember this, the loss of Reserve Energy is directly related to the number of micrograms of Vitamin C per gram of blood, a constant. In other words the exact degree of the loss in Reserve Energy can be measured in direct ratio to the number of micrograms of Vitamin C per gram of blood. This scale of energy is based

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on 0 - 100. There's no illness in anyone when there is 4500 mcg of Vitamin C per gram of blood, there can be more than that, but at 4500 mcg there is no illness.

If the pH is higher, say near 7.20, and the body is not accepting vitamin C there is either:

- a lack of calcium, or
- a lack of oxygen.

However the deficiency may also be from damage to the vagus nerve going to the vital organs or a brain tumor, but those two factors are related to the other two factors.

Now a primary way you lose vitamin C out of your system is through the skin, and the finest way in the world to have a cold all the winter long is to use soap everyday on your body and keep all the oil washed off your skin because when you wash the oil off the vitamin C leaks out. It's the oil on the skin and in the skin that keeps the vitamin C in and keeps it from leaking out in terrifically high amounts. With the heat process of the body if you washed your oil off the skin then the vitamin C can evaporate, be lost off the skin, but with sufficient oil left there the heat is transferred through the oil. The oil keeps the coating on and keeps the vitamin C in.

The natural forms of vitamin C contain factors like the Rutins, the P, the K, the bioflavonoids and so forth. If you get it made from coal tar there's the straight ascorbic acid and you have nothing else but that, but if you get it from citrus, or onions then you've got a lot of other minerals that come along with it. Now they also make vitamin C out of corn, soy beans, rosehips and acerola cherries. If you have a vitamin C complex that has only vitamin C and it's co-factors in it that's alright, but do not use a vitamin complex of many different types of vitamins.

In taking Vitamin C so many people go out and hunt up the biggest economy package they can find, a great big bottle of maybe 5000 Vitamin C tablets because they get it a few cents cheaper. Now there's about 7 different kinds of vitamin C on the market and it's a good idea to buy 7 small bottles instead of one big bottle (even though it costs you about twice as much) and take a different type of vitamin C each day. You'll get a lot more energy and a lot more benefit from it than you will by taking the same kind of a vitamin C every day. So you SHOULD alternate the brands and sources so your system doesn't get locked into one type. Jump around a bit. In a great variety there is safety.

Vitamin C is the binder itself, it's actually the glue that makes the molecules stay put, it binds and holds them together and a deficiency of Vitamin C can cause:

- Scurvy. A severe and progressing vitamin C deficiency state used to be called scurvy, and is now called collagen disease. If collagen disease gets pretty far advanced it can become scleroderma, characterized by a "grin" on the face which is the final stage on it. The "grin" is actually a tightness, and the person is fighting for their life, "you're going to do it or die". You call it a "grin" but it's also an irritability thing too and it's certainly an important factor. This is one thing about scurvy diseases or collagen disease, it is said that they die with a smile on their face.
- Stretch Marks. A severe deficiency can also cause stretch marks in the skin. When you see a patient that is extremely vitamin C deficient, especially women who have gone through a pregnancy, one of the things to ask is "do you have stretch marks on your skin?" Lack of vitamin C is the cause of the stretch marks and it can be on men too if it has lasted long

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enough, but men generally get out in the open air and often eat a greater variety of foods, especially the ones that travel and get around.

- Not Available. The lower the urine pH the greater the deficiency of vitamin C and the more acid a person becomes, say around 6.00, then vitamin C basically becomes not available to the system, and a lot of people who are sick at that point think, "oh, if I could only have more vitamin C" so they start piling it in even more. Depending on what they're taking it could only compound their problem and make an acid situation more acid still. When the pH is running extremely acid that in turn effects the vitamin C and it's just a constant cycle and our challenge is to get in there and break the cycle. With a low Urine pH you need to work on them and this is where that if you can teach the people to eat their vitamin C in the form of onion soup so much the better.
- Anytime the pH rises means they are becoming vitamin C deficient, but they can have vitamin C supplements. Anywhere in the pH 7's the person heals slowly (cuts, bruises, nicks, and so forth) because of the vitamin C deficiency.
- Vitamin A. A lack of vitamin A can cause a loss of vitamin C, also when the pancreas starts to manufacture too much or too little insulin then the level of vitamin A drops off, then the level of vitamin C drops off too. A special note needs to be made for people who are diabetics on insulin. When you're on insulin it destroys the ability of the body to accept Vitamin C, but as you begin to correct the diabetic condition and dilute the insulin they use, then you need to supplement their diet with Vitamin C and it's the Vitamin C that's actually doing the rebuilding job and not other substances within the food itself. Foods rich in vitamin C do a marvelous job in rebuilding the pancreas and body.
- Bruising. The more acid the Urine pH the lower the vitamin C and the easier they bruise. The capillaries break and bruising takes place, without even any bump. In fact, using a husband and wife situation, if the husband even so much as helps his wife out of the car, later that day she can show an arm and here is the whole hand print right there. The body chemistry is reflecting what it does.
- Loss of Muscle Tone. The other area that hurts so much on a vitamin C deficiency is the colon itself loses it's muscle tone and so tends to have a dropping, or a prolapse, and this also shows quite often in the protruding abdomens that you see walking around the country.
- Chiropractic. Those of you who are chiropractors and you work on your clients and they're back to you in two or three days because the adjustment didn't hold. Chances are they're a very acid person. You as a Reams tester will tell someone to go get an adjustment, they'll go get the adjustment and in a couple of hours, couple of days it's gone. An acid body does not have the ability to hold a chiropractic adjustment. The muscles, the tendons, the ligaments do not have the tone, do not have the vitamin C to hold them in proper place.
- Muscle soreness is common with vitamin C deficiency.
- Mastitis is a fever that separates the milk and the cream. Generally it's a lack of vitamin C and is very easy to fix, but you've got to get the body able to accept vitamin C.
- When you have a child that holds his mouth wide open, like they were saying "O", has a potassium deficiency as well as a vitamin C deficiency and this only applies in adults if they are very ignorant, or very uneducated, or very uncouth or mentally weak.

When you think of vitamin C, as far as the vitamin is concerned, the things you think about are:

- It's cationic, an acid and it'll lower the pH, and
- the second thing you want to know about vitamin C is, "can this patient take it or not?", and the determining factor is the urine pH. If it's above 6.40 they can take it and if it's below they cannot. They can't take it when it's below 6.40 because it'll lower the pH and they'll have

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> less energy, aggravating their condition, making it worse. Below 6.40 you can recommend that they eat fresh onions, onion soup or anything that has Vitamin C in it without putting them on too much orange juice or grapefruit juice or pineapple juice or something like that. You want to keep those juices to a minimum anytime the urine pH is below 6.20, as well as keep your acid fruits to a minimum.

Some people with low pH's can take pineapple juice, grapefruit juice, orange juice, cranberry juice and so forth, and ANY fruit juice EXCEPT lemon juice has to have the bicarbonate of soda in it if their pH is too low. If you have a person that needs vitamin C extremely badly and you want to give it to them you would use any of the fruit juices with bicarbonate of soda and it doesn't matter how much you use or how little you use but wait about a half a minute from the time you stir in the soda, let it fizz and drink it while it's fizzing and you can immediately get vitamin C through that system. Any extra soda will settle to the bottom instantly because it will have met it's saturation point, it will neutralise the acids, and the rest will sink to the bottom real quickly. Just don't drink the sediment. Now if you want a person to have vitamin C quickly, I mean in three or four days, other than this system use onion soup. Remember this, onion is the richest source of Vitamin C in all the world. Whenever they can't take Vitamin C in tablet form you can have onion soup twice per week made with 1 lb of onion and a little water or cream or skim milk, a little mushroom soup if you want for flavor. Do not over cook the onions, steam them for only about 30 minutes and you've really got a wonderful, wonderful source of Vitamin C in your system. The cooking does not destroy the Vitamin C if you eat it right after you cook it, but if you put it in the refrigerator for three days it would.

The Vitamin C is usually given at 500 mg twice a day, or 1000 mg twice a day depending on how much they need. Anytime the pH is 7.00 or over I usually give them 1000 mg twice a day. Children on Vitamin C can have the chewable type.

You must remember sometimes that whatever you recommend to people and what you want them to do, if you tell them to take 500 units of C:

- they'll go home and do what you say, they'll take 500 for you,
- and then they add 500 for what Grandma says to do,
- and 500 for Aunt Matilda, and

pretty soon you have a person who is doing your program and they can answer truthfully if you ask them, "are you doing the program?"
"Oh yes",
but if you don't ask them, "are you doing anything more, are you taking anything extra?" they don't even bother answering that and you'll never know it. So sharpen up your pencil with questions when you do speak with them.

Vitamin B17 is a great asset to make Vitamin C available. Vitamin B17 does make Vitamin C available providing you take it for at least 25 days consecutive or more because it takes it that long to really make a dint into the system in order to make Vitamin C available. Now this is potassium cyanide and sodium cyanide in colloidal form, which is actually amygdalin, and is one of the things that makes Vitamin C available.

I'll tell you how I discovered vitamin C in onions. My brother's a dentist, dental surgeon and oral surgeon also and I was in his office one day and this Indian came in with a very bad tooth ache, but

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he had one of the worst colds that I have ever seen so my brother told him, "you take this for the tooth ache, for the pain" and gave him some tablets and he also said, "get over the cold and then come back."
and the Indian said, "me be back tomorrow, me no cold."
Of course my brother didn't believe it and I didn't either but I happened to be in his office again the next day and this old Indian came in, not a trace of a cold did he have, not a trace. My brother was just sure that he'd discovered some Indian remedy that could get you over a cold in a hurry and asked, "how did you get rid of your cold so quickly?" The indian said, "me eat five pounds onion soup."
So then I did some tests on onions and found out that they were very rich in vitamin C.

Vitamin D.
See Also "Skin". Vitamin D makes calcium available. This is a rule and don't you forget it, Vitamin D is the key to make calciums available and calcium cannot become available without Vitamin D. This is what vitamin D actually does and again we come into the process of the food coming in from the air. For instance, you can get vitamin D right out of the sunlight and the vitamin D then makes calciums available. Now we get vitamin D, the sunshine vitamin, from the sun and only through the skin and the vitamin D is made in the body from cholesterol. Sunshine is the greatest source of Vitamin D there is. Another good source is milk. You don't breathe sunshine and neither do you breathe moonshine.

People are different because they have different micronage numbers, and it's that which makes us all different, the black man, the white man, the red man, the yellow man and so forth, and for this reason there's no substance that's a cure all. Race, or nationality, then becomes a part of the problem because the darker the skin the more energy they collect from outside but the biggest thing as far as race goes is the fact that the blacks can tend to have a heavier diet of proteins than the Caucasians and generally the darker people have a greater problem with digestion of the "better" foods than the white people, or the lighter colored skin people but if the colored people eat enough collard greens and corn bread with a 35% roughage in it they don't have that problem. You need to know these factors in making a diet for people but as far as what is wrong it does not help at all to tell you what is wrong.

For instance, the Caucasian is between the white and the black, they pick up a little bit more Vitamin D from the sun than the white but not as much as the black. The black races tend to have a higher pH than the lighter skinned races because their dark skin absorbs more Vitamin D energy from the sun (than people with a lighter skin) and the more Vitamin D that they absorb the more calcium they assimilate and the more alcohol their body is apt to make and so their body temperature may generally be a few degrees higher. Everybody's got a built-in whiskey still, and it manufactures a certain kind of alcohol and this alcohol is what controls our body temperature. If it doesn't manufacture enough alcohol our bodies are too cold all the time, if it manufactures a little bit too much we're too hot all the time when everybody else is comfortable, we're hot.

Now it's a special kind of alcohol that's manufactured by our systems and that is one reason why the colored man, the Negro, can be more relaxed than the white man, because his system manufactures more alcohol and he's sleepy all the time, so relaxed he's sleepy. In fact black people are not afraid of work at all, they can lay down and go to sleep right by it. Many times it is the manufacture of the alcohol that causes lack of initiative, or laziness so to speak, not always. True laziness yes, but there's other reasons for tiredness.

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The energy that you get from your food has much to do with the color of your skin and many times when you're lacking in energy your skin will naturally become darker and darker, and even become a brownish color because nature is trying to help you to get more energy out of the air and out of the sun by making you a darker color.

The liver will not accept vitamin D when it's already got too much of it, but your system will. If you have an extremely light complexion it then means that the body could very easily not be assimilating enough vitamin D, that the body would be too acid and consequently you would be a candidate for any bug or malady that come along. So when your calcium is low and you need the 10, 000 units of prescription vitamin D then go and get it, but do not take 10, 000 i.u. made up from 400 i.u. capsules that you can buy in a health food shop because you've got to be taking about 25 capsules and you've got too much filler in there. If you're getting into that kind of thing you're a pill box.

The more ill anyone is, or the more debilated, or the lower their reserve energy, the more calcium gluconate they need because their gastric juices are so dilute and weak. The more dilute the gastric juices of the liver the easier it can assimilate calcium gluconate, and calcium gluconate makes vitamin D available and it's the only calcium that appears to do so. Initial research was able to trace calcium gluconate to vitamin D.

With a very low urine or saliva pH that won't shift they may be in an area that has a very high aluminium, or very high sulfur and it's a lack of vitamin D and it is quite a job sometimes to get the pH up, but you should get it up. At pH 5.20 start giving Vitamin D at 10, 000 i.u. twice a day and above 5.40 you give 400 units according to their weight, 3 or 4 capsules but not over 4 at any one time.

For instance, if the urine pH was at 6.0 and the saliva pH was at 7.50 a reading like that means there is a vitamin D deficiency in the body (6.0), and even though there's enough for the liver (7.50), the liver is not utilising it (neither assimilation not manufacture for the body) and it's throwing it out.

When you use the calcium lactate it will turn more energy loose in the liver which then increases the energy in vitamin D and you'll see the urine pH begin to climb a little. Now this won't happen if they're not drinking enough water or if they're drinking too much alcohol which is destroying the liver's functioning.

There are no other substitutes for some animal derived products like fish oil vitamin D, and if strict vegetarian will not take these things when necessary then it is suggested that they keep their life insurance paid up.

Vitamin E.
Vitamin E by FDA terms is d-alpha tocopherol.

The purpose of vitamin E is to thin the blood, that's its purpose. People with blood that's too thick should have Vitamin E. For instance, it really doesn't cure any heart disease, it just thins the blood so the heart can beat softer without it getting any worse and then it generally heals itself. You recommend vitamin E to make sure their blood stays thin enough so their heart will not beat too hard trying to get rid of the ureas and the excess amount of delta and omega cells that are being thrown out during repair.

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Thick, opaque urine that is similar to thick peach or pineapple juice in appearance indicates a lack of vitamin E AND not drinking enough water.

Now some research says it drives manganese out of the body, but that's not true and in nature you often find manganese where you find vitamin E, because the main sources of each are the germ area of the seed, wheat, soy beans, etc., and I have never found any conflict with iron and vitamin E either.

Vitamin E thins the blood in cases of:

- Blood Vessel Problems. Varicose veins and phlebitis and different things there.
- Cancer and Advanced Carcinoma. Patients who have cancer or advanced carcinoma their blood has a tendency to be too thick already.
- Thick Blood. Blood is thickened by salts, ureas, waste and exchange cells, vitamin K (and things like alfalfa sprouts which contain vitamin K).
- Kidneys. By giving people a diet that is high in Vitamin E, and also using Vitamin E tablets, you keep the blood thin enough for the kidneys to pull out the omega (cancer or dead) cells or the delta (carcinoma) cells and health is regained.

Now something that is really not clarified in many medical texts is that healing will not take place without enough oxygen in the body, hence the problems that diabetics have with their extremities, the oxygen is not getting out there. It's the lack of oxygen that prevents our healing and not only do people with sugar problems have problems with healing so too do people with blood thickened by salts, ureas, delta and omega cells and so forth. People should drink water and take vitamin E capsules and rub in vitamin E creams in order to help thin the blood to carry the oxygen to their sores and cuts. For some people it may help a great deal and other people it won't.

When you put someone on a fast with the aim of encouraging a withdrawal reaction, as the ureas rise above 12 it means that they are finished their withdrawal and they're ready for a light diet, and this is very, very important. Now, as soon as they're over their three day light diet and back on food toward normal, and had a week for stabilisation of their numbers so that you can give them an intelligent diet, remember that the delta cells are being thrown out so rapidly that they thicken the blood until it overworks the heart. I would start an Adult, weighing 100 lb or more on 1000 i.u. twice a day, because vitamin E thins the blood.

Recommendations. For anyone weighing:

- 100 lb or less, give 500 i.u. x 2 a day, and
- Over 100 lb give 1000 i.u. x 2 a day.

There is an exception I use sometimes. If a person weighs over 100 lb but their problem wasn't bad to start with AND they don't have a bad ureas problem. The ureas are hanging in there about 12 so I just give them 500 i.u. x 2 a day as well then.

If they have a low ureas (say they just came in for a tune up), or their body chemistry just has to be adjusted a little bit and they don't need it much then I only give them 1000 i.u. a day (500 i.u. x 2 a day).

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100 lb and over, with low ureas, I give 1000 or 1200 units a day. As soon as the ureas drop down and they don't need that much any more you can drop it down to 1000 i.u. (500 i.u. twice a day) or 100 i.u. x 2 a day, but as long as their ureas are up the blood does need to be thinned and they need to be taking the Vitamin E. As long as that urea's hanging in high give them Vitamin E, and as soon as that starts dropping down you can cut their Vitamin E intake.

You usually do not give Vitamin E to children 12 or below. Now if that 11 or 12 year old happens to be a 100 lb or more, AND their ureas are high I might put them on the very minimum amount of Vitamin E I could get my hands on, 50 or 100 i.u. or whatever until it comes down a little bit, then take them off of it.

Vitamin E No-No's. People with haemophilia should never have Vitamin E. Use vitamin K and alfalfa sprouts. Too much Vitamin E can cause haemophilia, or bleeding that you can't stop, a bleeder.

Vitamin K.
People who have haemophilia we use Vitamin K to thicken the blood and I seldom ever give Vitamin E and Vitamin K at the same time.

People whose blood is too thin use Vitamin K which you'll find in alfalfa sprouts, and alfalfa tea, alfalfa tablets which is a natural, excellent rich source of Vitamin K and no prescription is required. Vitamin K causes the blood to coagulate. Too much Vitamin E causes haemophilia, or bleeding that you can't stop, a bleeder.

I'd discourage the use of Vitamin K or alfalfa to patients who have cancer or advanced carcinoma because the blood has a tendency to be too thick already and K only makes it thicker. By giving them a diet that is high in Vitamin E and also the Vitamin E tablets you keep the blood thin enough for the kidneys to pull out the dead cells or the carcinoma cells and health is regained.

W

Waking in the Night.
Doc points out that sometimes as the blood sugar drops at night the person wakes up "in the middle of the night". It's God's safety valve so that you just don't sleep yourself right into the grave. The blood sugar drops you wake up, you start prowling, you want something to eat. Don't forget this rule, it's not perfect but it's it's very good. The sugar lowers through the day and rises through the night, except during pregnancy although many times in a perfect pregnancy it does the same thing, it lowers through the day and rises through the night. Now this is common and there are very few exceptions to the rule, very few, and I guess it would be less than 0.1% that it will lower through the day and also lower through the night, those people have spasms at night, they go into seizures at night. The ones that lowers through the night they can go into seizures.

It is possible that if you give a diet to a person that has a tendency to extremely low blood sugar then after they go to bed at night as usual, during the night the pancreas may flush, causing them to go into a low oxygen coma and nobody would be there to help them. Now if they go into a coma with lowered oxygen to the brain then in the space of a few hours, if they even survived it, they would be a vegetable.

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Now if you have this type of extremely low blood sugar case, and the person must stay at home with no chance for them to come to a retreat, they should have someone sleep with them. Someone who they can call or who can check on them at least every half hour. It doesn't do much harm for a person to be in a low blood sugar, hypoglycaemic coma for up to two hours but after that great damage could be done to the brain.

So you need to talk with people who have an extremely low blood sugars and see if they don't wake up in the middle of the night, or the middle of their sleep, and they want something to eat to get the sugars up. Cranberry juice will help them stabilise, more so through the day, especially if you've been washing them out all day.

Never taken your problems to bed with you, they're bad bed fellows. Leave them in the office or the study but don't let them inside of your bedroom because they'll make you grow old too fast. Leave your problems wherever you work and when you go to bed, rest. If God permits you to be awakened for a few minutes at night tell Him how much you love Him, praise Him for His mighty works and at the end of that prayer just before you go to sleep say, "Dear Lord, don't forget that $10, 000 bill that's due in the morning at 8.00 o'clock".

"Then shalt thou walk in thy way safely, and they foot shall not stumble. When thou liest down, thou shall not be afraid: yea thou shalt lie down, and thy sleep shall be sweet." It's saying here that if you're in good health, and you have wisdom you can keep up on counting your blessings, and one of the causes of illness is that people do not count their blessings, and when God keeps them awake at night to catch up on counting their blessings they complain about it, I can't sleep. Just remind them that the reason God is waking them in the wee hours of the night is to catch up on counting their blessings and before they get them all counted they'll be asleep.

Walking.
It is the squeezing and kneading action of the muscles on the blood vessels in the legs that starts moving the thicker blood in the vessels to begin getting it going back up to where it needs to go. In other words, the blood moves in the veins by muscle action and walking is about the best exercise there is. The blood moves through the arteries by the muscular pumping action of the blood vessel itself, where the artery is pulsating which is also why when you put your fingers on your wrist and you feel that little thunk, thunk, thunk, thunk of the artery that's pulsating.

The blood moves through the veins because of muscle action and the valves are in the veins to keep the blood from moving backwards. Now the thing to recommend for people that have thicker blood in the legs, or hypertension, or high blood pressure, is walking, walking, walking, and your patients need to walk out of doors because:

- part of it is for the fresh air,
- part of it is for the sunlight, and
- part of it is to get away from the pressures under which you live. 74, 5' 10", 192 lb, Female

$$7.5 \qquad \frac{5.40}{Z} \qquad 40 \qquad 4 \qquad \frac{10}{16}$$

The major problem is she's not taking enough exercise. She needs to walk, walk, walk, walk, walk and she doesn't feel like it. So you have to start this person to walking out in the fresh air. This is

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one of the problems you have with senior citizens, not enough walking, not enough walking in the fresh air. The colon and the abdominal muscles need the exercise of walking to function properly and pregnant women should walk a mile a day, minimum. In every pregnancy there should be lots and lots and lots of walking but if there is any chance of premature labor pains (from constant low sugars) then she shouldn't be walking and plan on a caesarean, but if there are no labor pains and you have kept control of the sugar level then they should do a lot of walking, walking, walking, walking and this spreads the pelvis.

A person that's out in the open air a lot gets more energy through their skin than they do through their lungs, but a person that's in an office all day (even where there's people breathing and their oxygen goes down) gets more through their lungs than they do through their skin because it's the heat and sunlight in the air and the wind and the motion of the cations and anion energy in the air that strike you.

This is the reason why it's so important to walk outdoors a mile a day for senior citizens, out in the open air swinging their arms gently with nothing in their hand and also observing what they see. It's very important to be alert because if you are walking and you are alert you pick up more energy than you are if you're walking with your mind thrown out of gear.

You'd be amazed at how many senior citizens in their 90's I have now that have been walking for the last 15, 20 years and how well they are. Over at Daytona down in Florida where it's warm they can get up and down that beach like a young person almost, walking, walking, walking, walking, walking. These people were just about a passed score even at 65 and 70, and now they get all over the place and they're in their 90's. I think I have 20 people now over 100 years old, and none of them look like they're 100, not anywhere near it.

Warts.
Warts are caused by a fungus or bacteria, probably more like a fungus and that's the reason they used to say, "don't play with frogs or you'll get warts" because the frogs had the bacteria on them that made the warts. There's a whole lot of things you can do about them, use Dr. Scholes Corn Plasters as directed, that's one way to get rid of them, another way is to get your diet right, third thing is don't play with any frogs.

Wasp, Guinea.
Did you ever get bitten by a bug and the area swelled up for a day or two and after that you felt better than you felt in months and months and months and months and months, but sometimes you feel worse.

Before I developed this arthritis vaccine from bee venom, I knew one person that had a case of scarlet fever for months and the doctors did everything they could do and nothing worked but the person happened to get stung by a bunch of guinea wasp about 30 or 40 times and you know it absolutely cleared up in three days. Now I'd like to know what the guinea wasp has for scarlet fever, it's one of the things I'd like to know.

Water.
See Also "Carbon", "Kidney", "Salt", and "Ureas". There's so many different kinds of pure water, pure H_2O, that you can't number them, for instance there's:

- heavy water,

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- light water,
- wet water,
- dry water,

and so forth, but it's numberless, it's as numberless as the sands on the seashore, there's so many different kinds you can't number them all. The difference in water is due to the different ratios of energy in the anions and cations of hydrogen and the anions and cations of oxygen. There's about five million molecules in one drop of water so if you multiply the number of MHU by five million then you've got the energy in one drop of water. Now if there's 10, 000 drops in 1 lb, and the body weighs we'll say 100 lb, then you've got 1^6 is the number of drops in 100 lb of water.

The pH of pure water is 7.0 and the water that you recommend for the program is pure water, teas and other liquids are extra where the extra is a little, say a few cups only. Where they are drinking many cups of herb tea then you include it in the liquid calculations.

The water content of the body in good round figures is anywhere from 65% to 80% and the fatter the person the greater amount of water their body holds. In other words, a fat person has more water than a lean person.

A person that's all lean and all muscle may go down to 65% water content, but an adult person that's very, very fat weighing 450 pounds would have approximately 80% water. I just picked a number out of the air, I mean extremely fat and that would depend on the height and so forth, but these things are very, very important. If we were perfectly healthy, 35% of our body would be material and 65% would be pure water, and lack of good, clean, pure, distilled water is one of the great causes of diseases. A calcium deficiency and water deficiency go together, in other words your calcium can't become absorbed without the water, and vice versa.

Here's one secret about energy that when you start measuring energy you don't measure the water. So whenever you are dealing with a person it's very, very important to know the person's age, height and the weight because of the factor of how much water is in their system and this factor is very, very important in the measurement of reserve energy. Also any decrease in protein (or any loss in protein number) means a loss in reserve energy because your reserve energy is stored in the muscle parts of your body and the muscle parts of your body are a result of the action of the organs controlled by the vagus nerve.

Most people don't drink enough water, in fact I have people come in and boast, "Doctor, I never drink any water", and I might say, "well what do you think you are, a Volkswagon?"
We're water cooled, we're not air cooled regardless of the amount of air you hear come out of some folks sometime, we're still water cooled and we need to drink water according to our weight. For instance:

- one of the causes of constipation is not drinking enough distilled water,
- a diabetic drinks water like it's going out of style, if they didn't they'd be dead a long time ago.
- A new disease that struck up in Pennsylvania was a disease caused because of too many ureas in the water (too much anhydrous ammonia on the ground flowing into the shallow wells, or deep wells) and causing this disease. They called it a new fangled disease but all it is, is ureas in the water. It's been killing the animals now for the last 3 to 5 years, and I've

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been getting the ureas out of the water for the animals because it's causing them to die with urea poisoning.

- Chemically speaking the difference between raw and cooked meat is the water content. Cooking removes the water and more water is removed from fat meat than lean meat.
- There's about 98% water in a head of lettuce.

Thick, opaque urine that is similar to thick peach or pineapple juice in appearance indicates a lack of vitamin E AND not drinking enough water.

When you drink water remember this, what you sweat out doesn't count, it's only what passes out through the kidneys is what counts. so if the weather is hot and you sweat a lot then you have to drink extra water or it won't work, it won't pull the sugars, salts and ureas out. One of the things that you will certainly find is that some people will put water in their sample in order to get a better reading, and it doesn't get them anywhere. It doesn't help you and it doesn't do them any good whatsoever. If they add enough water it will be so dilute there won't be any picture there and don't be surprised if someone brings you a sample that is pure water, no urine in it whatsoever.

Now if you want to know how much water anyone should drink divide their pound weight by two, and call it ounces a day. This is how much water they should drink, so a 20 lb baby should have 10 oz of water a day. Now a person that weighs 100 lb should drink 48 to 50 oz of water a day, taken every half hour from 8.00 a.m. for 10 hours a day, until 6.00 p.m. So if your requirement is 50 ounces per day it comes down to $2^1/_2$ ounces every half hour. When your numbers are perfect you can stop taking water every half hour, but only for a little while.

It must be water that is drunk, did you ever scrub your windows with carrot juice? Did you ever wash the floor with carrot juice? Ever wash the dishes with apple juice? No. Those are not catalysts, they're not cleaning agents. Water is the only cleaning agent and the regular, daily consumption of water starts with infants even before they're 6 weeks old.

High ureas is what the medical profession call uremic poisoning and crib death (S.I.D.S) is caused because of the high ureas. It's the undigested proteins that's the prime cause of many, many crib deaths. Not all of them, but most of them are caused because the ureas are causing that baby's heart to beat too hard each time. The baby doesn't die from a heart attack, it dies from cardiac arrest, in other words, the little heart is so tired that it just can't beat another beat and it just stops.

That is the cause, and it's caused generally because the mother doesn't give the baby enough water to drink because there's nothing about it in the baby books. Most of the baby books say to give the baby liquids, not water, and liquids don't necessarily wash out the ureas but clean water does.

In researching this aspect of cot deaths Doc said, "I have tested many, many babies who were brought into the hospital, dead from crib death and when the doctors could find nothing wrong every one of them had a urinary ureas reading of 30. Not every cot death had a high ureas because some of them were smothered and so on, but most of them had that urea reading of 30. Every baby that died from cardiac arrest had a ureas reading of 30 and that is why I have established 30 as the number at which life will cease very quickly and that's cardiac arrest either in a heart attack, or in a crib death or in school.

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Now if you see a patient that has an extremely high urea the first thing you'd need to do is have them drink water to wash it out, and one of the first things you'd do with their foods is take them off high protein foods like meats and put them on low protein foods and lots of sprouts. Keep them on the high water until the ureas go below 20, then in addition to the water use dolomite according to their weight and age. Although dolomite is not available to the body as a calcium it is a magnesium catalyst that will cause the undigested proteins to be thrown out of your system in order to prevent a heart attack, and this is the time when you use it. It will drop the undigested proteins in soluble forms which were overstimulating your heart, causing the heart to beat too hard and therefore asking for a heart attack.

Now there are times when you SHOULDN'T drink the water that you're supposed to, for instance, suppose you had LOW blood sugar, and you had a HIGH ureas, and you started to drink water, then you'd go into a coma. So if you have high ureas AND a low sugar then you're going to have to use lemonade or some other juice along with it in order to get the ureas down and many times if it's a juice it's going to draw from your own fat until it won't drop down. But the important point that you need to remember is to keep the sugars up while getting the ureas down.

The reasons why water won't work in bringing the ureas down are:

- damage to the vagus nervous system,
- damage to the vagus nerve itself between the main trunk and the liver so that the message is not getting through from the brain to the liver.
- a brain tumor in the automotive section, or left quadrant, of the brain or in the pons.

While you CAN figure the total water for a child according to the rule don't insist that a child drink every half hour because if you try and make a young child drink 20 ounces of water a day, and "MAKE THEM" is the key word, then you can create a basketcase on your hands from the nerves of both child and mother, they're fighting all the time, "it's time to drink your water, it's time to drink your water."

So Doc recommends that you tell the mother what the child should be drinking, and tell her that one of the best ways to do it is set aside that amount of water in a special container and try to get all the water into the child during DAYLIGHT hours, but not too much after dinner because the child may get up through the night or you may be changing wet sheets. Do NOT try to enforce the water to the point where the child becomes nervous or upset over it, but try it like this:

- For a very young child who's not old enough to understand give little bits whenever possible.
- For a young child who is old enough to comprehend that the water in that container is their special water and they drink only from that container when they are thirsty.
- For a slightly older child you mark on it that by midday the water should be down to a certain mark and by the evening meal the water should be all gone.

We can work with 10 year olds very well but it gets harder and harder the younger they get especially if they're down around 4, 5, 6, 7 and the mother's frustrated and the child's frustrated.

If they need to get onto the lemon water it may even be better to have one bottle of liquid instead of two separate bottles and trying to remember where the next drink comes, so the suggestion has been to put it all together and just have them drink from the one container all day long when they want a drink. It dilutes the working of the lemon juice but it also picks up on their emotional level.

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You can have water distilled, and then also ionized. Just because you distill it doesn't mean it's ionized at all and you can also deionize water without distilling it and that I discourage completely because the ingredients used to deionize the water often forms a toxic gas in your stomach that really makes you miserable, it's not poison but it sure makes you miserable for a few hours, so I would suggest that the water be distilled and not deionized. Unless you deionize the water with your distillation process don't deionize it later.

Personally I like the stainless steel "Pure Water Distiller" best of all of those that I've tried. Some of the small distillers heat the water too hot and it actually scorches the mineral or whatever's in the water and it comes out with a very bad taste.

With a choice of distilled water from deionized distilled water, or steam distilled, or solar distilled water it doesn't make any difference just so as it's distilled.

Actually the ionization or microcuries of metal (generally copper from a copper still or iron from an iron still and the solar distilled system often uses ordinary plastic and you probably won't pick up enough to ionize it), but up to 45, 000 microcuries a day might be a asset to you, providing you knew what they were from. If they were from copper it would accumulate in your system, but if it was from radium it wouldn't accumulate. So, be careful about the radiation from the water which causes the ionization, so if it's water out of an old well that's been there for 50 years and it's full of iron, and the ionization is from the iron, it's good for you, but if it's from copper pipe then it isn't good for you. Now if the water that is distilled has no sulfur in it the copper will not ionize the water, but if the water contains the least trace of sulfur then it will cause the deionization of the copper in which the ionization will appear in the drinking water.

Some water somewhere may be pure enough to use without distillation and you can find out very quickly by using the following procedure. Take 1 gallon of it in a stainless steel or polished glass flask and boil it down to 2 ounces then put it into a transparent bottle or glass and look at it and see if you want to drink it. If it's as clear as it was when you put the gallon in there it's alright to drink, but if it looks like mud then let it alone.

One man was doing some tests over in Beckley, West Virginia, in this family's home and they said, "why do we have to use distilled water? We've got the best spring water you ever tasted, it's real good and ain't anything in it, it's real good, pure water. Why do we have to use distilled water?" He said, "I'll tell you what we'll do, let's test it against my distilled water." So I tested the distilled water and it came out 5 micromhos and I tested their pure spring water that they had delivered to them and it tested 460 micromhos. So I didn't have to tell them any more why they should drink distilled water.

Many people will say, "don't drink distilled water because you've taken all the mineral out". The only ones saying that are the companies that put out the book that they're selling the water from the wells. Now if you're going to drink water that's not distilled then DO drink one that has crossed the State line or unless you know the company to be reliable, or something on that order. Be sure that it comes from another State besides the one you live in because that water is under Government inspection whereas the Government has no authority to test water if it is within the State. So in short, be sure it crosses the State line, or know your company.

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Many people also ask the question, "why are we taking distilled water that will leach out the minerals and inorganic salts from the body and then putting back your minerals with supplements?"

Now whenever you are taking the mineral salts that's in water day in, day out, year in, year out there's probably only a few salts in there and one of the problems is that you build up too much of one thing. Now there are some waters for which this doesn't happen. So what we do is to put people on a water that we know has practically zero minerals in it, and then we put them on the minerals that they are deficient in. If the water that you drink had the minerals that you needed in it you would not be deficient in those minerals. In other words, just because it's mineralised water doesn't mean it's the one you need, but one thing this test does it doesn't give you more of what you already have plenty of.

The reason you have illnesses is because of a deficiency in mineral THAT YOU ARE NOT GETTING, or is not available to your system, and I have not found any water anywhere on Earth that had all the minerals in it that was needed by every individual on earth without oversupplying the ones they already have too much of. So as we do not know what the test on every water from every well is therefore we bring you back to an almost known factor and go from there.

Waves of Patients.

You will find that people that need to go to the retreat come in waves, also maladies often come in waves. I have tested for 3 and 4 days, 50, 60, 70 people a day and none need go to the retreat, and the next day a $^1/_3$ of them would need to go and the next day maybe none. So they come in waves that's a bit like fish biting, also you'll find that leukemia patients come in waves. I have found as high as 3 in one day and go 3 months before you find another one. So they come in waves, same way with potassium deficiencies and same way with other problems they come in waves but you'll have an overall generality of problems in certain given areas.

For instance:

- In Minnesota, North and South Dakota, Wisconsin, Nebraska, Kansas, Northern Iowa and Indiana there is a very high potassium deficiency and a very high brain tumor, 220, count among the people.
- In California you'll find a very high count of either sugar too high or too low, extremes.
- In Louisiana, Arkansaw, Mississippi, Western Texas, Eastern Georgia, Western Tennessee and part of Okalahoma you will find a very, very high count of manganese deficiency there, a high delta cell count in the sex organs of both men and women.
- Also as you begin to study patterns of diseases, you will find it quite interesting to see how the different parts of the world are similarly effected.
- There are parts of Texas in which all the people have sound teeth, all of them, and there's parts of Texas in which they all have bad teeth. You can almost draw a line across the State of Texas by the teeth division.

All of these patterns means that certain areas are more deficient in certain minerals which is only proving what I'm telling you, that diseases are caused because of mineral deficiencies. Mineral deficiencies cause diseases and there is no other cause.

Weight.

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See Also "Arizona Salmonella", "Overweight and Obesity", "Pancreas" and "Thyroid". If you ever lay down on a table that's 6 feet high then get up and lay down on the ground under the table, or right beside the table, you'll feel the heaviest under the table because you're closer to the gravitical pull, "cation to cation" attraction. If you ever pick up something off the ground that's dead it'll feel heavier than it would have felt if it was alive because it's gravity that makes the difference, "cations to cations AND anions to anions". Now after you get it up and start with it you don't notice it but that first gravitical pull makes the difference. If you're "grounded" it's all the same and the pull doesn't make any difference even if you're on top of the Empire State Building or not, but in an aircraft it's different, a flying aircraft is not grounded.

The numbers of Age, Height and Weight always form part of the problem.

We do not give anyone a diet to control their weight, because weight can be controlled by keeping the sugar between
1.0 and 2.0. That's all that's required to keep your weight to where it is "normal". Normal isn't what you want it to be, normal is what your genetic structures says it should be. Normal weight is related to the size of the head, feet, bones, joints, hereditary aspects, the condition of the thyroid, and size of the heart (athlete's heart) and many other things. Look at the following:

38, 5' 10", 210 lb, Female, married

$$7.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

Energy about 51.5

It should not be too difficult to lower the sugar in this case even though the reducing fat would throw more sugar into the bloodstream because drinking the right amount of water will wash it out.

This kind of a case should be in a retreat for a minimum of 3 weeks, she should be on two, 6-day fasts, one 6-day fast and then about two days of light diet and then another 6-day fast and in that length of time she'll lose about 30 to 35 pounds of weight, and then go on a very light diet, and then she'll put that weight back on and about 10 pounds more, but it will look like she's losing weight because nature will start forming muscle very rapidly, faster than it throws off the fat, and fat is 400 percent lighter per given volume than muscle.

Why did the weight go way up like that after the 6 day fast? Well the first thing that releases is the water and so there's a weight loss, then the muscle starts to form BEFORE the fat begins to drop away causing a weight INCREASE, but all the time it looks like you're losing weight because your figure is coming back again, it looks like you're losing weight even though the scale says you're going up. The last stage is where the fat drops off. After the water loss the muscle will begin to form first before the fat drops away.

You go to a fat club like "Weight Watchers" to learn how to lose weight and they COUNT CALORIES" and about starve you to death, and I have seen people count calories down so low and they not only lose weight they also lost strength until they couldn't go, and yet sometimes they didn't even lose any weight, but they lost strength. Some of them could lose a lot of strength without losing any weight, so it's only 50% accurate at these Weight Watchers or "fat clubs", and I'm not

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casting any reflection it's just for the lack of a better word that I use that. Now no two people get the same amount of energy out of any one thing be it the number of calories in an egg, or a slice of bread or piece of matter, so forget your calorie theory. There's always time to use intelligence in foods but you don't have to go to the worry of counting calories because counting calories has never really solved any problem and sometimes it's created more problems than it's solved.

People that are overweight with just an overweight problem should not have yeast or Vitamin B1 or B2 because it makes you more hungry and you eat a lot more food. People who's system naturally manufactures too much Vitamin B1 or B2 actually are hungry all the time and they eat too much. That is one of the causes of obesity but I don't believe in obesity as a disease in itself, it is the result of other body conditions.

About the cows and stilbesterol. They still use DES, inject it into animals in the US but not in Europe where it's illegal. They took it out some time ago.

You inject DES into an animal to fatten it up, to MAKE it gain weight and it works this way, it effects the thyroid which uses potassium that produces an oil emulsifier like "old-fashioned grandma's soap". If you shoot DES into this animal it interferes with the function of the thyroid and cuts down on the amount of "soap" that's produced and the effect is to increase the fat layer in the body of the animal because if the soap were there it would act to dissolve it.

Well.
It's very easy to follow the rules, it's very easy to be well, it's the easiest thing in the world is to be healthy but to be sick you've got to work at it. You've got to break all the rules, do everything backwards like a doodlebug and then go to a doctor to have him to straighten out your thinking, to straighten out your diet.

Whole Person.
I'm going to give you three points that are necessary if you have a really sick person, a person that is really ill. These things are necessary for you to do in order to doctor the whole man, the whole woman, the whole person.

After doing what you can to start, ask them, "what would you do for God if He sees fit to raise you up?"

- The first thing you are to do is to ask God for an assignment,
- The second is to ask God for strength to do the assignment that He wants you to do.
- The third thing is to ask God for the victory.

Just as important as those three is a fourth thing, and that is to give God the glory.

Just challenge them to do something for God. So what I'm trying to do is help you doctor the whole man, the whole woman, the whole person, and when you do you will begin to do your duty to God and to Man because every person you try to help you're doing it unto the Lord and the Lord has never asked anyone to work for nothing. He is the best payboss on Earth and you're paycheck is your grade on how well the Lord is pleased with you.

Withdrawal.

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See Also "Ureas". Changing the body chemistry from one range to another is called "Withdrawal", and that is all the term "Withdrawal" means, is changing the body chemistry from one range to another. 96% of all the people that go through a body chemistry change, or a withdrawal, have a comparatively rough time of it, but 4% of the people go through withdrawal, sometimes a withdrawal from Range 3 or 5, without any noticeable bad results. Now these instruments that you have do NOT measure God's divine mercy. There are things that these instruments cannot do and there's no biological explanation of why ALL shouldn't have a rough time in changing their body chemistry from one range to another, but 4% of them don't and there are things that will happen and you will see them that are absolutely unexplainable, that you cannot explain. You'll see them and be amazed at them.

You'll be amazed at some of the people that don't have a rough time that you would expect to have and you'll be amazed at some people that do have a rough time in changing from one range to another that you did not expect them to have the rough time. It makes no difference whether you're a preacher or just a little no-body, in fact it really, really puts you in a place that you just go by the numbers and it really doesn't make any difference to you whether they do or they don't because you can't do anything about it. The only thing you can do is tell them is what to expect, and a lot of people will be crowing "you told me I was going to be sick on the third or fourth day, and I'm not".
"Well keep your fingers crossed because your numbers haven't changed yet, but there's indications that they will", and occasionally it's two or three months later (that long) before their body chemistry changes and when it does they really think they've had it. They think it's their last minute on Earth and the only thing they're afraid of is that they're going to live. It's really rough at times but if you tell them what to expect, "pins and needles", "nausea", "tingling" and to take it easy and just really take care of themselves it really makes a lot of difference in getting through it quickly.

You will find a certain percentage of people that will break out in hives a few days after the withdrawal, they look like measles all over their body and they're just sure then that they're ruined if you haven't told them to expect between the 3rd or 7th or 8th week to break out in hives. But if you told them to expect it then when it happens they're not surprised. I've seen some that have broken out with hives within one hour's time, from the top of their head to the bottom of their feet, and I've seen others that do it on the instalment plan, just a little patch at a time, here, yonder and there, and it itches but it only lasts about three days. So these are factors that you need to tell the people to expect when they go on a diet at home, for those that can go on a diet at home.

You can expect anything in the world to happen when people go through a withdrawal, you name it and it generally happens, EXCEPT that they live. I've never lost a patient going through withdrawal. You're going to find many cases that will do the strangest things you've ever seen, especially when they're going through withdrawal, and it is absolutely unpredictable what will happen. Some normal symptoms of withdrawal when the body chemistry is changing patterns are:

- Nausea,
- Get sick at their stomach, vomiting,
- Tingling, pins and needles,
- Break out in hives,
- Blood pressure may go up,
- Gagging on lemon juice.
- Lump in the throat.

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- Sore throat. "All that lemon juice is burning me up from the time I put it in my mouth till it hits my stomach, it sets me afire".

"Praise the Lord. It's got the bacteria out of your esophagus that's going to cause your esophagus to rot and have diseases, and for the first time in years you've got a clean esophagus. Keep it up for three days and your esophagus will be like brand new". But if you cannot pass water, I mean it lacks the water or your body retains water, your feet swell, your ankles swell, your legs, your thighs hold too much water and you have pain in your back then you have an allergy to lemons and there are people that have it.

Withdrawal is indicated in the urea numbers very clearly in that after a first test, AND following a program, they will dip down to below 12, stay for a short while (often three days - which is withdrawal), then rise above 12. When the ureas rise above 12 the actual process of withdrawal is over. For instance:

- the ureas test about 14 over 10, and then in the next test they go down to about 11 over 8 and a third test it might be down around 7 over 5 and then on the next test it's back up to 14 over 5.
- the ureas test about 4 over 7 AND under a program they lower to 2 over 5, then 1 over 2, then rise to 7 over 5 (out of withdrawal) then up to 9 over 6.

If a person walks into your office looking reasonably well and the ureas are 1 over 5 it's likely that the person is in withdrawal at that point and there is no picture.

When someone is not well then certain foods may try and change their chemistry to a better range. For instance, people who may need onion soup and eat it, it may give some a violent headache, but without knowing all the facts it's difficult to know the cause but it may be withdrawal. So many times people think that when their body chemistry begins to change from one range to another that their program is really killing them. Some people try to tell me, "I have an allergy to this" or, "I have an allergy to that", when they don't have an allergy at all. The only thing about it is when they take it, it starts to change their body chemistry from the wrong range to the right range and they quit because they don't like it.

Now, when you begin to tell your patients what is going to happen when they start this program you will get a lot better co-operation when you tell them what to expect, and they'll often wonder if you're a fortune teller, but it's simply cause and effect.

But whenever you know that they're in any range except the perfect range and a body chemistry starts to move towards the perfect range that they will probably have some very, very exciting moments, or sick moments, or nausea. In fact I make it a lot worse than they really are, I make it sound like it's a lot worse than it really is and then when it's not as bad as they expected they're real proud of themselves, just like they had something to do with it.

But one thing I'm going to tell you is this. If they need to go to a retreat do not give them a diet because in 48 hours any diet that you will give them their body chemistry will change and besides it could land them in a hospital and then you've got a law suit, "that guy gave me a diet that nearly killed me", and then you've got the AMA on your neck. So if they need to go to a retreat do NOT give them a diet. Now you may give them some minerals but tell them that in all probability the minerals are not going to do them any good with this kind of a body reading because everything you

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do your body chemistry will resist it. All that it can possibly do, it may slow conditions down until you can get into a retreat.

What happens and why they go to hospital is that it's not necessarily a specific problem that puts them in a hospital, say a sugar problem, it's mostly fear. They become sick at their stomach, nausea, tingling, most any kind of thing and they think they're going to die. It's a change in body chemistry and it's metabolic poisons and toxins coming out of their system, in other words, their system is beginning to restore itself, it's beginning to rebuild, and it's a shocking experience.

Many times they also have loss of hair and loss of skin during those changes, especially if they're an older person that has ever taken a lot of Calomel and it's stored up in their system and has never come out, that'll really make your hair shed out.

Many times during withdrawal the blood pressure drops too low, especially if they have a low energy to start with, but one of the things you need to know and to watch during a withdrawal is the pulse rate and the rhythm. You can tell pretty well by the pulse rate whether or not the person is really in trouble or not. If they're in very much trouble their pulse rate will become erratic, and it will drop in count, and it can really let you know whether or not there's a real problem. Heart palpitations may occur after they've been on the program for a period of time, say 6 weeks, because their body chemistry has changed. Just continue the program because some people go through a withdrawal completely, fully and a 100% all at one time, and others go through it on the instalment plan and they don't have anything to do with it, nature does this all by itself and that's when it would happen later.

During withdrawal also check the temperature of their hands and feet. Many times if their hands and feet are cold it's not the withdrawal giving them so much of a problem, it's problems that's within the stomach, or food that has not digested or the bile is so powerful and so strong until the stomach is in convulsions, and the valves lock themselves, and the gas can't get out, and therefore at that time I recommend a little bit of Zest Tonic in 4 oz of fruit juice or skim milk. Zest Tonic is the nearest thing that's ever been put together to what your own pancreas manufactures that's ever been made. Sip it slowly for thirty minutes, and if they don't have relief in that length of time send them to a hospital.

Women.
Women use 700 times more calcium per day than a normal man and anytime that calciums drop too low they're in menopause.

Also, women are made to have children and many times when they are supposed to have them and they don't, and even though their numbers are perfect, the excessive estrogen that is produced will cause them to either become a recluse or wall-flower or it will stop almost completely.

In other words (even with almost perfect numbers) they become almost insane, or raving maniacs if you do not supply that drive, that passion for a woman to have a child and pregnant women should walk a mile a day, minimum.

To me the first sign that a woman is improving is taking care of herself, then taking care of the hair and then it's doing the housework. One of the first general signs that a woman is improving is when she starts doing her housework.

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Let me also tell you about a woman becoming irritable with plenty of calcium, it's perfectly possible because the husband's calcium is low and he chews her out and she can't take it, he blames her for something, and any man's out of his head that will blame a woman for anything. There's something wrong with him. Woman are perfect, they were told that from infancy and a man doesn't have to blame a woman and it's a pretty small man that does, I would not be guilty of being that small.

Words.
There's nothing God can't do, but when you start to scheme and plan and plot to do it for yourself God will let you scheme. What I'm trying to get you to do turn on your faith in the most trying times of your life. Turn on your faith and humble yourself in the presence of God and he will give you the right words to say, and if you should innocently make the wrong decision He will turn it into a blessing.

Work.
I had a young lady came into my office one morning some years ago and she said, "all you do is sit in that chair all day long and tell us what to do. If I had an easy job like yours I wouldn't get tired, I would be just delighted, but all you do is sit there and give us orders all day long."
I said, "would you like to have my job?" She said, "I certainly would."
I said, "good, I've been trying to find somebody to sit in my chair." So I got up and gave her the chair and she was real proud of it.

As I started to walk out the door I said, "all you've got to do is raise US$3, 000 a week to meet the payroll and expenses."

She came out of that chair like she'd been dynamited, she said "you can have this chair."

There's a lot of difference in being an employee and looking forward to your paycheck and being an executive to seeing that the paycheck is there, and to meet all the Government red tape and all this and all that, there's a lot of difference and unless you can do it and lay down at night and go to sleep and rest and be refreshed in the morning you better not start because you are asking for premature death and then you're taking every shortcut you know to the cemetery.

Worry.
I notice that some people are worrying about the examination. Worry is the devil's prayer. Don't pray to that fellow, he won't answer your prayer, and he'll let you stew in your own misery. There's three causes for worry that I know of:

- you like to pray to someone else rather than Jesus Christ,
- you're too lazy to think,
- you're just too busy to think, you like to be in the valley of indecision, you enjoy it.

For instance, lack of sleep has never killed anybody, but worrying about it has. All you've got to do to stop worrying is change the person you're praying to, you cannot pray to the Lord Jesus Christ and worry at the same time, it's absolutely impossible, and you tell people that and I'm going to tell you you've given them some meat to chew on when they go home.

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Now my wife stayed two weeks behind with her worrying for at least twenty five years, and I loved her so much, and I asked the Lord one day what worry was, and that's what He told me. On some of the little plaques that my shirts come on back from the laundry I simply printed with a crayon, "worry is the devil's prayer" and stuck them up around through the house and you know to this day she hasn't worried and the last ten years has been the most beautiful part of our lives, because she hasn't worried any more, and if you can just do that for people alone it's worth twice what you charge for the visit. Just that alone.

If you worry about everything you do and you get excited, you get upset because of low calciums then you're going to burn up twice the amount of energy you need to do the same job because the gastric juices of your liver is too dilute to give you the total amount of TDN (total daily nutrient) you need to do your work smoothly, and when that happens excessive proteins are going to pile up in the ureas and consequently you're going to be more tired. Cause and effect, cause and effect, cause and effect. You're taking in too much food.

So if you like misery, and misery likes company, then I recommend a song for you to start singing, even if you don't sing, "Nobody Knows the Trouble I've Seen", at least it gets your voice box warmed up.

Worms.

In dealing with math as a language you will notice that certain equations have certain body symptoms, for instance 23 would be infection in the digestive tract caused by worms, mostly the colon. So, if you have a 23T it would be a tape worm, with 23P it would be a pin worm, so then there's a lot of other worms, round worms, flat heads and so forth but these are the only two classifications we use, is a tape or pin worm, the treatment, or the getting rid of them is all the same, it's just knowing which one you're dealing with.

Which numbers can we expect worms? All of them. In other words, you built the house then all they've got to do is move in. If you're furnishing the room and board you can bet your life they'll move in.

Now people that are troubled by viruses, funguses and worms have a dilute hydrochloric acid in their stomach produced by the liver, for instance, with 8.20 over 8.40 he's got a wonderful case of worms in there, he's hungry all the time and there's an infection in the intestinal tract. Whenever you've got a system that alkaline then you have an ideal setting for worms. Most colored people have them and you'll also notice that he doesn't have any sheen in the kinky hair, it's very dull, it's not glossy looking.

Now, at 8.20 he's full of worms, and worms have to exist in an alkaline condition. In order to denote worms the pH's of the liver and urine would have to be alkaline. Worms can exist for a few days in a very acid system, but only a few days. At 6.40 you're too acid for most worms if it stays constant at 6.40. When you bring the numbers to perfect, the closer to perfect it will automatically eliminate the worms. People have parasites because the gastric juice is too dilute to destroy them. Now if they have too much calcium oxide it means a dilute gastric juice and the more dilute the gastric juice naturally the more worms they have, they don't have anything to resist them. In other words, everybody would have worms if you didn't have something built in to resist them.

Whenever you have an alkaline system:

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- your food's digesting too slowly,
- you're tired all the time, and
- all you have become is a worm factory. You've furnished the free room and board and naturally they're going to move in. So you haven't resisted them, and you've got to resist them.

Now if all the numbers are in Range A or 1, and almost perfect, you won't have worms very long, but when they get way out the gastric juice is so dilute it can't resist them and therefore you become a bed of worms.

You can always tell when pets have worms, or when people have worms, is because their hair loses it's sheen, it's dull. Now if they've got a wig they can fool you, that is by looks they can fool you. Some wigs have no sheen in them and some wigs do have a sheen in them and the person is full of worms. You'll very soon learn to go by the numbers and not pay any attention to the wig because I read the numbers clear across the nation when I can't even see the person and I know whether or not they have worms or not by the numbers. You will eventually be able to do the same thing I hope.

Wrinkles (Forehead).
For instance, let's take a first reading where we'll say the ureas are 12 over 14.

If you have no other reading except that one you would see wrinkles in their forehead, cause and effect. Nervous tension is the cause of that. Although the total here is 26, those wrinkles begin when the total of the ureas is at 20.

Where you see a wrinkles in a forehead you're seeing a person with the red light on for a pectoris heart attack, and you can directly connect that to the ureas readings. Wrinkles begin at 20, also at that stage the person is tired all the time (tired in the morning) and if you see a child that has the 20 reading and you can say to the parent, "this child is hard to get out of bed in the morning, but once he gets going he's a stick of dynamite. It's just you can hardly get him out of bed in the morning because he is so tired all the time, he can't get going".

When you lower the ureas and so remove the nervous tension the wrinkles will leave. I've seen lots of people with just lots of wrinkles, especially women, 50, 60, 70 years old, that their face was full of wrinkles and all the wrinkles would disappear because of a good diet.

X

Xanthippe.
Shrewish wife. An ill tempered woman**.** The cause is probably low calcium, low sugar and low estrogen.

Xenon.
One of the inert gases on the Periodic Table located at Atomic Number 54, it's atomic weight is 131 and its structure is 1 anion and 131 cations.

Xenophobia.
Xenophobia is a condition defined as a morbid dislike of foreigners.

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The cause of this problem is a deficiency in calcium and the least little bit too much of either estrogen or testrogen which also causes the person begins to become a recluse, or they begin to hermitise themself, or to stand apart, and many of them begin to get addicted to something.

X-Rays.
Here we have an x-ray tube with a cathode on which we can impress with a huge amount emf, say 100 kHz, and on the other end we have what's known as a rotating anode.

Now through the pressure that is exerted upon the cathode, it's heated up and frees electrons which seek the anode, so they're anions that are going to be driven across. When that filament is heated up with 110 volts of electricity, or thereabouts, it gets shocked with this pressure that's running through it and it drives off the anions which then come zooming out here at the speed of light and they come out rolling like a barrel, very rapidly, and then they come in contact with something, hit and bounce off at an angle but at the time of the hit whatever it may be, our bodies or the wall or whatever, light then is produced through friction and of course it could go on if there's something left just like in a pool table I suppose till it hits something else until all the energy would be expended because the light from reflection on a wall after it bounces off another wall and ricochets here and there it gets dimmer and dimmer and dimmer and again I'm speculating like crazy here, but I would imagine that it's just the energy is getting less and less as that anion is bouncing round till you can't see it any more, it becomes less invisible light.

So we have the anions freed, they hit the rotating anion here and the only reason it's rotating is so that it doesn't burn a hole in one place. The light is released now somewhere on the spectrum you will find the x-rays beams then which will be released downward like this and bombard whatever object we have here, the patient, whatever, we control this and those pass readily through the body because they are anionic and controlled, and then through the miracle of photography we can get a picture of the density of the thing through which it passed where it was slowed down or ricocheted off or whatever.

X-rays can be very good, very useful, but:

- the first place that shows x-ray damage is the bone marrow and that's where the blood comes from, the red blood cells.
- It's almost impossible for doctors to pick up a microscopic brain tumor on x-rays or any other type of brain scan.
- Doctors will tell you that diverticulous areas in the colon cannot repair themselves, I've seen it happen many times by x-rays, x-rays before and x-rays after. The colon will go back to normal size and look like a brand new one in a year. It will go back if it's given the right foods. Actual barium enema x-rays has verified that those colons have gone back to normal, they do go back. It is advisable to have an x-ray taken before colon therapy because some people are just hunting an excuse to sue the doctor, and then if they have an x-ray before then the therapist can know whether or not it is safe to give a colonic or not. I'm speaking about a barium enema before a colonic. Dr. Wood one of the top men in colon therapy always recommends an x-ray first so that the colon therapist knows not only what the hands tell, and they don't discount that, but they also visually can see what's happening but secondarily you as the client can see your innermost being and then x number of weeks, months or whatever down the line they do it again when the colon therapist says you are

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basically finished with your therapy. Now compare one with two. You will know there is or is not a progress.

- I had a man come to me about a year and a half or 2 years ago and I ran a test on him and found his major problem was advanced emphysema, only it was in polka dot spots over the lung and I drew a picture of his lungs and put the spots in it for him. He then went out to the car and got the x-ray and compared the x-ray with the drawing and they looked exactly alike.

Y

Young.
I have seen people at 40 years old that were using 4X amount of energy and I've seen people at 40 that was using 1.5X energy. I've also seen people at 80 that was only using 2X divided by time and they were quite young at 80, and this is the process of staying young, is how much time it takes nature to build one perfect alpha cell.

Yoghurt.
Gypsum is calcium sulfate and the gypsum group includes your lactate, acetate, sulfates but it's calcium sulfate in many different forms in yoghurt, in buttermilk, sour milks, things like this.

Calcium gluconate, and the different arrangements there are included in things like sweet milk and yoghurt as well as peas and the different soft vegetables. The orotate supplements fit here too.

Viruses should not be in the blood, but some bacteria is normal in the blood. The aerobic bacteria and the ones you find in yoghurt, a number of families should be in there, even a minor amount of some of the salmonellas should be in there in order to ward off the other salmonellas. But funguses I have not found any place but salt would break down any fungus, but it would not break down certain bacteria. Funguses are plants that require CO_2 gas and bacteria requires oxygen.

Now the "Salmonella" group is a large group and Malaria is a salmonella, and a little of it stays in the blood.

Z

Zest Tonic.
See Also "Alcohol". Zest Tonic is the closest substance to the alcohol manufactured by the pancreas that's ever been made. The percentage of alcohol in Zest Tonic is 42%, the percentage of alcohol in pure vanilla is 35%. Have you ever seen on a vanilla box, "warning" or "caution" this substance may be hazardous to chemically dependant people, or to people that could have trouble with that, I have never seen it, and they hassle us about Zest Tonic. People that drink vanilla may get high. Zest Tonic may not be available in some areas, but one formula given is:

- 26 oz London Tower Dry Gin (Joaquins brand),
- 5 oz Mint Gin,
- 2 oz Apricot Brandy.

Everybody's got a built-in whiskey still and:

- if you're too hot it's manufacturing too much alcohol,

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- if you have hot flushes it's manufacturing alcohol spasmodically, or
- if you have cold hands and feet all the time it's NOT poor circulation it is because the pancreas is not manufacturing sufficient alcohol to warm their whole body.

Zest Tonic is used for anyone having indigestion, heartburn, gas, cold hands and cold feet. Usually people that have a high pH will have gas, cramps, poor circulation and when you are anaemic you may often have cold hands and feet. In the case of indigestion, and so forth there's a number of things that you can do, if the weight is 90 lb or more mix 1 teaspoon full of Zest Tonic in 4 ounces of either skim milk, grape juice, or whatever you have, because you want it weakened down. You can use either:

- Zest Tonic, or
- 94 proof gin.

and have them sip it, sitting up, slowly for 30 minutes because if you drink Zest Tonic quickly you have not accomplished anything, you must drink it slowly, and I don't mean 29 minutes, I mean 30 minutes. Do not let the patient lay down, be sure they sit up and it's also a very good idea to pat them on the upper part of the back gently or use a vibrator on the back to help them burp and when they start to burp they will get relief. Don't beat them too hard and don't beat them to death, just a gentle pat will do very well, like burping the baby.

If you have low blood sugar you can have fruit after 2.00 p.m. in the afternoon and there's one more thing you need to know about this that in about half the cases some are cold and some are not. On the cold ones it will do a terrific job to give Zest Tonic as directed and sip it slowly for 30 minutes according to the pH. We had one person that got cold feet 40 times a day.

Sometimes when people get gas they think they're having a heart attack and the fastest way to get relief is to give them one teaspoon of Zest Tonic in 4 oz of Coca Cola, or 7 Up, and sit them up and take your hand and hit them on the back (right about where a woman's strap goes across) with your hand, just real slow and steady like you're beating on a drum and that'll cause the gas to be released. I start at the bottom and work up, start at the bottom and work up, but most of my hitting is right across the middle of the back. Just like burping an infant but it has to shake the body. One teaspoon in 4 oz should be enough because you're using a carbonated drink so one teaspoon should be sufficient, but you can repeat it in a half hour if you must. We've had people out at the retreat real acute where they just pass out on you know because there's so much gas that accumulate as their body chemistry changes that they just black out because of pressure and I found that the carbonated drink with the Zest Tonic and try sitting them up and beating them on the back has helped more than anything.

One more thing that you need to know if you're ever called to a person that's in a coma, or has every appearance of being comatose. The first thing you do is to push your finger in on the calf of their leg, or their arm muscle above their elbow, when you push your finger down into that muscle and lift it off and if that print stays in there get them to a hospital quickly, give them a teaspoon full of Zest Tonic directly, pour it into their mouth very slowly, and get them to a hospital quickly because they are in serious, serious condition.

As to what happened, it could be a jillion things that happened, but one thing if you follow the rules of numbers it was nothing that you did in the numbers that really caused it, it was their body got in

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withdrawal, and it probably saved their life if they survive it but it probably would have happened anyway if you'd have done nothing about it.

In place of Zest Tonic if you can't get it you can use Manichewitz dry wine, medium dry to dry wine, but it's not as good, it's a very poor substitute. The difference in a regular wine and a dry wine is the sugar content.

Zones and Ranges.
We're going to learn patterns which are found in Zones and Ranges, however we're just going to be chiefly concerned with patterns in this course and in the Ranges and in the Zones it takes place.

Zone of Misery.
See Also "Sugar Number and the Pancreas". When the first test on sugar is between 2.0 and 5.49 it means they are in the "Zone of Misery". Doc compared the people in the Zone of Misery to being much like two cats having their tails tied together and then draped over a clothes line. Each cat thinks the other one is the cause of its problem, hence it will fight.

Also whenever you have a person that is 7 or above on the sugar level and you lower it down to 5.50 they get along very fine at home down to 5.50, but from 5.50 down to 2.0 on your sugar reading is the Zone of Misery and one of the things that people often do is get their body chemistry in that Zone of Misery (feeling like something the cat's dragged in and couldn't eat) and they're just simply miserable. And the first thing you know misery loves company, and their favorite song becomes nobody knows the trouble I've seen, because their body chemistry is out they're simply miserable.

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PART 10

STORIES AND ILLUSTRATIONS FOR SPECIFIC TEACHING AND LEARNING POINTS

Abraham.
During college there were 3 of us young fellows and we used to go out walking. One Sunday afternoon we saw a man with a long beard coming the other way. A man with a long beard was uncommon in that day and as we'd seen him coming for half a block away we planned what to say to him.

As we came close one of us bowed and said, "good afternoon, father Abraham", another one said, "good afternoon, father Isaac", and the last one said, "good afternoon, father Jacob".

And he said, "my boys, you're all wrong, I'm Saul. I was sent to find my father's three asses and lo ! I have found them."

Acidophilus.
When I first went to Georgia I ordered yoghurt and the stores had never heard of it, all they had was sour-belly grits, cornmeal and potatoes which they thought was good eating.

Well I began to order various things and they were very accommodating, very anxious to please and they got what I needed but I ordered yoghurt from the milkman and the milkman said, "what's that?"
I said, "well you order it from your company, it has it."
So you know what they brought me, they brought me acidophilus. So, I kept it and used it but I said to the people, "listen, I ordered yoghurt, I did not order acidophilus".
They said, "we don't know the difference, what's acidophilus?"
I said, "well it's a different kind of cheese so to speak." In other words I wanted yoghurt cheese instead of acidophilus cheese, so now they're bringing me what I want. But most people don't even know the difference, your yoghurt is a gluconate, almost a neutral and acidophilus and buttermilk and others in that field are a lactate.

So if you give buttermilk or acidophilus or whey to people with a low acid pH you are aggravating their condition and making them worse. So these are factors in foods that you need to know and need to remember and do them.

Aeroplane Size.
I'll give you an example that shows the relative scale of things, suppose there's one of the biggest aeroplanes ever made that flew over your place every day at 12.00 o'clock exactly, and you decided you wanted to know how big that aeroplane was, so you got four people out there and as that plane's shadow passed over you, each one of you drove a stake into the ground at the same time at the edges of that shadow. Now, which would be the bigger, the shadow or the plane and why?
"You've got to know the altitude." "OK, it's flying at five miles high."
"It would also depend on the position of the sun?"
"OK, the sun's straight overhead at 12.00 o'clock, shining straight down."

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Would you be surprised to know that the shadow and the plane were exactly the same size. They would be the exact same size because the sun is 93, 000, 000 miles away and an altitude of 5 miles wouldn't make any difference. Now 5 miles wouldn't make a bit of difference in 93, 000, 000 miles any more than one zero would make a difference in the energy in one molecule of water.

Alcoholic Deacon.
Florida hospital had over a thousand patient beds and I was called over there by a doctor that had this patient who was a Deacon in the Presbyterian church. The Deacon had been coming to see the doctor for a week, always highly inebriated, and he swore to the doctor that he didn't drink a drop, never touched a drop. Of course a lot of the people that drink alcohol will say that, and so the doctor didn't believe it, so he put the Deacon in the hospital for two weeks, strict solitary confinement. After a week and a half he was still as inebriated as the day he was when they put him in there, and that's when I was called on the case.

The first thing I asked the doctor when I got over there was, "let me see the man's chart, and his diet that he's been getting in that hospital".

In the hospital the patient places an order one day for the next day's meals, and all the man was ordering was sweets and starches and breads, and they were turning into alcohol. So before I ever saw the patient, before I even did a test on him I said, "take all the sweets away from this man and give him only vegetables", and in three days he was sober.

With his selection of foods his own pancreas was manufacturing enough alcohol to keep him inebriated. You know I love the good old Episcopal folks, I love those people. Where you find four of them you'll find a fifth.

Algavim.
I practically steer clear of all kelps with the exception of the one that comes from off of the coast of Norway, and that one is a bromeliad. It's actually not a seaweed it's a sea bromeliad and the Government there only allows them to harvest this bromeliad every 7 years by divers that go down in baskets specifically to harvest it. The water over there is crystal clear and only about 40 degrees Farenheight all the year round and the divers go down in these suits with two cushions of water between the three layers to keep them from freezing to death.

They gather this sea bromeliad, put it in baskets, then the basket is pulled up on the ship, drained out and then the bromeliad it's thrown out on the deck where the temperature is often below zero and it freezes the seaweed instantly, and this quick freezing causes a coating to come on it that looks like snow, and this is the salt and sodium it brings out of it. Then they take it to port and wash the salt back into the ocean and then they put it through a process and sling the oil out because it's the oil that they want. After the oil, salt and sodium is out then they grind it and it forms algavim. It's a powder and we get ours from over there and it does a marvelous thing for people who have cataracts and eye trouble. It's a rich source of mineral, free of salt and sodium.

Allergy - High Stress Foods - Tuna Fish.
Sometimes it takes 2 or 3 days for a high stress food to show in the equation.

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For instance, I had a young man about 35 come to me one time for migraine headaches. He'd been a top engineer for the Martin Company but he'd left there and it was he that put in the computer system for Winterpark Hospital that had over a thousand patients.

This man had frequent migraine headaches and he could not get over them and he was losing more and more time from work because of them and he had already told the Doctors, "I'll pay you anything you ask if you just get me over these migraine headaches."

Finally the company said, "we know you've been to see many doctors about your migraine headaches but that's beside the point, you either get rid of the headaches or else we're going to have to get rid of you", and that's what he told me when he called me on the first Monday in September of 1970.
I said, "do you have a headache now?" He said, "I'm nearly crazy with it."
He was about ten miles from where I was and I said, "have somebody drive you here, I think we can have you easy in 30 minutes", just from what he told me. What he had told me was that it was either a food combination or an allergy to a food, and I knew that we could zero in on it without any problem. I alerted the technicians to test him as soon as he arrived and bring me the card. He arrived, was tested and after the technicians brought me the card, I went into the lab and made up a very simple thing that you could make in any kitchen and handed it back to the nurse and told her to have him sip it slowly, very slowly, for exactly 30 minutes, but when the headaches stopped and after the next patient left my office to come and knock at my door. So it was only 19 minutes later he knocked at the door and he said, "I'm the man that had the headaches".
I hadn't even seen him up to that time and he said, "I want five gallons of that stuff" and I said, "my friend you don't need any of it."
He said, "well it's the first thing that's ever happened that's stopped my headache."
I said, "I know, but your problem is tuna fish, just don't eat any more tuna fish and I don't think you'll have any more headaches".
He said, "I love them, I eat them two or three times a week, tuna fish sandwiches."
I said, "well you have an allergy to tuna fish, don't eat any more." and I said, "you may also have an allergy to another food that is not showing up today. Call me in 3 to 4 to 5 weeks and let me know how you're doing."
He did and said he had no more headaches at all. Just as simple as that.

I wish I could easily tell you what numbers indicate an allergy to tuna fish but fish causes certain changes in numbers if it doesn't agree with your body. In other words, it throws the numbers into conflict with each other, in other words it short circuits your digestive system.

Now what I gave him to drink was zest tonic in grape juice and it cut that ptomaine-like substance. If you ever analyze a person with ptomaine poisoning and you get a look at the numbers it's the craziest bunch of numbers you ever saw and you'd think that it's not possible for a person to be walking around with those kind of numbers, but yet there they are and then you know it's an allergy and therefore a temporary poison. But the thing about this case is it took about 40 hours from the time he ate the tuna fish before he had the headache and was therefore too far away to connect it to the tuna fish. So what I'm trying to say to you is that high stress foods for one is not a high stress foods for another.

Amish Woman.

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I'll tell you about one case that we had, it was an Amish woman in her 30's and she had an aunt, much older than her, that brought her down to the retreat and the woman was coiled up in her bed like a baby and the moment the chiropractor touched her back she'd go to screaming, just barely touch her with the tip end of his finger.

A test was done on her and when her numbers were read to me I said, "there's nothing wrong with this person, it's about the most perfect numbers I've seen".
And they said, "well she's bed-ridden".
I said, "I don't understand that, I don't see why she's bedridden at all, send her down."
They sent her down and this dear old Amish lady that was in her late 60's, maybe 70 years old, still waiting on her, tooth, nail and claw, hand and foot; she had to have her bedpan, she had to be fed because she couldn't feed herself, she couldn't get out of bed, she had to be changed while she was still in bed, and all the time I couldn't find anything wrong with her, her numbers were just about as perfect as they could be, I mean almost absolutely perfect.

I put up with this situation for three solid weeks while I researched, trying to find out what was wrong. There was nothing ! No brain tumor that was evident, nothing seriously wrong that could I find. So I took the chiropractor
aside one day and I said, "listen, this bed-ridden girl with her aunt was an unusual case", and as we walked over to her room I said, "I don't want you to take note of anything or pay any attention to what I tell you today." I said, "everything I say in there is for her benefit and not yours." The chiropractor was about 37 years old and I said, "I'm saying it for her benefit, so you just listen, and I'm going to talk to you as an old doctor to a younger doctor."

So when we got in there I didn't say anything to her but I said to this young chiropractor, I said, "I brought you in here doctor in order to help you with your training, to understand a particular kind of patient that we've got." I said, "the tests denote that there is nothing wrong with this girl whatsoever, nothing, we can't find anything wrong, and yet she's bed-ridden, has to be fed, waited on tooth, nail and claw, can't stand for you to touch her with a chiropractic adjustment such that she goes to screaming, and there's nothing wrong that we know, not a thing wrong. Now this woman evidently remembers that when she was an infant how comfortable she was, and now she's dodging society, trying to get back to the comfort and cosy feeling that she had when she was young, she insists that everything be done for her, she doesn't care who she has to kill in order to carry her point and she doesn't care how many people it takes, and this kind of a person could outlive ten nurses, they can kill ten people and when they get before the Lord Jesus Christ he's gonna say, 'You're a murderer, what are you doing here?"

And I went on for about twenty minutes and I was trying to make her angry, that was my purpose, I failed to make her angry but tears begin to come out of her eyes, and I said, "well doctor this is this kind of a case, you will meet them throughout your life." And we walked out and as we walked out this little dear grandma Amish lady that had her ear to the keyhole come out and she pointed her finger at me, she was only about 4' 11", she pointed her finger at the end of my nose and she said, "doctor, I don't like what you said in the presence of that dying woman."
I said, "do you want to help her?" She said, "I certainly do"
I said, "will you do what I tell you if it helps her" she said, "I'll do it doctor."
I said, "you go in there and tell her the doctor's right. She's going to tell you that the doctor don't understand, he doesn't know what he's talking about, but you go in there and say yes he does know."

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Now the woman herself did not hear this conversation, and I said, "let's try it for twenty four hours and see what works, and if she's not out of that bed in twenty four hours I'll admit that you're right, if she is out of that bed in twenty four hours then I'm right,"
she said, "doctor I'll do it" and she give me the biggest wink you ever saw and went in there.

You know what happened, that woman got up and went to supper that night and was dismissed three days later. Dismissed, because the adrenaline glands begin to flow, the calciums become available, the fight in life came back again.

So these are calcium things that they can do to you, they can wreck you, they can ruin you, they can make you a nervous wreck, they can make you a screaming maniac, they can rob you of your posterity if you're not able to produce children or, there are many things that have to do with calciums. Calcium is a very, very fundamental substance in your diet and all this is determined by your pH reading.

Anaemic Lady.
One lady about 43 came to see me and she was very highly anaemic, and very much underweight, and I said, "I want you to take two, 250 mg tablets of B12 twice a day, and come back in two weeks", and I also gave her a dietary program to follow.

She came back in two weeks, tests were rerun, no change, exactly the same result, and I looked up at her across my desk and she said, "doctor I'm not a bit better than I was two weeks ago."
I said, "I see you're not, why didn't you take the B12 like I told you to take it." She said, "doctor, I did take the B12."
I said, "lady, let's get the record straight quick and fast, if you're going to lie to me get out of my office, you did not take the B12, you did not take it and you're not going to sit across this desk and tell me you did because if you had of done it, if you had of taken what I said you would have been better."
and she said, "doctor, I'm going to be absolutely frank with you, I didn't have the B12 so I took two B6's each time."

I said, "lady you're arithmetic is excellent but you flunked your chemistry she said, "doctor really is there a difference?"

I said, "sure there's a difference, now you go home and take the B12 like I tell you and then come back in two weeks."

And she did and you should have seen the difference, she was amazed at how much difference there was in one B12 instead of two B6's.

Animal Urine Test.
Since you asked the question I'll tell you something that happened just a few months after we were up in Georgia.

My daughter's baby, my granddaughter at five years old, took pneumonia while they were living in Florida and they had her in a hospital for a week and she was getting worse every day and Betty said to her husband, "I'm taking Cathy to daddy, she's going to die if she stays in this hospital."

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She called me and told me she was coming, and I'd only been open in Georgia about two months then, so she brought Cathy up for me to help. Betty knows how to do this work and run the tests and everything else and as we only had four patients then I was with Cathy for almost 72 hours, I didn't even leave her but managed to turn the tide and she's a very healthy and happy little girl today, but her playmate of the same age who was also in the hospital at the same time with double pneumonia died two weeks later, but Cathy's a healthy little girl today.

But a few days after I got back into the lab two of those mountain men there that maintain that they have a right to sell their corn in liquored form came in to the lab and Betty ran the test for me., and Betty came in to me as white as a sheet, she said, "daddy, we've got two walking dead men out there".
And I said, "let me see the patient card, the test", and I looked at it and I laughed and she said, "what you laughing about dad, it's real", she said "I checked this test twice and, .." she said, "I don't understand".
I said, "I'll tell you what, you have them come in and you listen at the door to what I say."
So they came in and I looked at the cards and I said, "you gentlemen have a very serious, serious problem and unless you change it real quickly you're not going to be here very long."
"What's the matter doctor, what's the matter, what's the matter?"
I said, "Well, the first thing I want you to do is quit wallowing in the mud, and if you don't have anything better to eat than slop you come to my house and I'll feed you."

They had brought us samples of hog urine, which is very easy to distinguish from human urine, especially if it's an old sow. And they ha ha'd, it tickled them pink, they knew they were caught. They had told it all over the county what they were going to do and everybody knew it and was waiting for the answer. They said, "you can't fool that doctor, he knows what he's doing." But anyway I didn't accuse them or point my finger at them I just told them to change their ways.

Remember this, you've got to know the frequency in order to know the diet, and if anybody wants to try to fool you they're only hurting themselves, they're not hurting you. Now after dogs get old enough to chew bones and things of that nature, you can distinguish the difference, but in the early stages with a small puppy it can be easily mistaken for a child's urine.

So there are tests that could be run that would distinguish it but we're not that anxious to know, if they're not anxious to get help we just as soon they wouldn't be here.

Arizona Salmonella.
Arizona Salmonella was discovered in 1898 in Cuba, and it is a disease that was mislabelled. The bacteria at that time that caused typhoid and malaria were in the Salmonella group so anybody that didn't discover a salmonella wasn't any chemist at all, or physicist. So this thing was found and the reason it was called Arizona was the doctor that discovered it was from Arizona, and he called it Salmonella, now actually it's not a Salmonella it's a trichinosis and that's the one that comes from eating pork, and the bacteria looks like a pecan and it embeds itself in the walls of the digestive tract and inside of that wall the secretion the bacteria gives off forms a plastic house and it leaves the ends of it's plastic house open so the food can come into the ends and seep up to the bacteria and keep them alive.

The bacteria look something like small seedling pecans and the secretion that they give off makes the intestinal wall thicken and become like a plastic on the inside, and digestive juices can't go through it

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and the patient slowly starves to death. Now it strikes in the colon but many times in the small intestine as well but sometimes it gets up into the esophagus and in the tongue. One of the first visible signs to your eye is the tongue will be swelling just a little, however it can sometimes kill people and never get into and swell the tongue. But I have seen a tongue swollen so badly until it was sticking out of the mouth an inch and a half and they couldn't even get it in, the face was all bloated, eyes closed, and terribly, terribly bad shape, in fact, dying. We were not able to save the two patients that came in, the one in Haiti choked to death three days later because of the swelling as we were not able to stop it and the other one was at Blue Ridge. We did a few sessions with her in the colonic room, and cold and hot compaction to get her tongue back to normal, and get her to where she could be sociable and even walk around but she died four months later. We were not able to keep the energy in her at all, she just kept going down, down, down and we couldn't stop it. However she would have died within 24 to 30 hours if she hadn't have got to us when she did, so we actually didn't do anything but prolong her life a little and made her end a little bit more pleasant, but it was too late, she slowly starved to death.

Death from Arizona Salmonella is the same kind of death that you get from starvation, Beri Beri, and you'll also see these same numbers on Beri Beri patients, except on a Beri Beri patient you'll see an extended stomach, an enlarged stomach, and with Arizona Salmonella it does not swell and there is no fever. The numbers almost stay perfect, and it's a terrible, terrible agonising death.

Arsenic.
A man came to me for the first time when he was 80 and he walked like an "L", he couldn't bend his back at all, or straighten up, and he used two walking sticks so he could walk. He'd been sick all his life and when he was tested I said, "you have enough arsenic of lead in your body to kill seven people, plain arsenic." So I gave him a diet.

In six weeks he was walking straight and had put aside his walking sticks completely, and he was 80 years old then. But one of the questions I asked him during this time was, "how and where did you get all this arsenic from in your system."
He said, "I don't know."
But at the end of six weeks he said, "when I was a boy between 10 and 11 years old I had a heart murmur and the doctors gave me high amounts of arsenic and I've never been well since."

It might be interesting to you to know that his wife was born on Christmas Day and he was born on Christmas Eve, he's one day older than she, and they were 80 years old then, and now they've celebrated their 105th Christmas last year. He still drives his car to the market, he lives in California and he looks about 65 five years old. They're strictly vegetarian, they run their own little farm out there and it's amazing how he gets around.

He said that he's been healthier in the last twenty five years than he was in the first 80 years of his life. Every Christmas we get a card from them mailed about a week before Christmas and the last one said they were doing fine, doing real well. So it's remarkable what a good diet will do for you.

Asa.
I want to read one thing out of the bible for you and it's in 2nd Chronicles, 16:12:
"And Asa in the thirty and ninth year of his reign was diseased in his feet, until his disease was exceedingly great: yet in his disease he sought not the Lord, but the physicians."

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Evidently he had diabetes and sores on his feet that wouldn't heal. Now Asa sought the physicians when God wanted him to go to God for healing, now listen at verse 13:

"And Asa slept with his fathers, and died in the one and fortieth year of his reign."

Now listen, I'm not casting any reflection on a lot of doctors, Luke was a doctor, there's a lot of very, very fine doctors, but doctors should use God's way along with their way and the reason that more of them don't is they don't know how, and we are teaching you how to use this diet to help you get better results with your drugs. I believe in surgery, there's times for surgery by all means, like:

- the Dead Sea brain tumor,
- whenever you have ruptures, or
- when you have acute appendicitis.

There's many times you need surgery but the thing about it is try to co-ordinate the diet with your surgery to see if it can be prevented. There are acute cases in which you don't have any time:

- whenever your appendix has already burst and you have to do something and do it quickly,
- when hemorrhaging is very severe and something's got to be done very quickly,
- there are times for heart massage in which surgery is necessary.

So don't think for one moment that I'm against surgery, don't think for one minute that I'm against medicine or chiropractic adjustments, or anything medical. All I'm saying is co-ordinate your diet with your treatment and you will get a lot better results.

Asthma.
Some missionaries from Africa brought their little girl over to see a doctor in the United States, in New York, because she was practically dying with asthma. They had her in the hospital for a couple of weeks and the hospital said there was nothing they could do for her. Their parents lived in Deland, and when they went to Deland to see the father's parents, the grandparents of the children, they told them about a doctor at Daytona that they wanted to take this child to, and when they took this child to the M.D., Doctor Dorothy at Daytona beach, she said you're to take this child immediately to Doctor Reams in Orlando, and she said don't tell Doctor Reams what's the matter with the child just go in and get a test and he'll tell you.

So they made an appointment and came over to see me, the father, the mother and this little twelve year old girl who looked like something raised up out of the cemetery. She lived in fear from one attack to the other and she looked about 30 years old, and she was just 12 years. So when the tests were run I said, "you have a child here that has acute asthma"
he said, "that's what we brought her here for."
I said, "OK I'm going to give you a diet and I want to see her in three days."
They brought her back in three days and then next time four days and the next time five and in three weeks she had no more asthma attacks at all but they even diminished the very first day.

So it was calciums that I used according to her own body chemistry that made the difference. When the family returned to Africa she was in perfect health, and that child would have been dead with asthma if she had not got the right kind of calciums in the right amount at the right time. Asthma is caused because of lack of calcium.

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Baby and Ant.
A few years ago I got called to a family whose 3 months old baby girl wouldn't stop crying and she'd been crying for 2 hours.

I went over there and found that there was a tiny little ant in the bed. The ant was so small that you could not see it clearly with the natural eye, it looked just like a little red dot, but under a strong light and magnifying glass you could see it was an ant and it was all rolled up and biting. This ant was stinging the baby and it would probably have stung the baby to death before morning.

So check out every known thing that you can in order to find out why a baby's crying. After a baby is about $3^1/_2$ months old if it's an ear problem the baby will generally have it's hand on it's ear, or put it's hand where it hurts. Watch it closely and observe it, and you can tell whether or not the baby has an ear ache.

Baby, Blocked By Peach Seed.
I had a little baby one time just about $2^1/_2$ years old that swallowed a peach seed and even with their very, very small colon it got all the way down to the rectal area and it couldn't go through. The mother knew it swallowed a peach seed but waited three days before she brought the baby to me and it already had a fever and sick and vomiting up everything.

I tried to find it by massaging the colon, the stomach, and I determined it wasn't in the stomach, I determined it wasn't in the colon I knew it had to be in the rectal area, so I simply inserted in them a small baby enema of olive oil and give the baby a dose of castor oil and it passed right on out.

Baby Food.
I had a 74 year old minister come into us and he had been operated on and told he had 6 weeks to live, and when he came in he had just one week of that left.

He was brought in, he didn't come in, he was brought in and his energy rating was 4 and he was too weak to put on a 3 day fast so we put him on baby food about every 2 hours, the right food to change his body chemistry:

- In 2 weeks he was making great improvement, he was able to walk to the bathroom and back,
- In 4 weeks he was just doing real, real well,
- In about 8 weeks he was able to walk a quarter of a mile, and
- In 12 weeks he was able to walk a mile and back each day.

After about 12 weeks he asked if he could preach a sermon in his church and I had permitted him to go so that he would know how weak he was, and he came back into the retreat thoroughly worn out and for the rest of the following day, he could not do anything.

He was still on baby food even after 12 weeks, and a week after he preached the sermon he and his wife came into my office one morning and said, "we're going home today, I want you to give us a diet."
And I said, "under no circumstance will I give you a diet, no, I will not give you a diet, and you can go home if you want to this is not a prison, but I would advise you for at least 2 more months not to

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go home." I said, "I know why you want to go home, you think you are well but you are not well yet because the intestinal tracts have not healed smoothly and equally, there's certain spots in them that are doing very well but there are other spots that are still very, very bad yet," and I said, "it's going to take another 2 months at least to get you to where I can put you on heavier food than baby food." I said, "I know why you want to go home, you think you can't stand baby food for another day."
He said, "that's exactly right." He said, "Doctor I'm a lot more well than you think I am." I says, "no, I know how sick you are, I know how near dead you are, but you don't know." He said, "well we're going home anyway."

I said, "Well it wouldn't do any good for me to give you a diet because I'd just give you one of baby food and you know what baby food is. Just continue eating baby food and you'll be alright if you're going to go home anyway. I'm not going to give you a diet, I'm not going to give you any more minerals than what you've been taking here." We had started giving them some minerals.

I said to them, "I'll tell you what you're going to do. You're going to go home and about tomorrow morning you're going to order eggs and bacon for breakfast, or sausage" and I says, "when you eat it it's going to tear your intestinal tract to pieces, you'll be in the hospital within 24 hours and you'll be buried within a week."

He was. Just a week from the Monday that he went home he was buried. That's suicide. That was simply suicide because his intestines could not take the roughage.

Baby, Knot in Colon.
I was visiting a friend's house and they had a little baby boy 3 months old and he'd been crying for 3 solid hours and they couldn't get the little fellow quiet because he was crying so much.

I examined the baby's colon and found a knot in the colon just above the naval and I could tell by the feeling of the muscle that I was getting near it. I told the parents that I was going to move in on the lump area and that when I get there the baby's going to scream like I'm killing him, but I said, "I'm not going to hurt the baby but the baby's going to think he's hurt a lot worse than he really is."

Sure enough, for about a minute and a half that baby really cut loose and I was working as near to the lump as I could without being directly on top of it so as to cause more pain, but eventually I worked around it enough that I began to break it down to where I could work it with my finger on top of it. In five minutes the baby had stopped crying and was laying there in my lap just as peaceful as it could be, and all just by that very, very, gentle massage breaking up the lump in the colon.

There's generally a lot of reasons why babies cry, but most healthy babies do not cry. So what you want to do is:

- check for a temperature,
- check to see how the child's metabolism is, and
- check to see how the colon is operating, whether there's a lump or something there that is causing a problem.

When the child is that young it can't tell you where it hurts, it can't show you, and you have to find the problem areas simply by the rules that you have to go by.

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Sometimes when a baby's crying so hard that you can't get a specimen you're just going to have to do the best you can to get the facts you need in order to draw a conclusion to know what to do.

So what I'm trying to say is, try to find the reason for everything.

Baby, Lumps in Colon.
In fact some young parents brought their baby to me a few days ago and the baby had been crying for about 3 hours and it didn't matter whether you picked it up, walked it, loved it, layed it down or whatnot the baby still cried not real hard but not real soft either, enough to let you know that something was wrong and I just layed the baby down and pulled up it's shirt and found three lumps in it's colon but I had to massage the baby between it's crying in order to find the lumps and I massaged them for about five minutes very gently and the baby hushed crying and was playing there trying to coo at me at least within 15 minutes. So this just happened the last few days, young parents, first child and you can't tell by the looseness of the bowel of a baby whether it's constipated or not. They told me it was having good bowel movements, but yet there were some lumps that got up in the colon and some bacteria had got in it making those lumps incubators for a loose bowel, yet those lumps were hurting the baby. That baby's large intestine is very small and the lumps almost form a blockage in there and if it were not for the bacteria in it, it would form a blockage.

All I did was just massage it until it softened and I couldn't feel it any longer and it will pass on out by itself. Instead of working on one until it dissolved I massaged all three of them one after another and before I got them all dissolved the baby was quiet. So you need to find out about these things.

Babies, Where They Come From.
It's like the little kid that asked her mother where babies came from. Her mother explained it and she said, "that's strange my girlfriend came from Pittsburg."

Blackouts, Location of Brain Point.
I'll give you an example of blackouts that actually happened. I have a silver plate in the top of my head that is a result of a fractured skull in a truck that was blown up in the South Pacific, and for 31 days I was unconscious.

When they took me into the operating table they lifted this plate and reduced the pressure on that particular part of my brain and I wakened on the operating table. When I regained consciousness Tokyo Rose was singing on the radio and I said very weakly, "I sure did land easy" and that was 31 days before. My last memory was being in a truck that was blown up and I was high in the sky above the trees just beginning to fall, and that's the last memory I had for 31 days.

The plate on the top of my head was near the same spot as the brain tumor on the girl that used to fall down, but it was just a little bit more to the left. Now pressure on the brain just a little bit further to the right of it is one of the causes for people to go to sleep and just sleep, sleep, sleep, sleep for years, and the Tse Tse fly that bites people effects this particular part of the brain for some unknown reason, and they go to sleep and they sleep and they sleep and it also causes animals to go to sleep and never wake up.

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Blue Ridge Diet.
If you were at the Blue Ridge Retreat and you sat with somebody and saw them drinking a cup of coffee, or sometimes he had suggested to people go have a piece of pie and if you're not clued in on why he's telling them that you'll think that Doc has forgotten his own program, and that's because you are thinking of specific little numbers in pigeon holes, you are not taking the whole thing into account.

Bomb Detonator.
I'm going to tell you something that happened to me during the war, it was a day or two before we made the beach head on Luzon and we were watching a show one night on the island of Madang and it was called "The Lady and the Tiger", some of you might have seen that film, in which the king's daughter wanted to marry a commoner instead of marrying the son of another king and that was an insult to the throne. So there was quite a commotion in the court for days about it and finally the king decided that he would put hungry tigers, starving almost, that hadn't been fed in days in one stall and his permission to marry in another, and that this lover would be turned loose in the arena. A great event was made of it to determine whether or not this man, this commoner, would unlock the door where the lions were, and be immediately devoured, or whether he would open the door which gave him permission to marry the princess.

And the show ends with him walking toward the doors. The audience can see the tigers in a stall and see the permit to marry the princess in another but the last picture shows the princess giving him a signal. Now what did she desire, to disgrace the kingdom or to marry the commoner, and to this day nobody knows what that signal meant. The picture ends and there have been all kinds of problems created and divorces come about and arguments have been made because of that signal and nobody knows what it meant.

But while we were looking at that picture the Japanese tried to drop some bombs on us and one of them landed half a mile or more away and did not explode. The next morning the chemical warfare service men were ordered out, and there were about 19 of us in the Battalion because we had not been distributed out to the various units as yet. We were told about the unexploded bomb, a 500 pounder, and the lieutenant said, "any man that will take the detonator out of that bomb step forward." 19 men stepped one step forward.

My name began with an "R" and I was at the end of the line and he said, "the first shall be last and the last shall be first, Reams you're it."

So I prepared to take that detonator out, and I don't know whether you know anything about chemical warfare service but every thousand feet you have a telephone rigged up so when you go down to take the detonator out of a bomb you tell everyone what you're doing so that somebody else won't make the same mistake, and I was taking my time because I was told that it was still ticking and I was hoping it would go off before I got there, but, you know procrastination has its punishment and when everything was ready I reported to the commanding officer and I said to him, "I'm ready to go take the detonator out of that bomb."
He said, "Reams, can you take that detonator out?" and I said, "I'll try"
and he said, "Reams, you'll do it, or die" I said "Yes sir".
And you know, whenever you know something you're ready to prove it or die. I went down and took the detonator out but I wished that I had not waited. You know it was still ticking, but God looks after his own and God makes up for our shortcomings. Now I procrastinated when I wished I hadn't

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and believe me when you're taking it out rivet by rivet you can almost sweat drops of blood, believe me, that is a living hell to go through, but anyway the Lord in Heaven will look after his own and He'll bless your mistakes if you'll just give him the glory. Give him the glory and He'll turn your mistakes into successes.

Now when you get the kind of a spirit that you can conquer anything, that's the seed of faith,"that I will do it or die." If anybody else can do it I can too, and this is what it takes to really climb the ladder of life. If anybody else can do it I can too. If I have to get a private teacher, or if I have to ask a million questions, if I have to expose my ignorance every minute of my life, whatever it takes, I will conquer and rise to higher planes.

Brain Tumor, 220 Case.
This case was a 65 year old female, losing weight, and she'd had a radical mastectomy, she'd had cobalt and chemotherapy and was sent home to die because she was losing energy so rapidly in the hospital that the doctors said, "we don't know what to do with you".

Even though this lady was a dear, dear friend of ours, one of the reasons why we violated a cardinal rule on the Reams program was that she was so sick that a retreat wouldn't take her and since she was also a bed patient we now faced a challenge, she couldn't go to the retreat and the hospitals didn't want her because she was losing energy quite rapidly.
We also put her on the Reams' program out of gratitude because she was the first one to introduce us to a booklet about Reams. So we began working with her and she had a very low potassium reading and was exactly as Doc had described her, "a very energetic woman for years almost to the point of burning herself out, and now she looked like the proverbial whipped puppy lying in bed, not able to move."

So we began to work with her and this was the time when you could call in and get through to Doc Reams personally and in the early classes I would bring this woman's numbers with me and then I would call him from time to time and he described her whole program, including a brain tumor, and this was part of the problem of why she was not recovering as we had been administering the diet and with working with the minerals.

For about four months we saw no change, and it was very disheartening to me, but about the fifth month it was as if someone had turned the switch on and we began to see a change in two areas, in the ureas and in the pH's. The other numbers began to change as well but these were the two that we were concerned with, this reflecting the progress of the 220. At the start I didn't even know what a 220 was and I asked Doc. It's a very stunning blow to know a friend of yours has a brain tumor and unless something is done then death is the end result, and rather soon.

We worked with her and I'm sure she began to look like a can of hominy because we just pumped that into her as best we could, worked on the minerals, kept adjusting the minerals and then with praise to the Lord we saw the ureas begin to change which indicated a change in the potassium level and along with that and better nerve communication to the rest of the body, the body began to clean itself.

To make a long story short, this woman came up out of the bed, she began to take care of her own physical being which she hadn't done for about six months, she began to clean house, and she began to do exactly what she did before by way of this tremendous energy output, and she just

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couldn't do enough things. She's the type who would drive neighbours for shopping and while they're shopping she'd go pickup somebody else to go to the church to do any number of things.

Also she went back to the hospital from where she had been sent home to die and she signed up as a pink lady, or a candy striper, so she runs all round the hospital handing out flowers and get well cards and so forth and the people meet her, the very doctors who sent her home to die, and the nurses will come up to her, touch her, look at her hands, look at her skin and they said, "we were with you during your mastectomy, we were with you during your other surgeries and your other recuperative times and we were sure you were going to die. Why are you here?"

And after giving a praise time to the Lord for doing things beyond man's comprehension she says, "now let me tell you about a more natural method", and she tells them about the Reams' Program.
The two doctors, top men in the State of Illinios, who had sent her home said, "may we ask a favor of you, would you please undergo all the cancer tests that you had undergone before which verified the fact that you had cancer in more than just the breast tissue", for it had actually spread through her system. She didn't want to because they do all kinds of tests, internal, external and it's not a pleasant series but she agreed to it for several reasons, one she wanted to have her own peace of mind.

First of all what happened to the brain tumor, she had gone through the brain scan and it's interesting the way the doctors play with words, they wouldn't admit that she had a brain tumor, but there was something in her head that they couldn't identify as normal brainwave patterns, but they definitely said there's something amiss there, but it's not a tumor.

So what is a tumor? In Doc's terms, quite often a tumor is not what the traditional doctor thinks, a walled of section, a little ball or so forth. A tumor can be in any number of stages of forming, it's an area of malfunction, a loss of energy in an area.

So she underwent the test after being back at the hospital as a worker and they could not find a thing wrong with that section of the brain and since they already had the test from before, they compared the two. They had no answer.

They ran tests on her entire body and two men called her in, one's a middle aged man, one's an ageing man. The ageing man in his mellow years sat there and said, "Helen I don't know what you did but whatever you did we cannot find a trace of cancer in your entire system." The young man looked at her and said, "you're just a lucky fool."

She has no answer to give them other than she has given them all the books written about Reams, which are two, and she's given them everything that we ever handed her by way of a diet suggestion. Now we did have one Doctor from that hospital come to us and take a test.

She also knows that something's wrong with her but she knows that traditional medicine does not offer her the answer, and as Doctor Reams says, from one person who has been helped others then hear, and come, and ask. So this to me is a very personal equation and we saw this very thing, the lack of potassium set off a whole string of other things and how then it's corrected.

Breast Tumor.

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One of the things that I'm asking you to do is never argue with your patient. Never argue with your patient. You don't have to. I had a lady and her husband come in one afternoon and the test was run and it showed that she had a tumor in her left breast, a good size one, benign, and I told her that.
She said, "Oh Doctor, you're wrong, I don't have anything wrong with my left breast."
This was simply the picture in the numbers, no examination other than the eyes and the technicians do the eyes, I seldom ever look at anyone's eyes just the numbers on the card. Then two hours later she came back, very humble, and she said, "doctor" she said, "I'm sorry that I disagreed with you, I didn't know I had a tumor in my left breast but I do have one, will you give me a diet?"
I said, "no, I won't give you a diet, I will not, you'll have to go to a doctor now and confirm it and bring me the confirmation that you have a tumor and then I'll give you a diet."

So the next day she went to her doctor and he wanted to put her in a hospital and remove the breast immediately, and she said, "no, I'm not gonna' have it done, I believe in God and I believe in Faith and I believe God's gonna' heal me and all I want you to do is write it out that you warned me to have this operation and then my family won't blame you for not warning me. So he wrote it out for her, she brought it to me and I put her on a diet. Eight months later I sent her back to see the doctor and he said, "I missed my diagnosis." I'm not reflecting on the doctor, what I'm trying to say is before radical things are done then there's time to try a diet.

Cancer Seed.
I had a lady brought to me by two pastors and their wives and this lady was a member of their church. She'd been operated on three months before and told that she had 90 days to live. When they brought her in she had only 30 days of that left and it was also at the time in which the law would not permit me to do any testing at all. I told the Courts that I wouldn't do any testing until the case was settled in the Supreme Court and I didn't, I obeyed the pledge that I'd given to the court but I said to her, "I cannot test you, but if I had your problem these are some of the principles that I would follow .." and after finishing the principles of diet that I would follow, about drinking so much water and eating fruits in the morning and the big meal in the middle of the day and your light meal at night and a lot of resting, hot baths, and so forth and so on, I said, "Now tell me about your childhood, who did you like most?"
She said, "I loved my father more than anyone else in the whole world." "Who did you hate most?"
"I hated my mother." "Why?"
"When I was 13 my mother divorced my father and I have not been able to forgive her for it."
I said, "You're dying, and in just 30 days now you'll be meeting your maker with hate in your heart."
I said, "I think you're going to meet somebody else other than your maker because if you don't love your fellow man whom you have seen how can you love God whom you have not seen." I said. "To me you're a liar and the truth isn't in you", and I said that right across my desk. I said, "you're fooling yourself. Then I said, "you can't go to heaven with hate in your heart, it's not possible. Now if you want to get well you've got to forgive your mother."

She said, "It's never been put so plainly to me, but," she said, "I guess I'll forgive my mother." I said, "Do you know where your mother lives?"
She said, "yes"
"Do you know her telephone number?" "Yes"
I said, "Give it to me." and I wrote it down, and then I turned around and she said, "What are you doing?" I said, "I am going to invite your mother to come and spend two weeks with you."
She said, "Oh doctor." She said, "I'll die if you do that."

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I said, "You're going to die anyway." I said, "see, you just now said you forgive your mother and you haven't, now I want you to take these two men of God and I want you to settle that account today. I want you to settle that before this day is over."

And then about a week later one of the pastors called me up and told me her mother was spending two weeks with her. She's well today, still well, so this is what hate can do for you, it can rob you of your life, it can keep your food from digesting, it can give you ulcers, it can give you cancer, it can tear you down. Hate only hurts the hater, not the hated. Only hurts the hater.

So these are things as a doctor that you need to get out of your way and most time today busy doctors are too busy to take time to doctor the whole person. If you think that diet is the whole thing you need more training, if you think drugs is the whole thing you need more training, if you think Theology is the whole thing you need more training, if you think that any one thing is all, you need more training.

Caring & Dedication.
"There was a time when I thought that I would go to my grave with no one interested in my work. No one caring who lived or who died, who was butchered or who wasn't butchered."

You people have no idea how dedicated Carey Reams is, the way he worries, and the way he is so concerned over the testers. I've had people say, "I think he's clairvoyant", or, "he's got a lot of ESP on these numbers".

Let me tell you, I sat for hours and hours and hours in Blue Ridge Georgia while he did 500, 600, and 700 readings a day up until 12.00 and 1.00 o'clock, night after night after night. We were still calling California at 1.00 o'clock our time because it was only 11.00 and 10.00 across the country and every now and then I'd inadvertently mix a wrong card in there and Doc would look at it and say, "I've already done this one."
I'd say, "No Doctor, that's in this box over here."
"No, I've already done this", and then he'd pick up a second card, "I've done that one too", then a third one done maybe weeks and weeks before and I'd say, "well Doctor how do you know? How can you recognise them?"
he'd say, "I'm looking at the man in living color, can't you see it?" And I'd say, "I can't even see anything in black and white.

Case Histories by Paul Braddock.
I thought you'd be interested in some of the most unusual readings that Doctor Reams gave me when I first started studying with him and I have about 10 of them outlined. Once I called Doc from my office and gave him the age, height, weigh and test numbers only, no eye numbers, no case history, nothing, and he said this woman would have a black spot in front of her left eye when she looks straight ahead, that there's a fray on the optic nerve. After he had concluded the rest of her body I walked into her and I said, "do you have a black spot in front of your left eye when you look straight ahead?"
and she said, "how in the world did you know?"
I said, "I didn't, but Doctor Reams sure did, and not only that he gave the time it would take to heal it, and it did. The black spot left in three and a half months just like he said. I just want to remind you that's over the phone.

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The reason I'm telling you some of this is I believe that a lot of you don't realise the depths that Doctor Reams can go into these numbers and the fantastic knowledge he does have and to me it's just a real honour to be studying under a man like this.

I want to tell you of the first case that I ever called into him. It was a family and I was on my way back from the retreat after I'd taken the First Course. I stopped at a family's place in Charleston, West Virginia, and they had three extensions in the house and the mother and the father got on two of those extensions, and while I was dialling Doctor Reams the father said, "I hope this man can tell me why my chest hurts all the time", and the first words out of Doctor Reams' mouth was, "this man ought to have a lot of pain in his upper chest", and you should have seen this guy's mouth drop. And then when he got to the daughter Doctor Reams told the mother, "are you aware that your daughter started her period today?" And she dropped the phone.

I had a woman sitting with her hand on her temple in my office and this was another case of age, height, weight and just the numbers. Doctor Reams said, "Paul you'll probably notice this woman putting her right hand up to her temple and there is carcinoma between the cambium layer and the brain, it's not yet touching the brain but it is touching the back of the right eye and if you examine that eye you'll notice it's pooling, and it was. And when I sat there and looked in the other room there she was, sitting with her hand on that temple and I'm telling you these things because I want some of you to realise the depth that this man goes into when he can just sit down and look at some numbers and he's not rushed to death.

There was a case of a woman who came in and she had an ugly looking, protruding tumor on the left side of her neck. Again no case history, no eye numbers, just the age, height and weight and the numbers and Doc started at her feet and was coming up to her leg and when he got up around the neck area he said, "Paul what you're looking at is not her problem", and I hadn't even told him I was looking at anything. He said, "have you noticed her tilting her head to the left" and she was sitting there like that. I thought she was trying to hide the tumor. He said, "there's a malignant tumor on the right side of her neck pushing up against her skull and it's causing her head to tilt to the left. What you're looking at on her neck is one of the fingers running off the malignancy and protruding out the side of the neck. Also there's two fingers going down and two going up. You better get her in here right away."

There was another case that Hans was on, this girl was in a wheelchair and they had treated her for schizophrenia for the first year, muscular dystrophy the second year and again we called in the numbers. The father got on the phone and Doctor Reams, still with no case history, but this time we did have the eye numbers, and Doctor Reams said, "this woman would have a lot of trouble walking, she would need help. There's a brain tumor, slight as a feather, about three inches long and it's touching the base of the pons."

These people had spent an unbelievable amount of money trying to find the problem on their child. Not only did he not know her case history but he gave all the symptoms over the phone for us.

I just want to share some of the things with you because I want you to realise the real depth that's involved here. There was another man I had that Doctor Reams caught 12 tumors in his body, the exact locations, and you could feel every single one of them. Twelve.

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There was another similar case in the uterus area. One gentleman asked me were any of those ever verified. Here is one that was. This one went to the clinic at Hershey and had it checked out. Over the phone Doc gave the exact size of the tumor in the uterus area and the woman had it verified the next day.

There was another unusual tumor case when Doctor Reams caught a tumor inside the spine on the fourth dorsal. When I came down his spine I said, "has your back been hurting you?"
he said ,"yes, right in the middle."
and I put my hand on the fourth dorsal and said, "here?"
And he said, "yes, right there."
Tumor inside the spine.

There was another case where this 11 year old boy was carried up into my office. Again, no case history, just age, height, weight and test numbers. I'd no sooner got the numbers out and Doc said, "send him on down here Paul, you got a bad leukemia case on your hands."
He just never misses. I've never seen this man wrong at all.

Incidentally I've never brought a subject up to him that he didn't give me a lecture on. We've been in business for a while now and he told me more about my own business than I knew existed.

There is a case of a brain tumor on an 11 year old girl and the parents had spent $10, 000 at the Morgan Tyne University trying to locate it. Doctor Reams found it immediately from numbers phoned in. The tumor was gone in four months. They had spent $10, 000 and the father is still paying the bill for where they went trying to find out what was wrong with their daughter. She had missed two years of school, her eyes were bulging out of her head, convulsions and everything else. It was a bad case. Again I gave Doc no case history, and he never asked for any, I just gave him the numbers, and he gave me the result.

I've got a lot more I could tell you, but I think I've taken enough of the time. What I wanted to stress to you was, like Doc says, he doesn't have to sell you anything but I want you to know that the numbers are much, much more detailed than we can even believe. I've seen him call a fungus on a toe over the phone and things of that nature. Let's face it, there's a lot of depth there we're not into yet and I can see why he's teaching us what we think is slow and how much has to be comprehended before this thing ever comes out to us. Again I'll just tell you it's just a pure honour to even get to study under the man.

Chauffeur and the Lecturer.
There was a company that made diamond drill "bits" for the drilling rigs that drill for oil or minerals. These "bits" go through solid rock, and just above the diamond drill it had a little computer that would keep the stem going straight in the direction that it started, generally perpendicular into the Earth.

The "bits" were great products but the only problem with it was they were having a terrible job of selling them, so they called a college professor of salesmanship and psychology to survey their problems and he came down and made a thorough survey of the problems, and he met with the board of directors, the trustees and stock holders and he gave such a fabulous speech on their problems until they hired him to go out and sell the drills. They bought him a Cadillac and furnished him a chauffeur and he went out to sell these diamond point drills to oil drilling companies.

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He had great success, and was so marvelously successful that one day after six months his chauffeur said to him while they were riding along to the next appointment, "Professor you're not very handsome and you've got a high squeaky voice. I've got a better voice than you have and I'm a lot more handsome than you are, and I've heard your speech so many times until I can give it better than you can."

So the professor said, "alright, suppose I become the chauffeur and you become the professor."

So they went to the next appointment and of course the people had never seen them and didn't know the difference. So the chauffeur was doing a fabulous job and shaking hands and meeting the people and he was the guest of honor and he knew just how to entertain, he had a fabulous personality and he got up and he made the speech and he knew just when to stop for applause and just when to stop for them to laugh and everything, and then it came time for questions.

And he was answering their questions just fabulously but finally somebody got up and said, "Professor, suppose you were drilling at 7000 feet and the drill pulled up something that was white, and when it was analyzed it was found to be the bones of a dinosaur. What would the pH of those bones be?"

The chauffeur said, "that's the dumbest question I've ever heard in my life, that's the silliest question I've ever heard, and just to prove it I'm going to ask my chauffeur who's sitting on the back seat to answer it.

Chemotherapy, Corn Shortage.
Chemotherapy ruins the liver by displacing the calcium and stopping it from producing enough natural salts to keep the nerves sending the message through to know that something is wrong, and consequently it's like my daddy did one time when we had a very bad corn year when it hardly rained at all. He said that he ate the corn off of 10 acres for breakfast one morning in a plate of grits.

But we hardly had enough to feed to the horses and mules and as he was quite a scientist too he decided that he could make a chicken feed out of saw dust. He got sawdust and flavored it up and the chickens loved it, got along real fine and we had eggs to eat, but whenever he set the eggs under the hens all the chicks were woodpeckers.

Child Care.
Now while we're talking this morning I'll give you some ideas on child psychology and child care. Let's start with a child, $1^1/2$ to 6 or 7, the child will come to mummy and say he doesn't feel too good, and the least thing upsets him, and "Johnny stuck his tongue out at me", or "he pinched me", or "Suzi did this" or that and the other.

Mother's busy, or daddy's busy and they say "don't be a tattle-tale". Those words come right out of Hell, right out of the mouth of Satan. If you do not correct that child's hurt feelings, if you don't take steps to restore that child's dignity, you keep saying that and by the time that child is 7 years old they will have drawn the conclusion that mother and daddy's not interested in my problems, and believe you me, you won't be bothered with them any more. They'll take them to somewhere else, and when they're a teenager then you'll get a call from the police department, "we

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have your son", "we have your daughter", because they couldn't go to you when they were little, they had nobody to go to.

Now to that little child between $1^1/2$ and 6 or 7, that sticking out the tongue or that little pinch was a Watergate Affair to that child, it was really something that mattered, it was a big event, and you did nothing about it, nothing. You have failed to sew that child to you for life.

I listened to my children when they were little, and believe me they believe in daddy and mommy today, they still believe in daddy and mommy. They're not apron string kids and sure they made their mistakes. I watched them make many a mistake when I knew what was going to happen before they made them, but believe me, I'm going to tell you this, once they made them they came to daddy for help, or mommy for help, they didn't run to somebody else and get worse and worse.

One night when my baby daughter was about 17 she had a date with a fellow and he said that he worked for a certain used car lot, and she was told to take the car back the next morning, and so she took the car back to the lot but they said, "that's not our car at all, it don't belong to us," said, "you're in a stolen automobile".
and she said, "well the boy that I was out with last night, and I put him on a plane last night at 11 o'clock, he told me to bring it back here."
They said, "tell you what we'll do, you just go ahead and we'll send you home and we'll call the police and tell them the car's here."
She said, "I will not, I'm going to call my daddy and do what he says." So she called me and got me in the office and she said, "dad, I'm in a stolen automobile, my boy-friend stole it and he told me he had it from such and such a lot and I don't know what to do, what should I do?" She said, "the used car lot said they'd send me home or you could come get me and they'd call the police department and tell them it was there."
I said, "don't you dare, you call the police department yourself, give them all the information you can give them, tell them what happened and they'll bring you home or I'll come get you."
In about two hours she was home, give them all the information, the car was sent back and restored.

I taught my child to face the facts, not to run, not to dodge, not to scream to get out of something. So teach the young people to face the facts, and you must face them yourself before you can teach others to face them. You know a coward dies many deaths but a brave man only dies once. So, I've taught my children to face up to the situation. Today they're proud of their dad and I'm proud of them. But as leaders and doctors take time to teach the young housewife, the young father how to establish confidence in the child. Again and again and again mothers and fathers say to me, "why did I lose my child? Why is there a generation gap?" And it's because they lost them between $1^1/2$ and 6 or 7 and this is a very important thing.
Also I find children from about 7 to 12 years old that are under sedation, on tranquillisers, because of hypertension, hypersensitiveness, absolutely doped into a stupor almost and their only problem is constipation and a poor diet. Now this can be corrected and we correct it all the time. These problems can be picked up in childhood and many adult weaknesses begin in childhood. So pay close attention to the children and to the diet the child gets.

Make yourself available to even forming health clubs, or be active in health club work, PTA works, school work, anyway and everyway you can. It may seem like for a long time you don't accomplish anything, that it's wasted effort but remember this, Noah preached for one hundred years

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and didn't win one convert, so you may not know the good you accomplish but it's well worth the effort to try, and if you really want to build friendship give of yourself, give without the thought of how much is coming in, but a workman is worthy of his meat and one of the things that I have found in life that a person that didn't know what they were worth wasn't worth very much, a person that knows he knows, knows what to charge.

I don't want to see people become wealthy on the sick and the dying. In other words charge a fair price.

Some people's areas in which you live cost more, and then I have one or two doctors that want to cater to the very wealthy people and spend a lot of time with them, and instead of seeing 30 or 40 patients a day they see 4 or 5 patients a day. Well now that doctor's got to have more money for the time he spends with them than the person who sees 40 patients a day or 50 patients a day. I've seen chiropractors brag at 12 o'clock I've already seen 110 patients this morning. Sure they gave them a finger adjustment but they didn't help the whole man. I'm not complaining about the good they did but you need to work on the whole man, the whole person and they didn't have time to coach that man or person, or the patient about their diet, about their habits, or their drinking water or rest. They didn't have time.

It's better to see ten patients a day and charge 150 dollars a patient, and help them to conquer their problems than to see 40 and charge them say 20 dollars a patient and so forth. It's better to do well what you do, don't overload
yourself, especially when you first start out. Take them one by one, help them on every point, and believe me, you won't have to advertise, you won't have to do anything, but do your best for God.

Children.
I would like to call your attention to a verse this morning that's in the Book of Matthew, Chapter 10, Verse 8, Jesus said, "Heal the sick, cleanse the lepers, raise the dead, cast out demons; freely ye have received, freely give." This is a command to every child of God, and every man of God. Know there's a lot of difference in children of God and men of God. There's a lot of children but there's very few "Men of God" or "Women of God".

You send a child or a boy out to do a man's job and he'll come back and give you a dozen reasons why the job can't be done, and all of the reasons are true as far as the boy is concerned, but you send a man out to do the same job and he'll come back and say, "what do you want me to do next, the job is finished." When somebody comes back to you after you've asked him to do something and gives you an any excuse why the job can't be done, or why they didn't do it, it means that you're dealing with a child. You've given them a job that's too big, you've over-estimated what they can do, and you have to go and show them how to do it, or send someone to show them how to do it or get someone else to do the job. But whenever you get into the position as a doctor or as a laboratory technician there is no-body for you to turn to, you're either going to have to do the job or quit. Only the Lord Jesus Christ is your helper and you must depend on him.

Church and Hypocrites.
I had a man in his 70's come to me one time and he was very sick, he had a high delta cell count in the colon and I sent him for colonics and put him on a diet and he began to improve. I always talked to him about the Lord, always talking to him about God, always giving God the credit and when he got in pretty good shape he said, "Doctor I'm not coming back to see you anymore,"

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I said, "that's all right," I said, "you'll make it now without it, but why did you say that?" He said, "everytime I come here all you talk about is the Lord."
Well I said, "I'm glad you said that because most people don't hear me when I talk about it but at least you heard me." I said, "do you go to church?"

He said, "oh no, I never attend church, there's too many hypocrites in church."
I said, "well if they weren't in church they wouldn't be a hypocrite, so that's the only place you can be a hypocrite, is in church." But I said, "let me tell you something friend, you've got to be smaller than that which you hide behind, now if you're hiding behind a hypocrite you're smaller than a hypocrite."
His wife said, "I've been trying to get George to go to church for 50 years and he won't go, he just won't go to church."
I said, "well I think it'd do him a lot of good because there's some jewels in the church, about 5% of them are God's jewels. If you go to church you'll find what you look for. If you look for the hypocrites you'll find them, but if you go there hunting God's diamonds that shine like the sun you will find them, you'll find what you look for most."

You know our face is the mirror of our soul, and if we look for happy pleasant things we will find happy and pleasant things, but if we look for the degradation and the sinful and the terrible things and the pessimistic things we will become like what we look for most.

You know I've known some people to raise hogs all their life and by the time they were sixty their face looked like a hog's and they even grunted like it. Our face is the mirror of our soul.

At twenty our face is what God gave us. At thirty five our face is what we deserve. At sixty our face shows what we are. So what are you looking for in life, the very best or the very worst. You will find what you look for.

Are you looking for somebody that you can help or somebody that you can rob. You know we have a lot of wonderful, wonderful medical doctors, I mean they're fabulous people, God's jewels, but we also have laws that gives others the power to drug and rob.

Don't ever be guilty of taking advantage of the sick and the dying, of getting rich at their expense. Charge what your services are worth but if they have no money give unto the Lord and the Lord will reward you richly. You know I've had people come to me that were so poor they did not have the money to even buy the minerals that they needed and I have given it to them, or bought it for them, the vitamin E or the vitamin D, I've bought it for them and what a joy it is to see them get well.

So if your heart and your life is not in your work you're in the wrong profession. Father we thank you for this wonderful day that you have given us, we thank thee for the privilege of studying together to show ourselves approved unto thee workmen that needed not to be ashamed, rightly dividing the word of truth. Bless those who study to learn more and more about these wonderful bodies that you have given us, and help us to know how to cleanse the temple and to teach others that we might be purified and cleaned and that some day this whole body will be turned into an anionic body and shine like the sun, and this we ask in thy precious name, the name of Jesus, Amen.

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Colonics.
We had one lady come in for a test and her numbers were:
Test 1, Date,
Female, 60, 5' 7", 150 lb

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

I gave her a diet that she could do at home, gave her the minerals and told her how to take them but I also told her to get some colonics, twice the first week, twice the second week and once each week thereafter, and come back in four weeks. She came back in four weeks, had a retest and her test2 numbers were:

Test 2

$$1.8 \qquad \frac{8.00}{7.70} \qquad 8 \qquad 4 \qquad \frac{12}{6}$$

Test 1 indicated she needed colonics, and Test 2 showed she didn't have them. She's full of crap. This is exactly what it means. She did not take the colonics.

When she came back for the retest she said, "Doctor, I'm not a bit better."
I said, "Well you have improved a little, but I see you're not really any better. Did you do everything I told you?" She said, "Doctor I did everything you told me."

Now I already knew the answer before I asked the question and most of the time when they come back I ask questions but I know the answers before I ask, and you will too, but I just want to know what they're going to tell me and also you need to show interest in them, but don't let them know if they stretch the truth or tell you wrong, I mean don't tell them they're lying or anything else.
She said, "Yes doctor, I did everything." "Are you sure you did everything."
"Yes doctor, I am sure I did everything."
She was absolutely certain, and after a few seconds I said, "are you absolutely sure that you did everything?" "Yes doctor I did everything."
So I let that sink in a little while and I said, "Would you tell me the name of the doctor that gave you the colonics?" Oh dear, you should have seen that countenance fall, as if, "doctor, how did you know" only she didn't say it.
She said, "Doctor I just couldn't bring myself to do that."
I said, "Well if you'd rather be sick and miserable than take a colonic then you go ahead and be sick. If you want to get well then have the colonics. Now which do you want to do?"
"Well doctor if I've got to do it, I'll do it."
I said, "You've got to do it. You got to do it."
She said, "You know I don't feel much better than I did when I was here before, but I'm not any worse, and I'll admit doctor I was going down hill in a hurry. My get up and go was leaving but I'm not any worse but I don't feel any better."
I said, "You get those colonics and then you come back in thirty days". And she did, and you should have seen the difference, she was full of crap. It's got to come out.

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After she's had the colonics she'll understand and know the difference, but not only that, she's going to tell everybody about the doctor that helped her without drugs, without undressing her, without making any physical examination and that doctor even knows when you don't do what he tells you.

You go to a doctor and he gives you a prescription for drugs and you go back to him again, I have never known a doctor to ask, "did you take the drugs." In fact most of them hope you didn't. All they got to do is show so many dollars worth of sales.

For further information on Electro Tox Oxygenated Colon Lavage (Colonic Machine) by J.W. Koltz see the end of 9-877CA-2.

Information on a Colonic Course is available from the American College, 205 East University, Mesa Arizona.

Commission.
John 14th Chapter, 12th Verse, "Verily, verily, I say unto you, He that believeth in me, the works that I do shall he do also; and greater works than these shall he do; because I go unto my Father." and then turning to Matthew we see what was the work found in the Scriptures of Matthew, 9:35 it says, "And Jesus went about all the cities and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and healing every sickness and every disease among the people." That is a commission from God for those that believe in Him and have accepted his commands.

Also in the Book of Luke, 10:9, and Luke was a doctor, "And heal the sick that are therein, and say unto them, The kingdom of God is come nigh unto you."

Jesus commands us to heal the sick. There is a direct command to heal the sick, Luke 10, 9 and so therefore it is our divine commission and as long as you're working for the Lord Jesus Christ the Hounds of Hell are going to be barking at you.

The Great Commission.
I trust that you will ponder Doc's involvement in this whole program and to be more than just a series of numbers, even though that's what we spend most of our time on. In Doc's quoting of "The Great Commission" we are to go out and heal the sick, heal the lame and heal the blind.

When I first heard him say that it was in our First Class, then when he repeated it in our Second Class I thought, "OK Doc, I hear your words and that's a nice thought." With my background in teaching in schools for many years, especially teaching science to young people, was such that the law I lived by was that the AMA had all the answers and I never doubted it.

When Doc said that we can bring about some forms of healing through diet I really wasn't sure it registered with me until, in our very first month of testing we received a phone call and a very friendly voice on the other end asked if they could please bring a friend of their's to our house to be tested, at that point we were doing it in our home as we hadn't yet got an office, and three women literally carried a fourth woman into our home and put her on the couch because they had travelled for some distance and we knew that when you travel a distance and you're under a strain the test may not be a valid test, but the woman they carried in was such an arthritic she could barely walk and

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for all practical purposes was a bed patient, and all that that implies, like being cared for 24 hours a day, and she was also blind.

Now she'd only been blind for 3 months, but she'd been an arthritic bed patient for over 9 years. Her blindness had come about because she had sought a doctor's help in Chicago and he promised her that by giving her an injection of a certain material it would virtually eliminate her pain. He had done it many times before but there was one possible negative side effect, and that was she might go blind, but she willing to pay the price.

But he trusted she wouldn't go blind until very much later and she'd be dead by that time, so no problem, or so he thought. After she signed the papers saying "I will not take action and so forth" he gave her the injection and within 48 hours she was blind, and he said, "don't bother coming back you will be blind for life, I can do nothing for you."

So here in front of me is this crippled blind girl. I didn't know what to do other than what we'd been taught. We tested her, took the numbers and mechanically worked our way through the solution. Her sugar was here, pH's here, ureas here and so forth. Here's your diet, go home and do it.

While the ladies were there we had a good time fellowshipping because they're all dynamic Christian people and they run a coffee house up at Rochford. They're just beautiful.

We sent this woman home on a Wednesday night and I'll never forget it because we missed prayer meeting that night, and that occurs on Wednesdays. On Saturday morning she calls and asks me if the colors in my area of the country are as beautiful as they are in Rochford. I said, "don't play games Sharon, you're in bed, you're sick, but don't play on my telephone time."

She says, "I'm not playing. I can see."

The impact of that statement took a little while to soak in, when the Scripture says, "you will be involved in healing the blind ...", now I didn't heal, but we were instrumental. The diet had done something by cleaning out her system that the medical world was ignorant of. For some reason they had not completely researched that aspect.

Two weeks later this girl was at our house for another test, I was late, being at another meeting, and when I came into my house all I saw was a blond flash coming across my living room, and I got the biggest hug and kiss from a stranger I've ever gotten. This was the same girl who, three weeks prior, was so immobilised that she had to be carried into the house. She said, "I still hurt, but not at all what I did before."

She's up and around, in fact right now she's working in an old people's home working for about 8 to 10 hours a day because she's following the program. She feels better when she follows the program and when she's off the program she doesn't feel so well. But when Doc says to you in all sincerity that you can be involved in "The Great Commission" he is not just being a preacher, sitting up here saying something, hoping that you will go out and say, "isn't he a nice old man". That's not what he's talking about. He has a heart that's so big that he wants people to be really involved. He wants you to get involved with your clients.

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Couples Who Fight.
People only do that which they like to do. I knew one family that fought all the time, the husband and wife were always at each others neck. I got their calciums up but they still fought, so I drew the conclusion that they liked to fight. I think some people have just enough Irish that they like to fight, and you can get the calcium up and they still fight, because they like to. They got into such a habit of it they can't quit. Kinda like a dog with fleas. You can have a dog full of fleas and he'll scratch, scratch, scratch, scratch, scratch. You can get him rid of the fleas and he'll keep scratching, because it's a habit and you can scold him a few days about his scratching and then he'll quit, but his imagination imagines fleas where they aren't. People get in a habit of doing things and they continue doing it even when it's unnecessary.

Criticisms.
A lady came up to me and she said, "Doctor, I've got a criticism to make, may I make it?" I said, "No, you may not."
She said, "well why doctor?"
I said, "listen honey, there's a million things wrong here and one wouldn't do a bit of good, it wouldn't help at all. What we need is people to help to correct these conditions, would you be one?"
"Oh, I couldn't leave my friends or my children."
You know, we know what's wrong, but we haven't got the help it takes to correct it, and we even pay top rate salaries. There's no reason why some of these couldn't be corrected but Jesus said, "narrow is the way and straight is the gate and few are they that enter therein."

People don't want to work for God. They want to do their own thing their own way, and it's a free country and I'm glad they can do it their own way. But what I'm trying to tell you is don't get discouraged because somebody come back with a chip on his shoulder.

Crawling & Synchronization, Vitamin B3.
As you know nicotinic acid is vitamin B3. I had a case of this 17 year old girl in high school and she was called an idiot even though she was a straight A student. She couldn't write, she couldn't put her hand where she wanted to put it, her face was twisted in all kinds of positions and expressions and she would hold her head and walk in the most awkward way that you've ever seen.

Her mother brought this girl to me in 1975 just before school was out, and her numbers showed that her problem was synchronization, her body could not synchronize itself and the messages were not going through properly from the brain. For instance she knew she wanted to reach down and pick up a pencil but instead of her hand going towards the pencil it would go any which way. She could not put her hand where it started to go.

This girl had the expression of an idiot but only because she'd been told all her life that she was an idiot. She'd always been told this and naturally she took on the expression of an idiot. I said to the mother, "I want to ask you something about this child, did she crawl when she was a baby?"
Her mother said, "no, she didn't crawl, she just started walking."
I said, "right now her problem is that she can't crawl and her diet needs certain corrections." At that I took all meats away from her and also gave her vitamin B3 foods as well as supplemental vitamin B3. I said, "I want you to take this diet and give it to the child and I also want you to teach her to crawl."

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She said, "Doc it would embarrass us to death, my husband is one of the big engineers for Exxon at the Copper Company and to have our girl in senior high school still crawling it would embarrass us to death, because there's no place in the house to crawl."
I said, "Well, I have told you what to do now, and it's up to you to do it, I can't tell you how to do it, or what to do." So the mother left quite angry with me, she was quite peeved with me and when the father came home that afternoon he called me up and he said, "we have spent thousands of dollars on our daughter trying to get her helped and we believe that there's help. I want to ask you something, your instruction is different from anything that we have ever received in our life, and we'll try anything, but how can we do it without being conspicuous?"
I said, "I'll tell you what I would do, I would get a 30 foot culvert about 24 to 30 inches round and I'd put cushions on the base and I would have her crawl through this culvert, from one end to the other 3 or 4 times a day."
And he said, "I'm going to try it. We've tried everything else and nothing's worked, but we're going to try this too."
I said, "good, I'd like to see her back in 30 days." I never heard anything about it for 30 days then she was back and I didn't even recognise her. She was so different and the first thing the mother said, "we had the surprise of our life, she could not crawl."
After 30 days she learned to synchronize her body by crawling and could even pick up a pencil, it was a little clumsy, but before school was out she was as normal as any person. Even the expression on her face had changed and you would never dream it was the same girl.

I learned about synchronization in England 50 years ago and time and again we use this system where there is a synchronization problem that, as well as correcting the diet, the person must learn to crawl. If there's any child that we know of now that doesn't crawl we start to play a game of crawling with the family and so forth.

I had one case 2 years ago where they started walking but 6 months later they began to make certain motions that got the parents terribly upset. The baby couldn't take a glass to it's mouth and spilled everything it got a hold of so the parents brought the child to me and I found out that it couldn't crawl. We started it crawling and in 3 months it was just a normal child again.

But this 17 year old girl had been going the same way from infancy to high school. After she learned how to crawl and regained her synchronization she graduated at the very tip top of her class and you should have seen the difference.

Dairy Job.
I was called on an engineering job to service a 500 cow dairy and they were averaging two gallons per cow per day of the ones they were milking. They were milking 500 and they had 500 more that were dry all the time, and in just about six weeks we had increased the production 100% with only a cost of eight dollars per acre. The grass on which the feed was growing for the cattle that grazed on this, the soil only had 50 pounds of water soluble calcium per acre. We increased it to 2000 pounds per acre and in six weeks they were getting two more gallons, or four gallons of milk per cow per day. In other words in just two weeks it paid the entire cost of what the program cost in the average above what they were getting.

The more food you produce per acre the higher the specific gravity. The higher the specific gravity the higher the carbohydrates content, remember that, there's no exception to those rules. The higher

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the sugar content the higher the specific gravity and the higher the specific gravity the greater the yield per acre.

Now these things are highly essential in understanding foods and food nutrition. I have seen 3/4 hamper of green beans weigh thirty two pounds and I've seen another crop of beans in which the hamper was heaped four to five inches above the hamper and even then they could hardly make it weigh thirty two pounds. The exact same kind of bean just growing across the road and all because one was highly mineralised and one wasn't. I have also seen 20 to 30 pounds difference in the weight of one bushel of oranges because the mineral content was so depleted in the soil.

Dead Sea Tumor.

In about 1965 or 1966 I was called to the Florida hospital for the case of a 17 year old girl in senior high school who had been falling down at school. It was in the spring of the year, near Easter time, and she was in the last few months of high school and the school expelled her saying that she fell down in order to get the boys to pick her up. But she also fell down at home, in church and other places when there was nobody to pick her up. The minute she fell down she would get right back up as if nothing had happened at all. She didn't remember falling or anything else and she'd get up wondering how come she was on the ground. She couldn't figure out what was happening.

The doctors put her in hospital for tests to determine her problem but after three weeks they still couldn't find anything wrong with her and that was when I was called on the case.

I ran tests for 3 consecutive days and I found out that she had a brain tumor right in the top of her head, it was a small one between the cambium layer of the brain and the skull called a Dead Sea Tumor and it was benign and operable. The tests also showed that spinal meningitis was going to strike her. I finished my tests on the Monday and predicted that on Friday between 4 and 6 o'clock spinal meningitis would strike. The doctors made all manner of fun of me, they kidded me, not in front of the patient, but they kidded me, saying, "we've never found you wrong, but this time you're wrong and you're wrong because there's no evidence whatsoever of spinal meningitis, or even a brain tumor."

Now the doctors wanted the parents to take their daughter home but the parents said, "no, if Doctor Reams said that she's going to have spinal meningitis I want her in this hospital when it strikes," also they said to the doctor, "sir, we're willing to keep her here for a week under observation, and then if it doesn't strike I'd like to have the tumor removed."
And they said, "we havn't been able to find the tumor yet," even though she was having severe headaches develop.

Without being called I went to the hospital on Saturday about noon and I knew what I'd find because I'd already calculated the problem. I had predicted the spinal meningitis five days in advance and missed its striking by two hours. It struck at 8 o'clock instead of 6. When I went into the hospital to see her there were four doctors in the room. She was comatose, pulse of 180, feet getting cold, lips blue, and being fed sucrose solution IV. Her feet were already getting cold but her toes were not losing color and I said, "what's the trouble?"
They said, "spinal meningitis, you missed by two hours." I said, "is that sucrose you're giving her?" they said, "yes".

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And I said, "would you mind changing your course of treatment that you're on now?" They said, "we'll do anything."
I said, "OK change that IV sucrose solution to saline solution." They asked, "why?"
I said, "which is the better conductor of electricity, sugar or salt?" They said, "salt."
I said, "I want to increase the vibrations between the brain and the vital organs."
They said, "there's no harm in that we'll change it." So they changed it right then, and in five minutes it was changed, now they asked, "do you have any more suggestions?"
I said, "yes, put her in ice packs."
They said, "Doc, you tell us to put her in ice packs but she's dying now, she's already getting cold." I said, "I know, but put her in ice packs",
and they said, "why?"
I said, "when do you get the best radio reception, during the day time or the night time?" They said, "at night."
I said, "OK, put her in ice packs to lower the temperature of her body so it will resist the cold." And then I said, "this will increase the brain vibrations, the electrical impulses, from the brain to the body faster." I said, "she's gonna die like you're doing here, you're not doing her any good, and this won't do any harm if it doesn't do any good."
And they said, "well she's going to die anyway," she was in a coma and heard none of it, so in five minutes the nurses had her in ice packs right up to her chin all over.
I said, "put one on top of her head too for that brain tumor." They said, "now what can we expect?"
I said, "expect the heart beats to drop 20 beats an hour until it drops to normal" and in one hour it had dropped 20 beats, then forty beats 'til it dropped to normal.
They asked, "at what point should she come back to consciousness?"
I said, "when the heart beat is back to normal between 70 and 80 beats per minute for 20 to 30 minutes she should come back to consciousness", and I was right straight dead on it.

After she got over the spinal meningitis and for about two weeks she was temporarily paralysed on the right side but when she was better they operated and took the brain tumor out.

This girl is now about 27 or 28 and living in Arizona today, and she's not paralysed.

That was one of the last things that I did for the doctors over there before I was arrested for practising medicine without a license.

Doctor Frazier.
I've met a man that could turn his body into an anionic body and walk out through a wall and move great distances instantaneously.

He was an artist and if you are ever in Almond Beach, Florida go and see the Frazier Art Gallery, it is well worth seeing. Almond Beach, Florida, is a northern suburb of Daytona Beach.

I met him because he had orange groves and I serviced his goats, and one day I was at his house and he said, "would you like to see the paintings I'm working on?"
I said, "yes I would."
He said, "well you go into that room and sit down and I'll be there in a few minutes." There was only one door that went into it and a narrow walkway like an alley and a rocking chair in that alley. The room itself was a fair size square and there were pictures around the wall in frames about 5, 6 or 7 feet and out in the middle there was a glass dome, and under that glass dome he had his easel

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and the current picture he was working on which he called "He Leadeth Me Beside The Still Waters."

I went in and the only place to sit down was in that narrow alley in one rocking chair, so I sat down in the rocking chair and I thought to myself that when he comes in I'll get up and move so he can get by. Well I was sitting there and looking at the paintings around and I never went to sleep and it was only about ten or twelve minutes and he appeared before me with the easel already in his hand, and he began talking like he'd been there all the time, and he was talking and telling me about this painting "He Leadeth Me Beside The Still Waters." We were in there about an hour and a half or two hours and he kept putting a little spot here and a spot there. Then he said, "when will you be seeing me again?"
"Oh about a month" but he wasn't there. I got up and went out got in the car and went home. He could turn his body into an anionic body at will.

"He Leadeth Me Beside The Still Waters" was the name of the painting and it is in that art gallery. If you go to that gallery I'd like for you to notice that one especially because I was in that room when he was painting it.

Doctor Hoppers.
Some people are doctor hoppers and they're searching for something and they don't know really what they're searching for.

A number of years ago I found a lady that did tell me, she called me up and said, "doctor, can I come into your sanatorium."
I'm quoting her words now, and I said, "have you been tested?" "no".
She hasn't been tested and I said, "well get a test then if you need to come in we'll trot you in" and so she didn't live too far away, 40 or 50 miles, so she came in for a test, got tested, and I said, "we're going to give you a diet, you do not need to come in to the retreat at all, you can go home and do it by yourself, there's not very much wrong with you."
But she said, "I want to come in, and I got money to come in."
I said, "well listen, you cannot come in unless you need to, why do you want to come in?" she said, "I'm mad with my husband and I want to get even with him."
I said, "well, you can go face the music honey, you go face the music."
So, you know I admire her honesty and her calcium was a little bit low, but when you get down to the base of the facts there's really not any problem, it's just whether or not you put your mind in gear to solve the problem.

Directions & Rules.
If you just try to remember everything that's said in this class and go out and use it, it's like buying a new gadget without reading the directions. Most people'll do anything in the world besides read the directions and then take it back and say, "it doesn't work". The first question to ask then is, "have you read the directions?"
"No. No I haven't read the directions."

One man called me long distance and said, "I've got 59 cattle laying down, I dipped them about two hours ago and now they're all laying down and look like they're having a rough time."
I said, "what did you spray them with?" He said, "some stuff in a yellow can."
I said, "would you get that yellow can and read it to me."

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So about ten minutes later he came back on the telephone and he read me the label. It was a weed killer. A weed killer, and I said, "you might just as well call the fertilizer plant and have them come pick up your animals, they're dead."
He said, "can't you do something?"
I said, "no, they'll be dead before I could get there, it'll take me two hours. Those animals are going to be dead before I get there."
He said, "I had 60 altogether of these black Angus and I couldn't catch one and that's the only one I got left." I said, "that's the only one you got left?"

He didn't read the directions. So, if you don't memorize the rules it's the same as not reading the directions. You must memorize the rules. I just can't impress upon you that you got to memorize them. How many are going to memorize them now. OK, I'm glad I finally got the point across. Memorize those rules, get those rules to where you know them up and down, inside and out, backward and forward and know those rules.

So you see how important it is to learn these rules. Learn them, know them backward and forward, up and down, inside and out and you may think I'm wasting a lot of time, this isn't what you came for. I wish you knew the answers and I'd step to the next step. This is why the review is on your chart, is to drive home the importance of knowing these answers. Know them, learn them, become a part of them, until you know them in the dark and this is only a few of them.

Now when you go home I want you to go back over and over and over that First and Second Course until you thoroughly know these answers. It's there, and you need to spend at least two hours a day studying each course until you master it.

You know the musicians that are really professional spend up to 15 or 16 hours a day practising their piano, the organ, the violin or whatever till they master it. So as you do these tests, and testing on people and working on it, meditating upon them, studying and learning the rules, you are mastering your problems, the situation. You're learning to see through the problems.

Doctor Randy R....
I want to tell you a little bit of history about myself first and how I got interested in the healing arts.

In 1961 my wife was on the verge of a nervous breakdown and she was taking something like 6 to 7 deximal tablets a day and when she didn't take them she was like a bear. I couldn't live with her and couldn't live without her, I'd fuss with her inside the house, fuss with her outside the house and somebody here's going to say, "well my wife's that way all the time", well then maybe you better listen to how some of the solutions happen.

Knowing very little about nutrition and cause and effect upon the human frame I was like everybody else at that time. I'd run to the doctor to get a pill for this and a pill for that and that was about it. But one day I had quite a controversy with our family doctor over my wife and I said, "what's wrong with my wife?"
And he said, "well there's nothing wrong with her, it's just in her head."
And so we got pretty hot with our language and finally when he saw I wasn't going to take no for an answer he finally said, "I'll tell you Doc, I don't really know what's wrong with your wife",
I said, "now we're getting somewhere."

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If he'd just said that to begin with instead of saying something that wasn't wrong with her, I said, "I didn't think you knew because if you knew what was wrong maybe you could figure out what to do for it or have some answer for it."

We got desperate about then and started praying for some kind of an answer to help this situation. Simultaneously with this a friend of mine, another doctor, but not our family doctor, came over one night and said, "I know I could get in trouble ethically prescribing something for you when you're not my patient, but on the strength of friendship, and the fact that there's a need I got something I want you to try". So he brought out this yellow looking box, and said, "now this is not a medicine, this is a food supplement" and at that time I don't think I'd ever heard of one before and I began to have the bristles on the back of my head sort of rise up because I couldn't see any sense of anything to do with food that'd do anything to help my wife. To make a long story short, finally he could see he wasn't getting anywhere either so he said, "I'll tell you what I'm going to do, I know I'm not getting anywhere but I want you to try this, if it helps you, you pay me, if it doesn't, or you don't, then forget it".

Well after they left I still felt a little uneasy. I felt like I'd been pressured into something, but I said, "well, if he hasn't got any better sense to offer it to us for free, I'm just not going to hand it back or pay unless it does some good." So I said we don't generally get that kind of recommendation most of the time so we tried it.

Well in a couple of weeks I could see the change in my wife, in three weeks the whole church could see the difference and I know now what I didn't know then, that lacking calcium had effected her nervous system and in getting the natural calcium back it helped her out.

Maybe some of the other vitamins and minerals also helped, but anyway there was a major change. Well it changed our life because I then learned something I didn't know before, that diet does have a major effect on your life. From that time forward I got interested. At that time it was a casual interest but particularly during the last ten years I've been majorly interested and have spent a lot of money and a lot of time in research in the healing arts field from every stand point I know.

One thing I felt was lacking, like when Noah got ready to go out of the Ark he sent the dove out and on the first trip she couldn't find any place for the sole of her foot, so she came back. It's the same way with the natural healing arts, there's been a great deal of effort in trying to find a place for them but without success, they're just like a bunch of unwanted children.

For the last few years the general world has found more fault than good in the natural healing arts but that is starting to change. But I kept thinking that some day, some how, some where my dream was to find a place big enough, and have the finances to provide a haven where the healing arts could come and do research and when they found merit in their programs, then make them known to the world.

Now about a year ago I met Doctor Reams and I got to talking with him but as in most cases there were problems, just like there is in any growing industry, and so I saw right off the bat that I was only going to get casually interested in some of the computer work and maybe some of the programming in which I have some expertise in the realm of marketing.

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Very shortly I found out it was going to take a commitment, and that sort of reminds me of the story about the chicken and the pig. The chicken and the pig were planning on helping out in this church bazaar. The organisers wanted the chicken to donate some eggs and they wanted the pig to donate some ham, and so they were deciding which one would do it and so the pig said, "well it's not very easy, you're just giving an offering, it's going to take a total commitment from me".

Well that's just about the way I decided, it went from being an offering to being a total commitment to do the job that I felt ought to be done. It needed a total commitment. So when I got to that point I just about decided that it was too big a job at that time, not that I wasn't interested, but we already had a job in Nigeria for 30 million acres of organic farming, which was a pretty good sized project, and we were supposed to leave in January of this year to go there. So when I talked to Doctor Reams and said, "Doc, some of your friends have been telling me that we're just another one on the beach, that you've got plenty of people to come and do what you're going to do, and if we don't do it you'll get somebody else."

And Doc sat there in that hotel room that day and tears streamed down his face he said, "Doc, there isn't any other offer. There isn't any other commitment. Oh, there's some talk, but I been with you long enough that I feel we need you more than you need us, and with what I know, and what you can do, and the financing, we need you".

Well what could I say? If I have any kind of a heart, if I was any kind of a man, if I was any kind of a business man and was approached on that basis I would have to give some consent to help. But after I said this, he said, "now then Doc, I'm going to show you that it isn't all one sided, what I know about the organic farming ..," cause I didn't know at that time that Doc had many more years of expertise in the field of farming than he had in this program which he had also discovered, and he told me what he could do, he said, "I'll make you a proposition, if you'll spend one year helping me get this program moving and organised in the way it should be then I can save you 3 years of time in Africa and you'll still be 2 years ahead of your project by helping me".
I said, "well that's a pretty good deal".

So we shook hands. Little did either one of us realise that day when we shook hands what it was going to involve. I know most of you out there really don't know, but it has involved a total commitment on the part of ourselves and many other people. As I look back over the year I can't answer all the things that's happened and I can't explain them all, but I'm going to try to bring you from that time till this, a few of the things that's happened and where we are now and where we're going.

Electroplating.
I'll tell you a story about how important electrolytes are. In 1940, I'd been out at a hospital without sleep all one day and all one night working with some doctors, battling to save the life of a patient. We won that round and up till a week or two ago the patient was still living.

When I got to the lab about 9 o'clock the morning after I'd been with the patient the day before the telephone rang and it was a man who had worked for 40 years for the Rogers, Silver, Witt plating people in Eerie, Pennsylvania. He had retired and he had come to Daytona and put in a laboratory to do silver plating, nickel plating, gold plating, chromium plating. He'd spent everything he'd ever had on the design and construction of this building and it was a large, modern and up to date building. Half the building was for the actual plating and half for the cleaning, storage and

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preparation of material to be plated. Now he had it arranged so that they would put your base plates on and finally finish with whatever plate you desired on. It was really fabulously done, the only problem with it was that it wouldn't plate. It would not plate.

He couldn't ask the Rogers silverware people because they wouldn't help him, but he had asked the universities throughout the southeastern part of the United States to help him and all of them couldn't help him, and this is what he told me that morning when he called. He said, "can you make it plate?"
I said, "yes sir"
and he said, "have you ever done silver plating before?" I said, "oh, a little bit, not much".
he said, "You mean to tell me you can make this plate?" I said, "Yes sir, I can fix it to plating"
and he says, "Would you come over and get me to plating."
So I did, I went over to Daytona, I got there about 11.45 and went in to see him and it was really an elaborate setup, and the reason I'm telling you this is that this very process has something to do with your health, and a lot to do with the diets that you will recommend in the future, and as he showed me, he said, "OK, let's get to work at it, make it plate if you can do it."

I said, "wait a minute, let's discuss what I'm going to charge you here."
He said, "you see that tank sitting right there, I've got US$15 000 worth of liquid gold in that tank, and I'm ready to dump it and go to the poor house, all of it."
I said, "my friend, if you want the gold out I'll take the gold out. It's no problem to take the gold out of it, or if you want to plate it I will fix it so it will plate, but my fee is US$2 500."
And he said, "how long will it take?" "Less than a half hour"
and he said, "OK" and he went into the office and wrote me out a check, and I don't remember exactly what he said but I lost confidence in the man and I wouldn't accept his check, and I guess if I hadn't been up for so many long hours I wouldn't have paid any attention to it, but anyway I wouldn't have his check.
I said "now then, since you made that tatty remark I've got to have the cash, I won't take your check because by the time I get home you'd probably stop payment on it, and I won't accept your check.
He said, "well what are we gonna do?"

I said, "well you can do whatever you please but I'm ready to go home."
He said, "I'll get you the cash, but how do I know you're not going to run out with the cash when it's not plating,"
I said, "well, I know the Chief of Police of the town, you call him down here to hold the money". It wasn't a very busy town and the Chief of Police would be honoured to hold that much money, especially with the Great Depression on for that length of time. So we called Mr Whitehead, the Chief of Police who later became the mayor of Daytona, and he came down and we told him the proposition clear and plain, that after the man got the money from the bank the Chief was to hold it until we were satisfied the plating was OK, and that we'd be able to tell within two hours whether it was going to plate or not.

The man agreed to it and the Chief of Police understood it. I said to the Chief of Police, "do you understand that if this plates that you can give me the US$2 500, and if it doesn't you're to give it back to this other man?"
He said, "yes"
And I said to the fellow, "is that our agreement?" He said, "yes."

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So they went to the bank, got the $US2 500, gave it to the Chief of Police and when they came back he said, "here is the US$2 500 here."

Then I went out to the car and got a little package that I had carried over with me and I said, "start the motors now", the rotary motors that rotate the water slowly around in the tank and I began to pour this white powder into the tank. and the man said, "you know for 40 years I saw those scientists up at Rogers Silverware pouring a white powder into the tanks and I thought it was all a fake, and here you're doing the same thing. Were you ever in their plant?"
I said, "No sir, I was never in there in my life".

And we talked cordially for the couple of hours and they were plating beautifully, the plate was forming on real well and he said, "I'm satisfied that this white powder will do what you said, now how much per pound is this going to cost me?"
I said, "I gave you that, that's free, there's no charge on that, and from now on when you need it you go down to the A & T store and you can get it at nine cents a pound. It's ordinary table salt."

In other words, the water that he used was so pure until it needed electrolytes to carry the electrical charge. He said, "Jesse James."
So, I said, "listen fellow, here you got thousands of dollars in equipment, US$15, 000 in gold and a business here that can make you thousands of dollars, and now it's the end of it for me, this is all I can ever get out of it."
He said, "where did you learn silver plating and nickel plating?"
I said, "When I was in general science in high school, I did a project on silver plating and nickel plating, that's all the training I ever had, and I got that out of a general science book."

So it isn't what you know that counts, it's how much you use. It's just as necessary for you to have electrolyte in your food and in your chemistry and in your body as it is in the silver plating tanks.

Egg Fad.
One dear lady and her sister who were up in their 70's, both of them cute as plums, old maids, both of them. Amish people, sweetest people on Earth, but anyway they came into the retreat and this lady told everybody that she was allergic to eggs. Anyway the fourth morning came and they served her a poached egg for breakfast. "I'm allergic to eggs, I can't eat eggs" she told the cook.
And the cook says, "Well I can't change your diet without an order from Dr Reams". And so she came over to me "Doctor" she said, "I'm allergic to eggs, I can't eat eggs."
I said "Well your numbers don't show that you're allergic to eggs, but what do they do to you?" "Oh they make me sick, they do"
"OK, this is why you come here to get sick, go eat your egg".
"OK Doctor, if you say eat it I'll eat it, I'll prove it to you it makes me sick." I said, "go ahead, eat your egg."

Well she'd been on a three day lemon fast and water so she went and ate the egg and said it was the best egg she'd ever ate in her life and didn't hurt her at all. So that's an idea, a fad, a fallacy, now I suppose she's been eating eggs ever since. But this just happens to be an idea that's false. Again, a few days later they served her skim milk and grapefruit for breakfast plus other food, and she said, "don't you know," she said to the cook, "you can't mix milk, acid and alkaline".
The cook said "this is on the menu and this is what I serve, and if you want it changed you go see the doctor."

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So she came over, "Doctor I thought this was a health clinic and here you're serving milk and acid together, don't you know you can't serve the two."
"No, I didn't know it"
"Well don't you know it'll make me sick"
"No, I don't know it, go eat it and let's see. This is a good place to find out."

So she went ahead, ate her grapefruit and her milk. It didn't hurt her at all, and she said "Actually I feel better than I do eating my breakfast at home." She was honest about it.

So these fads mean absolutely nothing. The fads about vinegar and honey, listen, there are people that it would really be an asset to but unless it works every time it's a fad, it's got to work on every human being on Earth.

Emotions.
After you've been working with patients and their friends for a number of years and have become experienced with handling them you'll find there is a type of patient, or person that sometimes you'll have to put on an act good enough to make Clark Gable ashamed of himself, and you may have to do this in order to get through to them but make sure that it is only a strictly controlled act, do not lose your cool or let it wrinkle your feathers.

We had a lady here whose husband had cancer of the left leg and the leg was about 400 times, or 400% larger, which means the same thing, than the right leg and it had been that way for 6 years.

I had tried to tell her for about 4 or 5 days exactly what her husband was going through in his withdrawal but I couldn't get through to her, she wouldn't listen. She was just sure he was dying and wouldn't listen to me. Everytime I said anything to her she immediately turned off her ears and started thinking of a rebuttal, and I just couldn't get through. But one day I plowed right into her, I mean I gave her both barrels and that morning I got through, I really got through to her. She was afraid. She wouldn't have a test and was only there because of her husband. On the 7th day his leg was down to normal, he'd slept one whole night, 12 hours, without waking up and he went home later during the 7th day he was here.

Now that was one of the first people that I met after I come here. But there may come a time whenever you cannot get through to a person that you need to put on an act, but let it be an act, don't let it be real. That woman thought I was mad enough to eat her up but I wasn't, I didn't even have a wrinkled feather. I was as calm as a cucumber, but I got through. I penetrated her shell and it did her the world of good and her husband appreciated it and they come back and apologised two or three times for her behaviour, but she needed just that because she could not think, she had become out of control over her emotions, kinda like a person that's drowning, you just have to take over and do the best you can for them.

Now sometimes it's a very good therapy, but if you ever do it please do not let it upset your emotions. Make it strictly an act.

It would be very good for some of you to join your drama club and learn how to put on an act, learn how to take part in these things and make yourself pleasing and learn how to sell yourself and learn how to handle your emotions. If you can't handle your own emotions you sure won't be able to handle somebody else's.

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Energy Use, Driving & Body.
During his military service in the medical corps my son studied mechanics and things of that nature where he had to learn some things like learning how to drive and service all parts of an ambulance and so forth and I'll tell you something that happened after my son came back from the war. He'd brought a wife back with him and I had to go from Orlando to West Palm Beach so I said to him, "son, I'm going down from Orlando to West Palm Beach and it's going slightly downhill, in other words Orlando's at about 118 feet and West Palm Beach is about 6 feet above sea level, so I said, "you drive down and I'll drive back and let's see who uses the most gasoline."

Now the tank of a Cadillac held about 22 gallons and we filled it up before we left and he drove down there and he used a whole tank of gas, about 20 gallons. Well I drove back and only used 10 gallons. Why the difference?

In both our trips we drove at the speed limit and completed the trip in about the same time. Now one's downhill and one's up hill and coming up hill I used less gas. Both of us didn't stop the whole way and there was no appreciable winds, tail or head wind. Why the difference?

The reason is this, in the war Lindberg went over to watch the planes go out on their missions and he also went out with them. Now when their planes got back they were empty, when his got back it was still a third full. Same plane, same weight, same everything. Now what made the difference?

It's an energy thing, and the same thing occurs with automobiles as it does with your body, only the energy originates from a different source. When you're driving there's a state you can reach in which the car will travel at the speed you want, and you can actually add more gasoline and more oxygen, that is give it more acceleration than it needs, and it won't increase the speed and that doubles the amount of gasoline that you use.

Now when your car reaches the speed that you want and if you wish to reduce the fuel consumption then keep letting up on your accelerator as much as you can without decreasing your speed and you can cut your gasoline in half. Now that's what Lindberg did only he had more wind resistance and he came back with sometimes half a tank of gasoline in his plane and then they all wanted to know how he did it. You see the other pilots were in such a hurry to get to where they were going they kept giving the plane more gas than it needed for the resistance of the wind at the same speed, and consequently:

- it burned up a lot more fuel,
- was a lot harder on the motor,
- collected a lot more carbon,
- created a lot more heat, but
- did not increase the speed.

Now these engines don't have any way of worrying, or fretting, or anything and they don't have a nervous system, but we do. If you worry about everything you do and get excited or upset because of low calciums then you're going to burn up twice the amount of energy you need to do the same job because the gastric juices of your liver are too dilute to give you the total amount of total daily nutrient (TDN), and when that happens excessive proteins are going to pile up over here in the ureas and consequently you're going to be a lot more tired. You need to do your work smoothly. Cause and effect, cause and effect, cause and effect. You're taking in too much food.

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In raising our family people would come to visit us and see six children, my wife and I sit down at the table and to them it didn't look like we had enough food on there to feed half the people because they pile their tables high, load up the plates and then go back to the pot and get some more. Yet to them our food was very little and we didn't know it till they told us about it later that they went away from our table hungry because their stomachs were so enlarged because they were not getting the energy out that was in the food.

Now the food we did have was the finest and best quality, organic foods that could be obtained anywhere through the farmers I serviced and through our own garden and it isn't how much food you eat, it's how much energy you get from the food you eat that really makes the difference.

The more dilute the gastric juices the less energy you get from your food and disease will strike everytime at the weakest point where the mineral content is the lowest and it is the saliva pH that indicates there's a weakness of the liver and the gastric juices.

So you see how this is cause and effect and you don't have to eat a lot of food, but if your body needs it, eat it, but get your body so that a little bit of food goes a long way.

Now your body is just like an engine and when you have two cars or two trucks and one works 8 hours a day and the other works 16 hours a day, the one that works 16 hours a day will use the most fuel because it's going twice as long.

Now I know people that are terrific eaters and are worn out at the end of 8 hours and I know others that eat very little compared to the person that works 8 hours and worn out, and they work 16 hours on it and seldom tired, they never seem to wear out and the difference is the amount of energy they get out of their food.

Now this has everything to do with these equation numbers and unless you know the frequency you will not know how to really make a diet, and you will learn how the diet fits into the frequency of your body chemistry as you go further along but first you got to know how energy is correlated in order to form one cell. Once you learn how it makes one cell then you can take your atomic chart and fill in any cell on any frequency that you desire, whether it's a horse or cow or human being, fish, dog, cat, orange tree, pepper bush, tomatoes or anything else. We gave you the key for the whole thing on the first day, and once you know what it's about all you need is 49 years of research to understand it. But what you need to do is begin to correlate these things and really meditate upon it. The more you meditate and think and plan and work and carry these problems in your mind, or make fictitious problems and try to figure out what the problems would be, the easier it is.

Failed College.

I even studied in research while I was in the university. I had a professor that had his doctor's degree for the first year in chemistry and it was my junior year in college and he gave certain laboratory assignments to perform at the laboratory bench. I performed these laboratory tests at the bench as he required but I worked the balance of the equations out by mathematics and handed all of them in for extra curriculum work. I noticed that he was watching me awfully closely all through the year and he seemed to be giving me a lot more attention at the laboratory bench than anywhere else, but two weeks before the end of the school year, the second term, he come to me and he said, "Carey" he said, "I'm failing you in chemistry this year."

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And I had a straight A in everything, and chemistry also, and I said, "why are you failing me?" he said, "because you have copied experiments."
and I said, "sir, I have not copied any experiments at all, I have done my own work without any help whatsoever." and he said "well it's impossible for anyone to hand in all the experiments that you said that you handed in without copying them from somebody or having a phoney or something else."

I said, "Sir I did the experiments that you required of me at the bench, the others I worked out by mathematics." He said, "Pooh, pooh that can't be done."
I said, "Let's go to the board and let's see if it can be done."
So for two hours we worked at the board and he gave me problem after problem and I worked them by math, and he said, "You're too accurate I'm failing you anyway."
I said, "OK, it's alright with me".
I didn't mind, it was my senior year and I was going to have some extra electives, instead of that I could do the year over. So the next year I just did his assignments at the bench, but that year I started working, testing carrots, orange juice, vegetables, beans, tomatoes, peppers and I begin to find there was a great difference in them, the same variety grown by different farmers and that year I used a stumbling block for a stepping stone that actually really put me in high gear toward food research and food chemistry.

So what I'm trying to tell you is, don't let anything ever get you down, make a stepping stone out of a stumbling block and use it to rise to higher planes.

Fish Varieties.
A few years ago I bought some frozen, red snapper from Japan and it was all catfish, sea catfish. I complained about it and then months later I bought some more and this time it was mackerel, and it supposed to be red snapper. So I complained about this too, and the Florida department of agriculture took it up with Japan's department of agriculture, and they call all skin fish red snappers.

Flying by Instruments.
I started flying back in 1936, we only had one instrument on the aeroplanes at that time and that was a compass. We didn't even have an altimeter to know how high we were, we could see the ground and that was it, we didn't get very high 10 000 or 11 000 feet, but as new instruments came on the market one by one by one I learned them to where I could fly by instruments as long as I could see how to fly.

What I'm trying to say is:

- I don't know how those instruments are made,
- I don't understand all the laws of dynamics,
- I don't have to know all about the gasoline,
- I don't have to know all about the tensile strength and structure of each part of that plane,

yet I fly it. The same with an automobile, you learn to drive an automobile and many times you can get in and drive it without even knowing what make it is and just by looking at a few gauges on the dashboard you know how much gasoline is in the tank and you know about how many miles you can go and at what speed and so forth. Also you know where the lights and the windshield wiper switches are and so on but you don't exactly have to know how all this is done, it doesn't concern you but yet you can do it.

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So what we're trying to do in this class is to teach you how to do it without knowing why. For instance you know that cars that are built for a high octane fuel run better, or performs better on 100 octane gasoline than it would with a lower octane. The meaning of the word octane in gasoline is the difference in energy. There is more energy in 100 octane gasoline than in 80 octane gasoline.

Faith.
I want to give you a verse of Scripture this morning and you'll find this in the Book of Hebrews, 11:1. "Faith is the substance of things hoped for and the evidence of things not seen."

It's kind of hard to understand in the old English but let's bring this right up in modern terms today, Faith is absolute expectation. This is what faith really is, absolute expectation. You know in whom you have believed, you know when you ask He will answer. He may not give you the answer you want but he'll give you an answer. He may not tell you to do what you want to do but He will tell you what He wants done, and learning to be absolutely obedient is very important.

I'd like to refer you to part of a verse from Matthew, 4:4 that I gave you before, "Man shall not live by bread alone, but by every word that proceedeth forth from the mouth of God." Every word is important. Nothing should be omitted. Absolute obedience is demanded. The more obedient you are the more and greater responsibility will the Lord put upon you as His steward, and remember, Faith without works is dead.

If Faith without works is dead, then works are the result of Faith. Work is a commodity, then if work is a commodity, Faith is a commodity, and if you do not put your Faith to work so that it will manifest itself in works, then you will be a steward of not very much. God will make you a steward of much if you'll only be obedient in a few things. God will give you the responsibility to do great things for Him and the more He gives you the more unworthy you will feel. Also you'll get to the place that you're afraid to ask God for anything, you'll be afraid that He's going to give it to you and you won't know what to do with it, and many times you'll find Him giving you things that you don't want, and I'll give you an example that I've already told you about, He gave us this Hotel, made it possible when I didn't even want it, but here it is and we'll keep it in work till Jesus comes. I want this to be a shining light and a refuge. We have not made all the changes that we're going to make, we are making them slowly but they are being made and one by one these undesirable traits that's in so many hotels are being removed, such as smoking in the rooms. You go into a room and it's supposed to have been cleaned but the very window curtains are full of tobacco smoke, it's in the pillow, it's in the sheets, it's in the rug, and all night you breathe those fumes of someone else's filth and you pay a high price for it.

So we're going to try to clean these rooms, assign so many of them to people who smoke. We do not want to deny those people a place to sleep but we do want literature in there telling them, encouraging them that there's a better way.

You know the church is not a clubhouse for saints, it is a hospital for sinners, remember that. The church is a hospital for sinners.

Growing Up.
When I was a young man we had a ranch and there was a lot of wide open country. There weren't any supermarkets to see the light of, and there was open range and I'd been lost in the forest many

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times but I always had a horse that I could say, "go home" and he would, and sooner or later I'd come to something I recognised and then I could turn back in the direction I wanted.

I just wonder if that horse thinks I'm a liar, because I told him to go home then wouldn't let him. I was just trying to find something that I recognised, I was making circles but the horse knew which way home was but I didn't know. Now the horse had horse sense but I wasn't old enough to have it yet, so that's one reason some people never have horse sense, they never get old enough. Now some of them have it very young, some don't have it at 80. I'm not criticising, I'm trying to help you grow up, grow up.

Healing, Non-Instant.
We had one Amish person about 33 or 34 from Lynchberg, Virginia, who'd been a missionary in Germany for a number of years and had come back because of an ulcerated condition and then he was laid up in bed with arthritis. He was brought in to us on a stretcher. We tested him and put him on a fast, and we fasted him 4 days and still his body did not respond so I said to him, "you might as well go home, this is not helping you at all".

But they begged to stay a few more days and so we tried him for another week. Still no response. So then I said, "there's no use to stay now. You've been here eleven days and no response."
And they begged, "let's try three more days only."

So we tried for the 14th day then I said, "no more, I'm not keeping you here any longer, your body is not responding and I do not know anything more to do for you, to help you, I have used everything I know and it hasn't helped you any, there's no use to continue here."
He says, "do you mean to say I'm going to die?"
I said, "I didn't say that, I just simply do not know of any way to help you." I said, "I cannot help you and you ought to find someone else, or your help will have to come from God."

I was up in Harrisonberg about two months later and he went over from Lynchberg to Harrisonberg to get a test, he walked in walking straight as a die, I didn't even know him at all and when I looked at his card I immediately recognised who he was, but I didn't know it when he walked in, walking straight as a die, no problems, no swelling, no joints and a perfectly well man.

He said, "three days after I left you they anointed me and had prayer, and God touched me and I've been getting well ever since. I was not healed instantly but every week I'm a lot better."

This is a case that happened right here in Virginia less than a year ago but the message I'm trying to get across to you is this, just because diet fails them, or medicine fails them, doesn't mean that everything fails. This man is doing very, very fine work in his field here now. So these are stories that the numbers tell and please believe them.

Healing by Student/Patient (S/P)

I used to have excruciating headaches such that when they hit I would take medical drugs to ease the pain and when the pain eased I would put the drugs aside long enough that I would have enough comprehension to read until the pain again became so excruciating that I would have to take something to knock that out.

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For days at a time I was like this and finally I was lead to someone who got me in contact with Doctor Reams. My husband had some medical background and he said "he's got to be some kind of a quack".

I had excruciating headaches all during that time and my husband walked in one night and I was in the midst of one of these and he was ready to take me to the hospital and get a shot and while he was in the bathroom taking a bath I got up and called Doctor Reams and I said, "I've had spinal surgery and have a terrific headache. I just can hardly bear to live with it."
And he said, "have your husband go to the store and get some distilled water and drink it systematically, so many ounces at a time, and within an hour your headache should be gone."
Well my husband got out of that tub and he came in and said, "are you ready to go?" I said, "would you go get me some distilled water?"
You can imagine his reaction to that, "why do you want distilled water?"
and then I told him about Doc, and that I had called him. He went ballistic, but to appease me he went and got the water and I did what Doctor Reams had said and within an hour the headache was gone.

That weekend my husband packed me in the back of the car with pillows around me and drove me to Orlando. They ran the test and he didn't ask any more questions, he just laid out my life to me right there within just a few minutes. I turned to my husband and I said, "don't you want to have this run? As he was almost convinced already, he did. He had the test run within a few minutes and was sitting in front of Doctor Reams and Doc just told him things about him that he knew it would have taken x-rays to have shown. But of course you all know this aspect, and so I stayed.

During this time it wasn't just the pain that seemed to be my problem, I could not remember many things. I had been sick since I was 6 years old such that I never ran, or played or jumped or did all the things that other kids did, and when I did participate I pushed and pushed and pushed and many times I wondered, "this is just not worth it, is the struggle really worth it, even to survive."

Within two weeks my mind and memory began coming back. I played piano in the church when I was a 13 year old child, and I could not remember, I could not read notes. When my memory began to come back I could play in the key of C again, then I began picking up and from there right on into playing by ear. But also many, many things began to come back and my family began noticing my improvement and their opinion changed. They were all for the program then.

So it's been all uphill, it's been hard. There's been nothing easy about this, nothing, but it's been worth it, and I'm looking forward to what the future's going to bring.

The spinal x-rays before the program were as black as they could be, but now the bones have got life in them like good bone should have. The later tests showed that since she's changed her dietary habits and come in on this course from Florida, across the time zone, that her body's in a slight withdrawal, and I imagine many of you have the same problem from jet lag.

She has a little jet lag now but otherwise it looks very well and with so many questions like, "do the healings last?" Sure they do, they'll last because God does it.

Fever.

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In 1967 I had a case that came in through the lab to the office and I never found another like it until 1975 when I then remembered the previous case. The two cases were that far apart.

This person was training at Marietta, Georgia, to be a chiropractor and for 6 years she'd been running from 1 to $1^1/_2$ degrees of prime fever day and night, and she had just spent thousands of dollars on trying to find out where the fever was coming from.

So as soon as the test was run my first question was, "how long ago were you in Haiti or Italy." She said, "6 years."
I said, "you've had the fever 6 years?"
She said, "yes, how did you know I have a fever?"
I said, "I see it here in the numbers on your card." You can take these numbers and even measure the degrees of temperature of fever if it's a low fever, but if it jumps up real quickly you can't.

Flying by Instruments.
You must remember for every cause there is an effect, for every effect there is a cause, and where those numbers are on that scale there's a reason for them being there. You must learn why they're there, and as you learn why they're there, and you understand enough about anatomy, you can then begin to visualise and see the picture that those numbers are trying to present to you.

Actually the numbers don't tell you anything in reality, they tell you nothing, it's only what you know those numbers represent. For instance, I've been flying since 1936 and we fly by the instruments. Those instruments don't tell you a thing, they just wave their little hands over a few numbers, but by the training you've had you know what those instruments are telling you. You can locate yourself exactly on the map even in a dense fog, or the clouds are in under you and you can't see the ground, or you're flying through a heavy overcast, but you know exactly every second where you are, and where the airport is even without radar. You know these things by knowing what those little hands and those numbers mean whenever you read them on the dials.

Those dials are not telling you a thing in the world, it's only what you know those dials are doing to let you know and whenever your station locater points to a certain number and you look on your map and you see the number then you know the direction in which that station is coming from, then you measure it from an azimuth from another station and as quick as you work it out you know how many miles per hour you're travelling, or nautical miles you're travelling.

So what I'm trying to say is, don't expect the numbers to tell you anything, they're just numbers on a sheet of paper, but why they're there is very, very important, absolutely important, and you must learn what they mean.

Goats in College.
What happens whenever the ureas numbers begin to rise? Why are they tired? If that number's up there just what's happening inside that makes them so tired?

When I was in college I learned this and I learned by accident what caused it. There was a certain professor in college who decided he was going to go "organic" and he bought two milk goats, and that was in the days when an automobile had a canvas top. Well he had them tied to the automobile

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when a thundercloud came up and scared the goats. They climbed on top of the car and poked the canvas top full of holes, and a new top then cost US$35.00, that was like US$500.00 or more today. A mate and I were in college and we had a farm to get our way through school because work for freshmen and sophomores was almost impossible and by the time you got to be a junior you found the seniors had graduated and given you their job, but anyway this professor came out to where we lived and said, "Do you want two goats?
"Sure, why not." Food was hard to get so we had goat milk, and we also had a garden and one afternoon we were planting some young plants and putting out nitrate of soda and one of the goats got into the bag of nitrate of soda and he ate enough to kill him. It didn't kill him right out but in a couple of hours he was a dead goat. So I did an autopsy on the goat and found out he'd died with a heart attack. The high urea caused a heart attack, I mean he had a ruptured heart, it tore it all to pieces.

Now with goats you only tie one goat at a time, and then the other one won't leave, it would graze all around and you could do that and let the goats graze you know. You tie one for a couple of hours then tie the other one for a couple of hours. Well the one that wasn't tied was the one that got into the nitrate of soda, which was a form of urea, and it killed him.

After I began to do these tests I thought of this thing that caused the goat to have a heart attack and then I noticed that as the ureas begin to climb the heart begins to beat harder each time. Harder, not any faster, but much harder and you can hear it in a stethoscope. Whenever I heard doctors say this, "you've got a heart as strong as a horse", all they were saying is this, "that you are a candidate for a pectoris heart attack caused by the ureas being too high." Now as the ureas go down, or the cellular form of the ureas change, then the heart begins to beat softer and the people are not tired anymore. But when the ureas are high they're just as tired in the morning as when they went to bed at night because that heart has been beating too hard all night, it's simply tired.

Hercules.
About two weeks after a doctor took this course he tested a patient and found that was in a fatal heart attack zone, I mean way up at 29, and he called me and he said, "doctor what should I do about it, this man is Hercules" he said, "he's an athlete, he's about 30 years old, he runs a liquor store and he runs a health food store and he teaches karate, he looks like Hercules". And he said, "he's an athlete, I can't believe that this reading is correct, but I've run the test twice and it is 29".

One of the amazing things that you're going to find is that many of our athletes are some of the sickest people we've got in this country. They're way out in their body chemistry.

Anyway I told him what to do for 24 hours, how much water to drink for his weight and for him to come back in 24 hours. He came back and there was no change in the numbers at all. Exactly the same thing and he swore to the doctor that he had done exactly what was instructed, and the doctor called me back and got me immediately on the phone and said, "doctor this man swears he's done exactly what I told him to do and his numbers haven't changed at all, what can I do now?"
I said, "tell the man to buy him a cemetery lot, make out his last will and testimony, tell his friends goodbye, he has less than 30 days to live."
And he said, "well he's on the other line listening."
I said, "that's good then he's got it straight from the horse's mouth, this is what I mean do because there's either damage to the central nerve or there's damage to the brain or he's lying, one of the

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three." And he heard me say that. And he said, "I could hear alright, I don't need to tell you, I've already told you."
I said, "good."
You know next afternoon he was sitting across my desk, all the way from Pennsylvania to Georgia, he said, "doctor", he said, "you like to scare me plum to death yesterday afternoon", he said, "will you take my case?"
I said, "No, I will not take your case." I said, "you're in the hands of a good doctor and if you told him the truth and you did what he said, I can't help you, there's no use for me to try, won't do you any good."
He said, "doctor you're scarin' me to death, I got to have some help."
I said, "well fella, you're beyond my help. I can't help you if you did what you said." And I could see him gettin' a little pink around the gills you know, and I said, "I'm going to ask you one question, and if you tell me the truth, the 100% truth, gospel truth, I might help you." I said, "did you do what the doctor told you?"
he sheepishly said, "no I didn't."
I said, "who are you trying to fool? What's your game here? Now I'm going to try you for just 24 hours, unless you can change then I'm going to dismiss you and let you go home and die, but if there's a change then I'll help you."

And you talking to a fella good and humble, he got humble, and he did it and his body chemistry changed and he gave his heart to the Lord. Went back sold his liquor store and now he just has the karate and the health food store.

This happened and you cannot fool these numbers, and you better believe them. You should have seen the change in personality that happened in 24 hours. There is a complete change in personality because that tension builds up so high and so deep, you're like a E string on a violin and you don't even know it. He was only about 30 years old and his forehead was wrinkled like an old man, wrinkles in his forehead and in just 5 days there wasn't any wrinkles left, the tension had left, so when you see wrinkles in a forehead you're seeing a person with the red light on for a pectoris heart attack, and you can directly connect that to the ureas readings.

Hindrances.
I heard it asked a few years ago, "this town is one of the oldest towns in the State, why hasn't it grown?" And one man spoke up and said, "there hasn't been enough of old fashioned funerals." In other words a few people get there, and sit there, and won't let a thing grow, won't let it make progress, but you fellows are in on the ground floor of something that you're going to be able to use to render a great service to human beings and you're going to know what you're doing.

Hypertension.
I had a mother and father bring me their two boys, aged 9 and 12, that had been expelled from three schools within a four month period and they were told that if the children didn't behave this time in school that they'd be sent to a reform school.

When they came, just to look at them the children looked healthy but they wrecked my office in five minutes, they had it turned upside down almost. They were miserable through hypertension and I knew what was wrong but I had a test done because I also had to have all the facts at my fingertips. Now when I saw the report I said to the parents, "These two children are the two most undernourished children that I have seen this year."

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And the mother said, "that is impossible, we live next door to a hamburger stand and the children have an open account."
I said, "you have to remember what I have said, I still say that they're the two most undernourished children I've seen this year. Now do you want to fix these children or do you want them to go to a reform school."
She said, "we want to fix them and that's why we're here."
I said, "alright, I'm going to write you out a diet for one week. I want to see them back in one week." And you should have seen those boys in just one week. I wrote them out a diet according to their chemistry and told the parents to do it. In a week you should have seen how perfect, they were, gentlemen. They sat quietly, they didn't wreck the office and everything, just as beautiful as it could be. Three weeks they kept this up, making a diet, and the third week the little boy came up to me and said, "doctor I want to ask you a question, before I started on my diet my teacher was an old hag, then since I went on a diet I got the sweetest new teacher in the world, how did my diet help my teacher?"

Indian Chief.
There was an Indian tribe placed out on one of the barren tracts of land out in the West and the land was so poor that a crow flying over it would have to carry his dinner with him. In time oil was discovered on this land and great riches came to this tribe and they brought the Indian Chief the money one day and he took it to the bank to deposit it and the banker filled out a card and said, "would you mind signing your name right here so that you can draw money from the bank."
He said, "Indian Chief no write."
So the banker wrote his name there and said, "you put a X by your name" and showed him how to put an X by his name.
The Indian Chief said, "put two X's". He said, "why two X's?"
He said, "one of them is for doctor"
So sometimes one X or two X's is about the only difference as to whether a man's a doctor or not.

Ingrown Toenail.
About 10 years ago I had a woman come in for a test and she also brought her 11 year old daughter with her just for a check up. Her mother said, "I don't think there's anything wrong with her, I just want a check up for her." I checked her out and I said, "your daughter's in very excellent shape, except that she has an ingrowing toenail on her second toe."
Her mother said, "No she doesn't have an ingrowing toenail." And the girl begin to cry, "yes I do mommy, I do have one."

Her mother said, "well why didn't you tell me?"
"You'd take me to the doctor and he'd cut it out, and it would hurt."
And there was this child, afraid to tell her mother that she had an ingrowing toenail.

What I'm trying to say is these tests are accurate, and you better believe them, you better zero in on them. So I took her into a room and I said, "let me see this toenail that you got." It had just gotten started and was only a little red and swollen. I had some liquid cocaine there so I just painted it on with the little brush because it was tender, then I pricked it with a pin and let a little pus come out. Afterwards I brushed it some more with the cocaine and then I took a pair of real sharp pointed scissors and clipped off the ingrowing part, and she never even knew it was even clipped off.

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So what I'm trying to say to you is there's some easy ways of handling things but unless you're a doctor, or unless you've got more nerve than sense don't try it. But there I was up in the mountains and these people lived up in the mountains too, and they didn't pay too much attention to little technicalities, so I helped the family. They were a poor family and it saved them spending $10 or $20 going to a doctor, getting an appointment, and the child suffering for a week or two more before having it done the same way. So what I'm trying to say is be cautious, be careful, be good if you can.

Insulin.
To get someone off of insulin depends on the effects and how much insulin they've been taking. For instance, you need to know whether it's oxidised the blood vessels or not and this would be a variable for each individual and would have to be determined. In addition you need to know how much insulin they've been taking.

We had one person on 180 units a day, and in three weeks he was off it completely and he did it all by himself, we didn't take him off, we only monitored and tested him. Now during the time he was going off it he couldn't walk 60 feet because it was effecting his heart, effecting his mind, and he was a fellow that absolutely was an abomination of abominations to be around because he was actually so sick he hardly realised what he was doing, acting like a 2 or 3 year old, unaware of it, and he was doing kid stuff and the public didn't excuse it at all.

He took himself off insulin and persevered through the very rough patches but you should have seen the complete change in personality at the end of it. He took himself off the insulin and got off it with no problem whatever and his heart improved and in three weeks he could walk a mile with no problem. When he came in he couldn't even walk a 100 feet without his heart trying to pound out of his chest or skipping or jumping and it was insulin that upset it.

Jericho's Walls.
After World War II a lot of parochial schools were formed over the nation, and I heard this story and I don't know whether it's true or not.

There was a highly successful parochial school down in Florida and after a few years one of its donors visited the school and he went into the principal's office and he said, "I'm Mr. So-and-So" and immediately the principal recognised the name as one of the donors and they chatted for a few moments and then the donor said "I would like to go through the school".
The principal said, "I'll be glad to show you through the school".
He said, "I would prefer that you would not, I want to go see it when the principal isn't there because no school room is the same when the principal's in the room."

So he was walking through the school and he was very pleased with the overall cleanness of the buildings, the rooms and the play areas. When he saw the teachers he was impressed by their ability and how well they controlled the clesses and he noted also how enthusiastic the students seemed. He was really impressed with just how well the teaching was done and the work carried out in the classroom.

Then he went into the Second Grade where they had a very pretty, young teacher in front of a neatly dressed class and, after introducing himself, watched the teacher a few minutes then he said to the teacher, "may I ask the students a question?"

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She said, "why certainly."
He said, "who's this little boy over here in the front row?" The teacher said, "that's Johnny"
So he said, "Johnny", and Johnny stood up to attention, as straight as he could, his hands at his sides, and the man asked this little boy, "who tore down the walls of Jericho?"
He said, "I don't know sir, but I didn't do it."
He then asked the teacher, "is this a common answer in the school?"
And she said, "I know that boy's parents, and if he said he didn't do it, he didn't do it."

So the man left the school room and went back down to the principal's office, and the assistant principal was also in there, and he told them what happened in the Second Grade classroom, and the principal said, "well I'm new here and I don't know the students or the people or the families very well but my assistant has been here for many years, being raised here, and he knows the people real well."
The assistant principal spoke up and said, "I know that boy's parents, his grandparents, his uncles and aunts, and if that kid said he didn't do it, he didn't do it."
and the donor asked, "when is there going to be the next board meeting?" The principal said, "there'll be one tomorrow night."
He said, "I'd like to attend."
The principal said, "we'd be glad to have you there."

So he met with the board the next night and as the honoured guest they said, "we'd like to hear what you have to say, and we want you to know that we appreciate your help that you've given to this institution over the years and if it were not for men like you we couldn't have this school here. And it's great that God has put upon the hearts of men to become philanthropists."
And then he told them what happened, and they said, "would you mind waiting outside for a few minutes while we discuss the matter." After a little while they had him come back in and they said, "we're awfully sorry that it happened, all that we can do now is pay for damages."

So you see, lack of knowledge is a dangerous thing.

K-Min - A Girl and Her Cat.
One time I had a little girl about 11 years old and she was the thinnest child I've ever seen in my life, she was so extremely thin she was almost a skeleton. We ran a test on her and her major problem was worms, and I told her, "honey, your major problem is worms" and she began to cry and I said, "don't worry about that because most people have them, about 80% of the people have worms". She was so thin that I would only give her a small child's dose.

I told her to take one K-Min a day for 45 five days, and when she hushed crying she said, "doctor where did I get worms from?"
I said, "do you have a kitty cat?" She said, "yes."
I said, "you got them from your kitty cat."

In 46 days they were back, we tested her again and there was a terrific improvement but she still had a lot of worms and I said, "honey, why didn't you take those tablets like I told you to take them?"
She said, "doctor, you didn't give me enough tablets." I said, "what do you mean I didn't give you enough."

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She said, "well", and she said it very emphatically, very accusingly, she said, "you told me I got worms from my kitty cat, so every time I took one I give my kitty cat one so I wouldn't have worms again from my kitty cat".

So she had to start all over again, but this time she didn't give any to the kitty cat and she got rid of the worms.

And her mother, who was only about 28, was very surprised and said, "what will that kid do next." She said, "I noticed that cat was awfully shiny lately, and bouncy. So if they have kitty cats then you get the dewormer for the kitty cats. Also if you find a family that has worms, if they have dogs then let them use the dewormer for their pets, and the direction is on the bottle.

You can always tell when pets or people have worms, is because their hair loses it's sheen, it's dull. Now if people wear a wig then the look of it may fool you because some wigs have no sheen in them and some wigs do have a sheen in them and the person is still full of worms.

You'll very soon learn to go by the numbers and not pay any attention to the wig. I read the numbers for people clear across the nation even when I can't even see the person and I know whether they have worms or not just by the numbers. You will eventually be able to do the same thing, I hope.

There's a no-no with K-Min and your dewormer, do not give dewormer to pregnant animals, or K-Min to pregnant women or animals. That is a no-no and don't you ever forget it. Now the Kyanite does not hurt horses and cattle but on guinea pigs that I have done research it kills the young and if you keep it up the second pregnancy it kills the young and the mother. So it's just a risk that you do not take. Do not give K-Min to pregnant animals or dewormer to people. That's a no-no.

You give the K-Min to children in the same ratio on one a day as you do the MinCol, same amount.

For nursing mothers that aren't pregnant you generally don't give it unless it's an acute case of worms, then you do. After the baby's born it doesn't hurt the mothers, it's just during the pregnancy when the foetus is so small and so weak. K-Min demagnetises the foetus in animals to where the ionization process cannot take hold any more, in other words it dies.

Kitten.
One evening after I'd seen well over 50 patients in the retreat and also many in the clinic I was ready to close up and turn the lights out when the phone rang and it was about 9.00 o'clock.

This lady who I knew real well, and who lived about 40 miles away, says, "Doctor Reams, I have a friend at my house that's dying, and I've got to see you immediately."
I said, "Lady ! Listen ! If you've got a friend at your house that's dying take them to the hospital."
"No doctor, you're the only one who can save them, and I'm going to bring 'em to you right now." and, "bang !" She hung up the receiver.

There I was, after 9 o'clock at night with a lady forty miles away bringing a patient to me that she said was dying. Well I tried to tell myself that she doesn't know whether they're dying or not, maybe the blood sugar's too low, maybe this, that or the other. I alerted the ambulance to have it ready because I didn't know what to do.

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About an hour later, here she comes walking in with a pillow and a yellow kitten laying on it. This was her friend that she was talking about, and there I'd been sweating blood for an hour and she brings me this half grown kitten that was about as near dead as I've ever seen a kitten. And you know, I wouldn't let her know for the world that she even wrinkled one of my feathers, I mean I put the stethoscope on that cat's heart, couldn't hear a thing, nothing. All I could see was that the cat wasn't stiff. So, then I went in and got some K-Min and I dusted it all over this kitten, everywhere, and then I made up some salve with some olive oil, I figured the kitten might have enough life to get some oil into his stomach, and generally if you put oil in a cat's mouth or a dog's mouth if there's any life at all they'll lick it, their tongue will automatically wiggle. Well I put some of this olive oil with this K-Min on it, nothing happened, nothing. I rubbed it all between the kitten's toes and everything else and the kitten still wasn't stiff. I put my stethoscope back on it, still nothing. I couldn't hear a thing, there was nothing there.

So by this time another hour had passed, and so sometimes the old devil gets in us and he gets in me too and he did at that moment, I said, "now lady, this is the salve that's left over, what I want you to do now is take this salve and every hour on the hour, exactly, I don't mean one minute before and I don't mean one minute after, I want you to put some in this kitten's mouth."

I figured she'd kept me up that long, and she loved that kitten so much that I gave her a chance to be up the rest of the night you know. I never heard a thing till about three days later she called up, "Doc, I'm the lady that brought the kitten over the other night"
"Yes?"
"The kitten's bouncing around on the floor like a rubber ball,"
So you just never know.

Lawyers.
Lawyers play on words, they play on words. I was in court and the devil had his henchmen there, lying under oath on the stand, and they had misquoted me in something I said, practically meant the same thing, but they misquoted me and whenever I got on the stand I denied what they said because they had misquoted me in a few words, which nearly meant the same thing, but as these lawyers wanted to play their word game I played it with them and I said, "These people that testified against me this morning are liars," I said, "The book of Revelation Chapter 12 Verse 10 says this, 'that Satan is accuser of the brethren."

They jumped up begin to scream at me, those fellows that had testified against me and the judge had to order, "order in the court room".
But I said, "Your honour .."
He said, "You mean to tell me these men lied under oath?"
I said, "Yes sir. Yes sir, I'm telling you they lied under oath, right through their teeth." and I said, "I'm going to tell you how. If I said, 'Mary had a little lamb whose fleece was white as snow' and they got up and said that I said, 'Mary had a little lamb his wool was white as snow', I said I'd deny it because I hadn't said it. If they don't quote me verbatim, word for word they're lying."

Now this is legal, but they ruled against me just the same. What do you expect from Satan's court? He never has justified his saints and don't expect him to start now, but the very fact that the Hounds of Hell are barking at me makes me know that I'm on the King's highway, and their barks are music to my ears. If they were not barking at me I'd feel like I was on a detour.

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Licenses.
Question. "In the case of your using the Gospel in your practice as a doctor, there is a great chance of losing your license by preaching the Gospel along with your practice, or in conjunction with it, how do you feel about that?"

"I only have one license and that's a marriage license."

Q. "I mean supposing the doctor is in that predicament and they're going to take his license away because he has used the bible along with his practice, should he just let them have it?"

"No. If you're ever called on to cop it as a doctor, either a chiropractor or anyone else, never for a single moment let them put you on the defensive, put them on the defensive. First, remind them of the oath you took to get people well, and they took it too, and remind them that they are in violation of the constitution of the United States, Fourth Amendment, Article 10, because it says there that any two or more people have the right to make agreement among themselves without interference or harassment by the Government, therefore the medical practice act is illegal.

Second thing is that you have a right to worship as you see fit, and to you there's no difference in the healing arts and religion and then say to them, 'if you gentlemen insist that I am in violation of the medical practice act then I am going to expose the people that you have killed, and you know who they are, you know the mistakes you've made, and I know them too, it's common knowledge among doctors, and with chemotherapy and cobalt radiation, and if you take my license I'm going to spend all my time exposing your ignorance and encouraging patients to sue you ..'

And I'm going to tell you they'll generally back off, but I've known three doctors to do this already.

Logarithms, Toad Frog and Babies.
With logarithms many people don't understand the next step and therefore cannot see the need for them or the necessity of going through these steps to accomplish what you want to accomplish, but you've got to understand this before you can get the next step.

It's something like the little girl that asked her mother, "where do babies come from?" Her mother said, "daddy plants a seed, mommy takes care of it and a baby comes."
So she found a peach seed out in the yard and planted it under a broken dish. A few days later she said, "I'm gonna go see if I got a baby". So she turned over the dish and there sat an old toad frog, and she said, "you ugly old toad, I would kill you if I wasn't your mommy."

So it's rather hard to explain to you what logarithms are for, the very fact that you learn them shows you what they're made for and the very fact that you don't understand them causes you to ask "what benefit are they?"

I'm doing my best to make it as clear as I can make it, but when you understand logarithms and the purpose of logarithms then you will have answered your own question. In other words there is a stage in mathematics that's called "seeing through the problem" and I am delighted that some of you in this class has seen through the problem for the first time, and you've come and told me so, "for the first time I see the beauty of it, and the why and the wherefore of it". The beauty of logarithms.

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Lorena C.....& Dr. R....
Yesterday I could see that we would all be going home in the same way that we had been going home before, but nothing was happening, it was wait again, wait again and all that but somehow I was with Doctor R... here and we spent the afternoon together and he was showing us and telling us about the plan that was going on and I realised this man was very tired and hadn't had sleep for so long, so I said, "Doctor R..., why don't we go somewhere quiet and you have a cup of coffee and something to eat", because when he eats here he's just swamped with people. So we went into a little restaurant.

Now I want you to know that I'm a new-born Christian and I really believe what I read in the bible, and the bible tells you, John 14:13, that if you believe in miracles they will happen, "Ask and you shall receive", and I believe every word of that and I was running on Faith.

So Doctor R... and I were sitting there and I realised, "here is this giant of a man who is rich beyond words but his money is tied up, and the Government is going to foreclose on a piece of property through some sort of manipulation because Satan is really at work here, and he has to raise $355000 by last night at 5.00 o'clock and this man did not have a penny of it". And here it was around 2.00 o'clock in the afternoon and what humility he had showed.

I looked at him and I thought to myself what a humbling experience it must have been for him to tell me all this and what it must have taken out of him, and I said, "Doctor R..., if it means anything to you, I will mortgage my home or anything and everything that I have to save this project because you need time".

I realise that all he needed was only time, that's all he needed. If he'd had a few more days he could have raised the money but they were not giving him the extra days, so I mortgaged my home and I handed him a check for over a hundred thousand dollars. He went immediately to the phone, called his counsellors, and that was enough money to buy him the time that he needed. He still needs the $250, 000 but there are many other ramifications.

Look how the Lord works, and I was very grateful and thankful that I was there, and that the Lord could use me to save the day. And this noon, he told us he got a call from his lawyer saying that that was a misfiling and it looks like that they won't foreclose as of yet. In other words, he has a little bit more time so that he can go ahead and borrow the money or do whatever is needed.

But to me the most fascinating thing of all this is to see how the Lord works. Can you see how the Lord is working through all this. I prayed like I have never prayed before and we were in prayer all last night and I even screamed, "Lord, we need a miracle, we need it now, not later, and I expect a miracle by tomorrow", meaning today, and we got it when we got Brother R..., and the rest will be announced later, but there are many more exciting things that have happened since, because we believe in the Lord and we are all Christians.

Marathon Runner, Dead.
I talked to the doctor that did the physical check on this particular marathon runner that was a 100 yards ahead of everybody else, and only two miles from the finish line when he dropped dead.

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The doctor came to me and said, "What happened? Why did he drop dead?" I said, "doctor, you didn't test the urea?"
He said, "what is that?"
I said, "it's the undigested proteins and if you had of tested the urea, you would never have let him run until you got it down."
He said, "how long does it take to bring it down?" I said, "24 hours, and it wouldn't have hurt at all."

And all this from the doctor that gave him his physical check up and said it was alright for him to run in the race that killed him.

Meteorite Shower.
A few nights ago the paper carried a story about a meteorite shower between 3 and 5 o'clock in the morning to the north. Someone told me about it and I asked someone, "why do you look so sleepy?"
He said, "I stayed awake to see the meteorite shower."
I said, "did you also know that everytime there's a meteorite shower all cows get on their knees before they lay down at night?"
He said, "No, I didn't know that."
And that's true. Everytime there's a meteorite shower all cows get on their knees before they lay down at night.

I've got news for you, there's a meteorite shower every night, and a cow can't lay down unless she gets on her knees. They all do that, can you see what I'm saying.

When I was a boy we didn't have smog or anything and often times we fished all night out on a big lake and even slept on the boat. We'd just let it drift because the air was calm at night while during the day it would get kind of rough. Also it was cool and we could get out in the middle of the lake and there wouldn't be any mosquitoes there while up along the shoreline there were lots of them, and every morning it was a beautiful sight to see the meteorites up towards the north, the particles of rock showering into the Van Allen belt and it turns them into a beautiful fiery glow and they're all moving in various, various directions.

So the phenomena of this planet and the things about us are more than any one human mind can comprehend.

Newspapers, The Devil's Bible.
Be careful in what you do. Newspapers will report anything that will draw attention to you and they don't care how far wrong it is or anything else. They don't even care how many facts it has, or how many lies they have to tell, just so long as they can sell the newspaper.

The idea in a newspaper is to sell the newspaper, nothing else. Facts don't matter. Did you know that you can take rabbit compost and make cancer pills out of it that will absolutely cure any disease, and sell them as cures for any disease, and advertise it in the newspaper, and the radio, and television, and magazines, and it's not illegal. I'm not saying it will cure it, I said "advertise it as to do so and so".

Nothing but plain, dry, rabbit compost, chocolate coated, and it's legal, but you just tear one page out and hand it to somebody and you've bought a ticket to the university of the penitentiary. It doesn't have to be true for the newspaper to print it. This is the law.

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I'm telling you the law and this is the way the law is written. Now I'm not saying there is a cure, I said you could advertise it for a cure, you understand. So therefore the daily newspaper becomes the devil's bible and if they had anything good to say about me I'd be disappointed because I would just know I was slipping, and if they did say anything good about me at all it'd be just because they thought they could sell one more newspaper. So it matters little what people say about you or me or anyone else. Do what God wants you to do.

Did you know that Jesus had a very bad reputation, but he had a spotless character. Only you can touch your character, and only you can do anything about making things better in your life and for others, and if you go by the numbers you can.

Nicotine. A number of years ago we had a lady with cancer come in for three weeks, and she was in her mid fifties. Now there was a rule in the retreat, "no smoking while in the rooms", and her room smelled of cigarettes. We did everything in our power to catch her smoking and we even went through her suitcase and pocketbook to find out where she kept her cigarettes. The smell was so bad when you opened the door the odor of nicotine would knock your hat off.

After three weeks her body chemistry had levelled off enough so that she could go home, but we never did catch her smoking, or find a cigarette, or a match, or anything to indicate she was smoking. So when she asked, "what can I do to hasten my recovery", I said, "stop smoking".

She said, "doctor, I have not smoked a cigarette in 35 years." I said, "when did you start?"
She said, "before I could walk my parents both smoked and they put cigarettes in my mouth and by the time I was six I was hooked on them. I couldn't let them alone and at 17 I gave my heart to the Lord, and Doctor, I'm going to tell you the truth, I've never touched one since."

Now for 35 years this nicotine had been stored in her system and was just coming out. Think of it, 35 years.

Obedience.
Sanctification is living a little bit better today than I did yesterday, and holiness is absolute obedience. Learning to be absolutely obedient and I believe it's necessary to learn to be absolutely obedient to at least one person on Earth before you can learn to be absolutely obedient to God.

It took the United States Army to teach me absolute obedience, and they taught me in 24 hours. I'd just been drafted in as a buck private and I didn't ask for any privileges. I was put in uniform and sworn in and assigned to a corporal that only knew about 200 words of English and 190 of those could not be repeated in respectable company, and he assigned us to get out and pick up cigarette butts.

There I was, a physicist, who ran his own business for almost 14 years and drafted into the army to win a war and then they put me out picking up cigarette butts when I'd been calling all the numbers before, telling them what to do and what not to do. I'm telling you it was a hard, bitter pill to take.

But I said this to the corporal, "I should not have to pick up cigarette butts, I don't smoke".

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Well that did it for him. He said, "you use the bathrooms and the latrine, you can clean that for the next 24 hours". I got the point clear and plain. The army had their way of doing it and from there on I was going to do it.

You know, I don't think that latrine had been thoroughly cleaned since the day it was brand new. There was 36 showers, 64 lavatories and a very great many commodes, and they were all still in use. For the next 24 hours I cleaned that latrine and it was the cleanest it had been ever cleaned. Next day, about 2 hours after I'd gone, the commanding general happened to be making an inspection and he said, "who cleaned this latrine?" And he was given my name and from then I was assigned to headquarters, just like Joseph.

At headquarters I learned that the commanding generals, and the commanding colonels, and the majors demanded absolute obedience and I could see why. So God too has His way of teaching us lessons of absolute obedience.

Onion Soup.
I'll tell you how I discovered vitamin C in onions.

My brother is a dental and oral surgeon and one day while I was in his office this Indian came in with a very bad tooth ache, but he also had one of the worst colds I've ever seen. My brother gave him some tablets and told him, "you take these tablets for the toothache, get over the cold and then come back."
The Indian said, "me be back tomorrow, me no cold."
Of course my brother didn't believe it, and I didn't believe it either, but I happened to be in his office again the next day and this old Indian came in again. Not a trace of a cold did he have anywhere, not a trace.

My brother was just sure that he'd discovered some secret Indian remedy that could get you over a cold in a hurry and asked him, "how did you get rid of your cold so quickly?"
The Indian said, "me eat five pounds onion soup."
So then I did some tests on onions and found out that they were very rich in vitamin C.

Orange Blossoms.
When I was in high school there was this child of a very, very good friend of ours, an 11 year old girl who was dying with cancer, and it was late in the fall of the year and the girl knew she was dying, and she gave her heart to the Lord and she was looking forward to seeing Jesus but she said to her father who owned an orange grove, "I want orange blossoms put on my casket and on my grave." She requested that in the late fall of the year, in October, and we didn't know when the death would take place but we knew it was in about a month or six weeks, according to the doctors. So the father said to me, "I want you to get me some orange blossoms, and I don't care where you get them from. I want orange blossoms on that casket."
So I simply said, "you've got an orange grove, do you mind sacrificing one of your trees for orange blossoms?" He said, "not at all, take any tree you want."
So I simply took one tree and half gored it, in other words, took the bark off about 75 or 80 percent of the trunk of that tree. You know what happened, the leaves fell off and it came into full blossom. In other words, I was killing the tree in order to get the blossoms. Nature tries to leave offspring so the tree came into full blossom, and her casket was decorated beautifully with orange blossoms mixed with other green leaves because the limbs that had the blossoms on it had no leaves, so we

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mixed those with other green leaves, but her casket had the orange blossoms on it according to her desire.

So what I'm trying to say is, Nature tries to leave offspring.

Passion.
Women are made to have children, and many times when they are supposed to have them, and don't, even though their numbers are perfect, the excessive oestrogen produced will cause them to either become a recluse, or a wall-flower, or it will stop almost completely. In other words they become almost insane, or raving maniacs if you do not supply that drive, that passion for a woman to have a child.

I served on the Salvation Army advisory board for a number of years and one group that I served on was for unmarried mothers. With the girls that were put into the homes for unmarried mothers I was able to classify three different groups of girls:

- Age 12 - 16. Those whose ignorance got them into their problem. They simply didn't know what life was about and through ignorance and lack of knowledge they became pregnant.
- Age 16 to 19 or 20 even 21. Those who were on a promise of marriage and it wasn't carried through, and
- Age 21 on up. These girls had to have a baby or lose their mind. Their own words, "I just had to have a baby regardless of what the neighbours thought, I just had to have a baby and I wasn't married."

The passion, the drive to have a child was so strong in these girls that they just could not have cared less what the neighbours thought or anything else. Their nature, the passion to have a child was so strong it was either that or lose their mind.

So actually marriage has nothing to do with having a child, nothing. Now the passion, the drive, the force of nature is misunderstood by the public at large, and doctors know that better than anyone else, but the public doesn't know it, and they care even less. In other words the "holier than thou" make it almost impossible for a girl that's caught in this situation, but remember this that Jesus said, "he who is guiltless let him cast the first stone." It's not up to you to judge and if there was ever a time that a girl needed kindness, needed mercy, needed help it is at this time and if you hold yourself "holier than thou" God have mercy on your soul as doctors, or people. And I'm saying this plainly, I'm putting it plain from my shoulders that if there's ever a time they needed help it's then.

I have known parents whose girls got pregnant, and I just had a parent that came to me because his 16 year old daughter was pregnant and he said, "I want you to make a diet that will cause the girl to abort."
and I said, "I won't make a diet of any kind for her until I test her and if there's no reason why that child shouldn't be born I won't make a diet then for her. I will not make a diet unless there's a need for it. So she brought her over, the girl was tested and there was no need for the child to abort physically, and I refused. The lady said, "what should I do?"

I said, "OK, the boy was only 16 and she was 16" I said, "perhaps you can get them married, then you got two kids to raise instead of one, and send them through school, help them, because if there's ever a time that those kids needed help it's now."

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And a month later I was asked to perform the marriage. They're married and they're doing real well, the young man is working in the father's business in the summer in the afternoon after school and he's sending them both through school.

This is Christianity at work, doing what it should be done and everybody is happy about it.
I know others that their parents give the girl a fist, and call up and they become enemies to the boy and just make a living hell on Earth and they call themselves Christians. No wonder some sinners don't want to be Christians.

These are facts that you're going to be faced with folks, and handle them with intelligence, handle them with the love of God in your heart, do not judge and do not give anyone a bad time. God has not authorised you to punish anybody, not anybody. God has reserved the right of punishment for Himself and has not given it to anyone. If you can't lift anybody up don't push them down because anyone you push down you've got to go down with them. If you push them up you'll go up with them, there's no other way.

Patient Appreciation.
This happened almost three years ago, in November, I'd been up almost three days and nights and hadn't really gone to bed at all and when I got to bed about 4.00 o'clock in the morning I'd only been asleep about an hour when the phone rang, and it was a man who had been been down to the retreat, gotten well and gone home. He was a dairyman, and he'd called at 5.00 o'clock in the morning and he says, "Doctor Reams" he says, "it's snowing up here in Virginia, is it snowing down there?"
I said, "not yet, but it's cloudy and overcast and cold, it looked like it might start snowing any time." Well that's amused me many times that there he was, he'd been too sick to work, he'd come and gotten well, he was out at 5.00 o'clock, tending to his dairy cattle and he was so thrilled over seeing the first snow of the season he just had to tell somebody and I was the first one that he thought of, as far as I know.

But, you know, it makes you feel kinda good because if that man hadn't of come there he would have been in the cemetery, he would have been buried, he would have been dead. So at least I knew he was still living, hadn't heard from him since he left, so it delights your soul sometimes just to know that somebody you help is still living even if you've been up three days and nights. It really makes you glad that you're alive.

Pictures.
Mathematics is a language, if you don't believe that mathematics talk just look at your bank statement at the end of the month. They really talk to you, not only that they paint pictures to you so you can see the picture.

After my wife and I were married one day she asked, "bring me a spool of black and white thread from town."
I hunted the town over for a spool of black and white thread, couldn't find it, so I brought her grey thread, and she said, "that isn't what I ordered, I ordered black and white thread."
I said, "honey they don't have it. She said, "I know they got it."
I said, "Well, I'll take you next time."
She said, "I wanted one spool of black and one spool of white."

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I said, "honey, that isn't what you said, you said you wanted a spool of black and white thread." You see, there was my wife trying to tell me one spool of black and one spool of white but yet being a physicist I took her exactly at her word, trying very hard to please her and I completely failed.

Now numbers talk, for instance, she later sent me to town to get a spool of thread number 14/50, I didn't know what 14/50 was but when I asked for it they gave me a spool of navy blue thread $^{1}/_{50}$ inch in diameter. So you see how numbers and colors fit together, they fit together into a picture, a pattern and into colors. So as you begin to deal with these numbers you'll begin to see pictures and patterns, or I hope you do.

Pregnancy Care, Abortion Prevented.
We had a woman come into the retreat last August and she was having labor pains when they brought her in. She was about half way through her pregnancy and the couple wanted their baby, they did not want it to abort.

The first thing we did was run the test to see what was happening and we found the sugar reading to be 0.8 brix, so we immediately took dietary steps to raise the sugar reading for it to be above 1.0, and after a week and a half we got it up to 1.6 or 1.7 and finally got it to around 2.0 at which we kept it.

The baby, a boy, was delivered on Christmas Eve and the parents did a terrible thing, they named it after me. Poor little fellow. What did he do to deserve that to start with?

The dietary measures we took to raise the sugar level included:

- lots of fruit,
- honey every half hour, and
- 4 oz of medium dry Maniechewicz grape wine twice a day between meals.

and this is what we did in order to keep the sugar level up, and she had a very beautiful little boy.

Pregnancy Care, Abortion Caused.
I had a patient, $5^{1}/_{2}$ months pregnant, a little over a year ago and her test showed that her uterus was in such bad shape that if the pregnancy continued the uterus would rupture and it would probably cost the life of the mother and the child. It was extremely bad, so I suggested to the parents and the grandparents of both sides that the sugar level be lowered so that the child would abort, and in order to save the life of the mother they decided that this should be done, and this is precisely what we did.

Now this wasn't her first child, it was her fourth, and when labor pains started we sent the mother into the hospital for the delivery, but of course the foetus had died. The hospital staff said it was the worst deformed baby they had ever seen born in that hospital.

To lower the sugar we simply give them water and lemonade.

Pregnancy Care, Abortion Opinion.
One more thing I want to talk to you about abortion is this, and I will tell you a story that will help you remember the facts.

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I was blown up in the truck in the war and was paralysed from the neck down. After two years though I got to where I could feed myself again, but you can do a lot of thinking when you're paralysed. I couldn't use my arms for almost two years and I was in a plaster cast for about a year and that's like being buried alive.

But one day the padre came through and he was talking with me and I said, "I'd like to ask you a question?" and I said, "the ovary and the sperm, when they are separate is each one a half a soul, and does it make a soul when the two come together during conception?" And he became very angry with me and said, "that's none of your business" and he got up and walked away and would have nothing else to say to me about it.

Now I began to study that thought, in fact, it took many, many hours of thought and meditations, "When they're separate, is the ovary and the sperm only a half a soul, and do they become a soul when they join?"

But I found the answer in the bible, "that when God breathed into man the breath of life he became a living soul."

It is my opinion, and this is the only opinion that I will have during this course, the rest of it I go by the numbers, it is my opinion from the Scriptures that a body does not become a living soul until he breathes one breath of air. So, if the foetus never breathes a breath of air it is as though it has never been. I get my thoughts from the Scripture and I may be very wrong, but this I use with patients who have the unfortunate circumstance of a child who aborts when they don't want it to. They want to know if it's saved or not saved. It's as though it has never been, it does not become a living soul according to the Scripture until it's breathed the first breath of life.

However an abortion may occur wherein the child, or foetus, does breathe a breath of life even at four and a half months, and although it's highly improbable it's perfectly possible, so be careful in what you do.

Problems.
Let me give you a brief little problem you may work on to show you how easy it is to subtract or add whenever you don't know whether to add or subtract.

There were three men that went into a hotel during the war, they wanted a room and the hotel only had one room left. The clerk was out, but the porter was in and he said, "We only have one room available. You can have that if you want, it's thirty dollars." Which was ten dollars each. Actually if the three shared one room, it was only twenty five dollars, but the porter didn't know that so he charged them thirty. When the clerk came back he said, "here's five dollars, take it up and give it to those three men." The porter didn't know how to divide five dollars equally so he put two dollars in his pocket and gave each one of them a dollar back.

So that made each man pay 9 dollars, right? Three nines are twenty seven, the two dollars he stuck in his pocket makes 29 dollars. Where did the other dollar go?

Now what you should have done was subtracted, instead of added. The very fact that you add makes the problem, but if you subtract you've got three from thirty is twenty seven, two from twenty seven

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is twenty five. Sometimes getting your signs right in your algebra makes all the difference in the world in your answer in the long run. So this is very important to know that this is a precise language that we're using, all the way down to the milli-micron and we're going to fit this into a pattern that makes the molecule.

Quails.
Suppose that you had a cation with a Milhouse unit value of 500 and it lost 1 MHU the remainder would be anionic with 499 MHU. If you had one cation of 500 MHU and it lost 1 MHU, then you would have 499 anions theoretically speaking, in all probability it would be something like the little second grader in school and the teacher said, "if there was ten quails sitting on the fence and you shot one off how many would be left?"
he said, "none",
and the teacher said, "no, that's wrong", she said, the teacher said, "there'd be nine",
he said to the teacher, "lady, you may know your arithmetic but you don't know your quails", he said, "the rest of them would fly."
So that's the way it is with some of these things here, you may know your math but sometimes your chemistry doesn't work like that, sometimes when one flies more than that flies, that depends on the distance.

Racehorses.
Some 20 years ago I knew a man who bred racehorses, and I mean very high fliers, very, very expensive horses but yet he couldn't get them to breed so I simply had him give each horse 1 cup of vinegar in 5 gallons of water each day. He said, "the horse won't drink it."
I said, "oh yes he will. I'll tell you what you do, you take two five gallon cans, in one of them you put 1 cup of vinegar and the other one you don't, see which the horse drinks the quickest."

The horse picks the one with the vinegar in it, and immediately the mares begin to become pregnant. Then he had a chance to buy a mare about 20 years old, a very valuable mare, because the sellers thought that she was beyond the age of having colts any longer. So he started giving her vinegar and the last I heard she was 27 years old giving birth to a colt each year.

Now with cattle, they have to be about three years old before we'll permit them to have a calf, in other words, they become pregnant at 2 years and 3 months then at three years they have their first calf and then they have a calf every year for about 21 years or even at 24 years they're still bringing forth a calf because even before they're to be bred we give them a cup of vinegar every day as well as during the pregnancy too, and these breeders are buying vinegar by the barrel.

Reams Healed.
You may have read in Kathryn Kuhlman's book how God touched me and healed me during Kathryn Kuhlman’s meeting on January 31, 1950, when I was paralysed from the waist down.

I was paralysed because I was in a truck that was blown up in the South Pacific. I was a major, and God touched me that day in that meeting and healed me and I've been walking ever since. So I know that God can heal and He will heal, but how much of this is faith and how much of this is diet I don't know, but I know it works. If you have not read the story in Kathryn Kuhlman’s book "I Believe in Miracles", it's in the second chapter in the book, so get it and read it. There's only one mistake in there, I have six children instead of three.

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Reams, The Man and Teacher.
Now before we actually start talking ranges and zones we need to make a change on your schedule and maybe just a brief word of explanation as to why someone other than Dr Reams is standing up here.

Maybe some of you have already experienced it this morning. I cannot quote the exact expression but I've already heard it already and maybe you've seen it or heard it yourself, something to the effect that, "what you hear is not exactly what I say nor exactly what I mean". You can paraphrase that to suit, OK.

When listening to Doctor Reams some of you hear what he says and you think you understand him for a few moments then suddenly a few minutes later you say, "is that what he said?" Many have experienced that feeling already, and some even today.

He is not doing that on purpose. The more you get to know this man the more you'll realise that he thinks in a different way and on a plane or a level that's entirely different to what most people think on. The point was made that when you get into the higher classes to discuss logarithms, this gentleman deals in math so high that he cannot come down to the level of simple math.

What the instructors are trying to do is several things, first they'll be helping out so as to reduce the strain on Doctor Reams, they'll partly play translator to what Doc has to teach and they'll partly be learning by doing, so that there could be several classes going on in different rooms all at the same time. No-one here is planning on replacing Doctor Reams but there are other places that have tried.

So what the assistant instructors are trying to do is act as helpmates to the classes to make things more easily understandable. As the lectures progress the simple initial concepts will be expanded into more complex teachings and later Doctor Reams will take over more and more to the point where he will be the only one working on the problems.

Reams and Shrapnel.
Many of you here are smiling because of what Doc is drinking, and it troubles you, right? But he does have reasons, he has answers, so don't prejudge what he does.

"During the war I had a piece of shrapnel go through the pancreas and to this day it doesn't manufacture quite enough alcohol, and when my alcohol starts to drop, the blood sugar also drops and when I need it, I need it quickly, and I get it from any source I can get it from."

Remember Doc said just earlier today that when the sugar range is down and you need something sweet you'll take it from any source you can get it, including white sugar, and some people get very offended at that and they'll argue with him from time to time, so put your heart at rest.

Remedies.
Whenever you hear of a remedy check out the effect first and I'll give you an example.

Down in Georgia there was a farmer and he called up his friend, Jed. "Jed" he said, "your mule was sick last week what'd you do for him?"
He said, "I gave him a quart of turpentine."

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So he met Jed in town on Saturday night and said, "Jed" he said, "I gave my mule a quart of turpentine and it killed him."
Jed said, "it killed my mule too."

Rest.
One morning during the early part of World War II a man applied for a job at my office and he said, "I never get tired and I never get hungry." About 11.00 o'clock I found him sitting down eating.
I said, "I thought you never got tired and you never got hungry?"
He said, "I don't, I rest before I get tired and I eat before I get hungry."

Retreat.
One of the complaints that you'll have when you put people on lemonade is, "Doctor I had to get up 10 times last night to go to the bathroom."
I said, "Praise the Lord."
"What do you mean Praise the Lord, didn't sleep a wink, every time I got into bed I had to go to the bathroom again."
I said, "friend, listen, the person that can go to the bathroom is in good shape, but the ones that can't go and can't pass their water they're in serious shape. From now on everytime you go to the bathroom you Praise the Lord."

And consequently the word gets passed around and they won't even tell me because "Doctor Reams will say Praise the Lord".

I make my rounds in the morning to see people and sometimes I see they're pink around the gills, they just ready to almost turn wrongside out, vomiting, and they've resolved not to tell me that they're just so nauseated till they can't hardly get another breath and I said, "you are nauseated aren't you?"
"Yeah, how'd you know?"
I said, "I can see by your face that you're nauseated, that you're sick at your stomach."
They said, "I wasn't going to tell you because if you do all you're going to say is Praise the Lord." But they get down there rooting for each other, pulling for each other, and it makes a world of difference. It makes a lot of difference.

The first few days anyone is down there they going to feel it's the most unregimented, unorganised, disorganised place in the world. A lady came up to me and she said, "Doctor, can I make a suggestion?"
I said, "no" "No?"
"No." I said, "listen honey, if you'll make them by the dozen I'll listen but don't bother me with just one."

The idea is they're used to going to a hospital regimented, a doctor comes around saying, "Uh, uh uh", and a nurse taking their pulse every few minutes, taking a bunch of tablets they don't even know what they are and consequently this is different, and they're not prepared for it, and they get to rooting for each other and talking with each other and the first thing you know they forget they're sick and find somebody else sicker than they are therefore they get their mind off of themselves and they're really helping each other get well. So it's a help, it's different, but after about a week they come to me and say, "Doctor, I thought this was disorganised but I see now the organisation that's

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here." They can begin to see it, and how it works and the benefit of it, but they expect a Waldorf Astoria Hospital, and they don't find it, every fellow's doing his own thing in his own way.

The next conclusion they come to is everybody's getting the same diet, they got that idea after they been there three days, any new person comes in they can tell them everything that goes on there, but after they been there two weeks they don't know anything because they see it differently, they see that everyone doesn't get the same diet, but sometimes the way it looks and the way it is, is two different things and the person that gets the most attention is the sickest, the one that gets the least attention is doing the best, so, it's kinda hard to get used to it, and yet, we go by the numbers, we know by the patient's numbers long before the patient knows, what the problem is and whether they are having a rough time or whether they're not having a rough time, whether they doing well or not doing well, and whenever you go in to see a person and they're just upchucking and turning wrong side out, green stuff coming out and you say, "Praise the Lord you're doing fine" they think that you're crazy, you're off your rocker. They couldn't possibly be getting well whenever they think they're dying, with pins and needles, flesh tingling, and yet you say, "Praise the Lord."

I had one fellow say, "Doctor, I've never been this sick before in my life, if I get well I'm going to whip you, I'm going to whip you Doc, I've never been this sick before." But you know when they get well they feel so good they forget about it, they never felt so good in their life.

So these are things that help you to understand that people do not have to be regimented and wear a gown that's too short, and do all this and that and the other. Also we let the people see their numbers, and even make a copy of them and carry them any way they want to carry them, and that's a no-no in a hospital and they'll meet me, they'll copy what they think their numbers are and meet me out in the grounds somewhere, "Doctor what does that mean?"
"I don't know."
"What ! you don't know." "No, I don't know."
"Why don't you know?"
"Well you haven't copied them all."
"Well this is what they wrote on the card."
"I know, that's what you copied off the card but you bring me the whole card, I mean you bring me all the information," all they've done is copied in the numbers that appeal to them, I don't know their age, I don't know the height, I don't know the weight, and some of them I don't even know the sex.

Retreat Recommendation.
Some months ago I was at the retreat in Georgia and one man said to me, "I wouldn't recommend this place to a yellow dog."
I said, "I wouldn't either if there was any other place this side of the cemetery, but there isn't. If you would prefer to see your friends dead than here, you go ahead and bury them, but this place is the last detour before you get to the cemetery."

You know it really shocked him. So you can't please everybody, nobody ever has, Jesus Christ couldn't, and I'm not really trying and I'm trying to help those that ask. I'm trying to do the best I can.

Registered Nurse & No Hope.

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I had a 35 year old woman come to me 10 years ago from Perry, Georgia, where she'd been living for a couple of years. She was a Registered Nurse, an RN, and her husband had been a doctor who used to fly to various places in Georgia to treat people but a berserk, insane patient, a psycho case, had walked into her husband's office and shot and killed him about a year and a half before and now she was raising the children the best she could, and doing a fine job.

Anyway, she had been operated on but she didn't tell us, she just called up and gave me the third degree, and that's what makes me remember some of them, they give you the third degree on the telephone. She told me who she was and said, "I'm an RN and I understand that you test urine and saliva and tell anyone what's wrong with them, can you do that?"
I said, "Honey, if we fail on you you'll be the first one we failed on." She said, "I don't believe it, but I want you to prove it."

So she had a driver bring her and a friend, her nurse, from Perry to Orlando to have the test and from the way she spoke and talked I was a little surprised when she came in. Her nurse brought her in and she walked alright but you could see she was just a little on the weak side and after I had the test on my desk she said, "doctor, you can say anything in the world you want to me, I can take it, I'm an RN and I'm used to many kinds of medical terms. You can't frighten me, just say anything you want to."
So I said, "well my dear there's not much to say, I don't think you're gonna make it." She said, "what do you mean?"
I said, "since you want me to speak plainly I'm not going to pull any punches, I'm going to tell it like it is. I don't think you're gonna live 30 days, in fact, I wouldn't give you two cents for your chance to live the week out, you could go any day."
She said, "what's wrong with me?"
I said, "you know without me telling you that you've just been operated on for cancer around your heart. You were operated on through the left shoulder blade area and they sewed you up, and the problem now is that the cancer has broken out in the incision."
She was a "Doubting Thomas" and said, "who told you?"
I said, "I never talked to anyone except you. You would not make an appointment with my secretary so you had to talk with me and you're the only one I've talked to until you got here, and I didn't even know you were here till your card come to my desk. This is the picture that I'm looking at in these numbers."
You're talking about a person becoming humble she did, she really became humble. Anyway she looked at me and I looked at her. I didn't hold any hope of a diet doing her any good, I thought she was too far gone. What could I say to her, a person that I didn't think would live three days, and she said, "well, will you give me a diet?"
I said, "Yeah, I'll give you a diet", why not give a dying woman a diet, they asked for it, and there's no harm in it. So I gave her a diet and she just rolled it up, didn't even look at it, just rolled it up in her hand and I said, "now you're going to need help to carry it out".
She said, "oh yes, I have my nurse here with me and she'll do everything for me." She kept sitting there and sitting there and I wondered what she was sitting there for. I didn't know what to do because it was a new kind of a situation, she looked at me and I just looked back at her, and finally she said, "well aren't you going to give me another appointment."
I said, "sure, come back in thirty days."

I was just sure that woman would be dead and buried as I'm sitting here, I had no faith, it was just too bad, it was one of the worst cases of cancer around the heart that I've ever seen, it was that bad.

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But lo and behold, 30 days later there she sat back in the office again, and when the test was run the technicians came in and said, "Doc, there's been a mistake here. There's something wrong with this test."
And I looked at it and said, "there sure is something wrong, you go back and do it over again."
So they went back and ran the test over again and of course they had a lot of tests, the office was full, seeing up to about 80 patients a day, but anyway they came back in about 30 minutes and said, "we didn't make any mistake, this second reading is the same as the first. We cleaned and checked every piece of equipment, and the second reading is the same as the first, we didn't make a mistake."

So I said, "start all over and do it again, get another specimen, be sure the bottle and everything is clean, sterilise everything, there's something's wrong somewhere." So they did it again, and in another half hour they came back. "Doctor it's the same reading, we didn't make a mistake."
I said, "if you guys can't run an intelligent test I'll go do it myself." I'd asked them to keep both specimens and both salivas and I went in and did it myself. They had made no mistake, the numbers were running absolutely perfect. It was a perfect equation. Well that was impossible, it couldn't be done, it was absolutely unheard of. There she was 30 days before dying with cancer and now she had perfect numbers all the way across. They had not made any mistake, so I said, "have her come in." And she come in and the first thing I said to her, "what happened?"
She said, "you tell me."
I said, "your numbers are perfect and there's no trace of your cancer, it's gone completely, you're absolutely healed and diet had nothing to do with it. You are healed, so how come?"
She said, "you're right, I was in a meeting two weeks ago and God touched me and healed me instantly, I just wanted to know if you knew it."

This happened, and she's still living and a very active worker today in the Highpoint Baptist Church, in Makin, Georgia. Now this is a true story and a true statement, so God can heal instantly, and He does heal instantly and diet had nothing to do with it. This is one case with cancer around the heart that I saw happen.

God made the rules of physics, He can change them any time He wants to for His glory. He is not limited by time, space, or diet or food or elements, and I have seen it over and over again. Over and again that God does miracles and to Him be the glory. This happened, and you too will see it someday, I hope you see it and stand in awe at the power of God. It'll really lets you know how little you are, how little I am. Remember one thing, there's nothing God can't do, nothing.

Roof First, Foundation Later?
When you get down to figuring energy you're going to have to work it in these small particles of anions and cations or you'll never understand it. The reason that more problems are not solved today is not because of a lack of college degrees, it's because people start in the wrong place to find out why. In order to build a house you've got to put the foundation down before you put the roof on. Some people want to start with the roof to put the foundation in.

Now I only know one man that succeeded in that and that was Mr. Wright. In some buildings he built the top storey before he built the lower stories and there is one of his buildings in Nashville, about 15 or 20 storeys, and they built the top storeys first and put the bottom stories under it and there's this building swinging on cables and you look under it and there's nothing holding it up, except one great big column on this side and one great big column on that side. But that building is

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a pretty good size building and if you just walk up to it and look under there you don't notice those columns way out because they're covered around with some hedge, and you wonder how he built this building about 8 feet above the earth. It's high enough for automobiles to go under and park, but still there's something there to hold it up. It's just doing things differently.

We're not doing things differently, we're doing things like God showed us to do them and I don't know how to express it any other way. Now you've got an opportunity to invent something besides a logarithm, an easier way of doing this. I don't know any easier way and I'm teaching you the only way I know how, but then I'm only in the first grade. As you begin to grow and to comprehend and to conquer and to master this thing some of you will take it far beyond where I'm taking it.

For instance, in 1903 Einstein published the "Theory of Relativity", you know what happened? It split the colleges of Germany and he got exiled from Germany and New Jersey took him in.

It was 1935 before someone took up his idea and took it to Mr. Roosevelt and said that they could convert that into energy. They could make a bomb that would destroy a square mile and Mr. Roosevelt was interested so he got Congress to set up the money and therefore atomic energy came into being, but the theory was actually discovered in 1898 but it was 1903 before he published it.

Where did he get the idea? From geometrical math. Solid geometry is the door that opens the door to relativity and you also get that in Enid in calculus. You come to a place that there's nowhere else to go except to go in circles. You're not lost in these circles but you are dealing with the wheel, it would roll around.

Sarah and Abraham.
What I'm trying to tell you is strange things can happen. Sarah was 90 years old when she had her only baby, Isaac, and Abraham was a 100 years old. So there's still something to live for even at 100.

Did you know that from the time the angel told Sarah, at 60 years old, and Abraham, at 70, that they were going to have a child it was another 30 years until they had the child. 30 years elapsed before they had Isaac.

Sick People.
I'm going to give you three points here that are necessary if you have a really sick person, one that is really ill. These things are necessary for you to do in order to doctor the whole man, the whole woman, the whole person. After doing what you can to start, ask them, "what would you do for God if He sees fit to raise you up?"

"The first thing you are to do is to ask God for an assignment." So many people are so busy telling God what they're going to do for Him they never get time to find out what God wants done and consequently they might be called God's paupers because if you're doing what God wants you to do He's the best payboss on Earth. He is the finest payboss on Earth and the more you give to Him the more He'll give back to you, more than you can possibly handle. When you ask God for an assignment He's probably going to give you one that you don't want, wish you didn't have and one that will make you cry unto God for mercy like He did to David. David was so very "human", he was up on the mountain top and down in the dumps, and in this book of psalms he would say, "Lord destroy those Philistines, cut their heads off." God did, but you know who He sent to do it, was David. So be careful what you pray for because He may send you to do the job that you prayed to

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be done. So the first thing this person that's very ill needs to do is ask God for an assignment, and don't shut up till he gives you one, and when God gives the assignment don't wait for strength, start doing it right then. This happened with a lady dying with cancer that came into our retreat a little over two years ago, she had it all over, you couldn't touch her anywhere on the body without her almost screaming with pain, it was all over her and she had only less than 30 days to live according to the physicians that sent her in, and for about three weeks she lay there like a vegetable, no fight, no get up, no go, so I went in and I said, "what would you do for God if He raises you up".

She said "I'll do anything He says do."
I said, "you will? OK, ask God for an assignment."
So we had prayer and we asked God for an assignment, and she said, "what do you think God wants me to do?" I said, "I don't know, I have no idea, but you asked Him for an assignment."
So after about a week I went in there one morning and she begin to complain about everything under the sun, nothing was right, the food tasted terrible, the room was draughty, there was nothing that was right, the maids didn't clean the room, they didn't put enough clean towels in her room and so forth. Well that day I knew we had won the battle because she cared, she began to complain, and whenever you're working with a patient, and they're complaining you have a patient getting well, but when you have one that's too sick to complain you better give them a lot of attention, I'm serious now, I'm not joking I'm really serious, give them attention because they are very, very ill when they cannot complain. Now whenever they begin to care they begin to find fault and their complaints are music to my ears. Now when people who are so sick and so ill that they can't complain, get to the place where they care again, and I don't take their complaints as a personal thing, I just said praise God, you care, you're gonna live, you begin to complain.

Then I said, "ask God now for strength" after she began to complain, I said "ask God for strength to do the assignment that He wants you to do".
She said "what does He want me to do?"
I said "I don't know what He wants you to do, but ask God for strength." In another week she started writing letters to her friends that were sick, and then she wrote to an Amish newspaper and she put the story of how God was healing her, she weighed 95 pounds when she came in, and when she went out four months later she weighed 125 pounds, still living, still just doing beautifully, doing her wonderful work for God. But, during her four months stay she brought in 75 sick people there, just by writing a letter, telling them how God healed her, so her talent there in serving God was to tell others what God could do for them.

Now the next thing is to ask God for the victory, ask God for the victory, and the fourth thing is to give God the glory.

Get them to fighting for something, get them to build on something.

Sports Coupe at the Pearly Gates.
I heard a story about three preachers, they died and all arrived at heaven on the same day, at the same time and Saint Peter set about questioning them about their church dogma and their church philosophy and their church doctrine and it went on, and went on, and on, and on, and on, and they were becoming quite weary.

While they were talking a teenager drove up in a sports coupe and slapped on the brakes and spun around and threw dust on everybody, and as soon as the dust cleared St. Peter saw who it was and

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he said, "open the gate and let her in." So they opened the gate and she dashed off, spinning the wheels, kicking up the dust and just as reckless as she could be and the preachers said, "now wait a minute St. Peter, you're not running heaven like we thought it should be run. Now here we have spent all our lives in church work, doing good to people and here this teenager's never done hardly anything, drives up and you don't even ask her a question, you just let her in, what's goin' on?"
St. Peter said, "let me tell you gentlemen something, that girl has scared more hell out of people than you ever have."

Now there's a point that I'm coming up to here, as long as the drug syndicate can keep people scared to death that cancer's going to kill them, that it's going to take 25% of them, they can rob them.

Tester. I had a young man whose father worked for me for a number of years, the young man graduated from high school and travelled and tested with me for a couple of years and a lot of people liked to watch him run tests because he ran them rather rapidly, but they would ask so many questions until it slowed him down. So what he did he took some apple juice and put it in a clean sterilised specimen bottle with a cork in it and finally he'd made up and put on an act, ".. and you folks are making me so nervous I just don't know what I'm doing .." and he'd take the cork out and begin to drink the apple juice, they'd scatter, and he had no more trouble with them.

Testers, Testing Equipment & Costs.
When we started testing I guess there were maybe a dozen refractometers sold in the world per month, and the prices were way up and almost impossible to get. The big manufacturers like Bosch and Lomond, Oney, and these other large manufacturers who were manufacturing millions of dollars worth of products would not stop their manufacturing of these big orders to manufacture a dozen or two dozen refractometers for us without charging us a terrific price. So there we were paying through the nose for these refractometers but as more people were trained and we began to buy them by the four dozen, then five dozen and by the hundred they could afford to carry a backlog of stock, and therefore the prices came down somewhat but also the prices of the instruction went up. We had buildings, we had lights, we had secretaries, we had telephone calls, we had interest on investment for months, as high as six months, and by the way when you gave the order in those days you had to put the cash down with the order even though it was 4 to 6 months before you got delivery on it.

Now some of those instruments came without any two of them reading alike, and then we had to establish a way to put those through but for a while the manufacturers in this country took them back but they put them out on the market, but now the Japanese and the Koreans are flooding the market in this country in competition and so the price of these instruments has come down quite a lot from even 3 years ago.

Now, after September we will not furnish the instruments for the courses any more, you may buy them from anyone you want and there'll be a half a dozen people here to sell them to you and you can strike any kind of a bargain you want, but when you buy an instrument you are going to be held solely responsible for the accuracy of that instrument.

Now during these classes we will vouch for their accuracy but all instruments don't stay accurate. Now these people that are out selling these instruments operate out of their car and they are operating without any capital and they're not counting anything for their time, and they count the

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buying price and the selling price as their whole thing, and they don't have any teachers to pay, they don't have any rent on the buildings to pay for the classes, they don't have anything and can do it cheaper than we can, so we're going to let them have the market, but we're also going to make them responsible to keep those instruments accurate.

Now I requested that solutions be sent out once a month for testing these instruments to see that they were reading accurately, and this has been partly done and partly not done. Now all this costs money so what we're going to have to do in October is raise the prices of the classes and then you buy your instruments because we are going to train instructors so that we can have classes going in many States.

Now it's terrible that you folks have to travel clear across the country to get this course when they could be held in the East and the Central and the Western part of the nation and be more economical, but do you realise that you have to pay about the same price to train the teacher in this field because he's got a family, they've got to live, they've got mortgage payments, and like most young Americans they live up to and just beyond their income and you have to pay them while they train, and generally one out of ten make it. One out of ten will make a teacher and the rest of it is just lost investment. But we found 9 people that can't do it to each one that can do it, so if anybody tells you or suggests that it's a ripoff they're talking out of their head, they don't even know what it costs to operate a business.

So we're going to let the people buy their own instruments and make them responsible. The point is that a year ago I asked Mr. Hoskins to raise the price to US$1750.00 with the instruments, and where those instruments used to cost us around US$1100.00 they're now down to around US$600.00 and you can buy the whole set at about US$500.00 less now than we could for the first class, simply because of the demand. The instruments have been sold to a lot of people who are trying to do it themselves, they see that you've got a refractometer so they run down and get a refractometer and start doing it by themself. God bless them, I hope they can stay well with it. We have no objection if they can do any good.

There's about 20 people now in the United States that are teaching these courses, and some of them have only had one original course from me, and if they do any good God bless them, but if they do harm then it's gonna hurt you and me and everybody else.

Now the thing that hurts most is that the people that's using this system, or teaching almost this system don't say anywhere in their print of any of their material that it's the Reams' system, however the people that they train go out and say, "I use the Reams' system." So you never will amount to anything until you can hear yourself quoted on things you never said.

So I'm just telling you about what's out there which is beside the point of the first course, so we're not going to try to stop anybody. Now some of the testers are charging outrageous prices, well we don't have anything to do with the price they charge, I don't know what their overheads are. The seminar instructor is not responsible for what his students do, neither is the university responsible for what their students do after they finish the course or school or whatnot, they're not responsible. So we're only teachers here to teach you, if you have a place to put it and in love with the Lord enough to use it then God will bless you, and if you don't then it's up to you and whoever you love most.

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So what I'm saying to you is get the rules and memorize them. In the book of Daniel, he said, "I ate the book, I digested it", and John the Revelator said the same thing he said, "I ate the book, the book I consumed it", in other words he knew what was in it, he knew what it said, and he could use it and he knew things that were not to come to pass for a thousand years after he died so then they begin to come to pass and they're coming to pass rather rapidly.

Textbook For Teaching.
Mostly what I'm teaching you here, in brief, is the results of 50 years in research in the laboratory. It's not yet in books and if any of you ever desire to put it in books, you may, I have no objection, if you want to use my name it's OK, if you don't, it's OK, doesn't make any difference. I don't think my name would add anything to it, but whatever you desire use it for the glory of God. I'm not using a text book to teach from.

I do have some books here to help some of you to know more about anatomy, and to show you some things. To help those of you who have not studied botany, biology and a vital body to understand more about it. If any of you want to write a text book I'd be glad to help you, and we'll get through it and get it correct, but even with text books it's going to require a certain amount of coaching, teaching and training.

Time Change Miracle.
I'll tell you of an experience that I had in 1960 and I still don't know how it happened.

I lived West of Maitland and I had to be in Daytona Beach for an appointment at 7.00 o'clock, and later I had an appointment in Tovares, Florida, which was about 45 miles out of Orlando.

So I went into my office early that morning, at daylight, and I got all the things that I would need in Daytona and I was there at 7.00 o'clock, but I forgot my briefcase, it was still in my office which was in the south western part of Orlando.

It was 11.00 o'clock before I could get out of Daytona Beach and I left a friend's house at 11.00 o'clock after a phone call. Now I had to go through Orlando, which was a 2 hour drive, and then drive for an hour to Tovares, 3 hours, and that was going to throw me and $1^1/2$ hours late. I was going to Tovares to bid on an orange grove that was being sold at auction, and I was going to use that orange grove for the glory of God.

Before I left Daytona I called my office from a friend's house and said, "can you get my briefcase out to such and such a point so I won't have to go through Orlando, but there was nobody there that could take my briefcase, nobody. So I had to go through and try the best I could and I was hoping that something would happen so that the sale of that grove would be late or something.

I hung up just at 11.00 o'clock, walked out and got in the car, a Cadillac. Twenty minutes later I was in my office in Orlando, and they said, "where were you when you called."
I said, "I was in Daytona." I never noticed it was 20 minutes. They said, "that's only 20 minutes ago."
I said, "no, it couldn't have been."
They said, "yes, it's only 11.20 now, you must have been just a few blocks away."
I said, "no I wasn't. I tell you what you do, you call the house that I left from and ask them where Doctor Reams is." They did. The people at the house said, "he left here twenty minutes ago."

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So I picked up my briefcase, went to the auction, and got the grove.

Now, God took an angel and moved me and that Cadillac 78 miles, angling across two cities, in 20 minutes. Now you tell me how it was done, I don't know. I don't know and I was not aware of excessive speed, and not only me but the Cadillac too.

That happened, and I was not aware that it was happening at the time. I do not know how it happened and I was driving.

"Tobacco Road".
If you're using a sweetener and the sugars stay too low it could mean that they're allergic to lemonade but many times it may go back even further than that.

For instance many times there's nothing wrong with the pancreas except that the liver is in such poor or bad shape until it has not had time to rebuild, to manufacture the correct amount of it's enzymes in the pancreas to control your body problems. So, the pancreas often gets blamed for something that it's not guilty of because it did not have the supply.

I'll give you an example which is different from body chemistry. There was a girl who started working for us in Blue Ridge and she had been a drug salesman, but she got converted. She was saved and she gave her heart to the Lord.

If you've ever read the book "Tobacco Road", the family in that book is an excellent family compared to the one she was raised with and the "Tobacco Road" family would be as far above her mode of life as you are above the "Tobacco Road" family. The reason she was a drug salesman was that she was from a very, very poor family.

Now that book "Tobacco Road" is a classic, and if you've never read it you should because it's a real classic and an eye opener. You can read it as a dirty book if you want but if you really want to read it properly then read it as the way a lot of people lived at that time, and a lot of them still do.

The home she was raised in was such that neither her mother nor father cared for her and both her parents were alcoholics. Her parents often used to have pistol duels or knife fights and cut each other up badly enough to need sewing up. When she was 10 her mother died.

The girl married young, had been married four times and had two children. After her fourth husband left her with the two children, the Welfare Board in this particular community wouldn't give her any support, and she couldn't get a job anywhere either because of the "holier than thou" attitude in the community. Now the Welfare Board had no legal right to set any difference in status as to who they gave support to but they did and they refused her applications. The only thing in the world that she could do to support her family was to sell pot, so she did, and she got caught. Then someone said, "why don't you go out and see Doctor Reams".

She came and saw me, and I talked to her and she poured out her heart to me about her life and family and we had prayer and she gave her heart to the Lord. We gave her a job and she is really making a fine, fine worker and person and we have also employed attorneys and fought it through the court. We got her out now and she's almost completed all her probation.

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Be aware that there are circumstances and conditions that you can find people in and they need a lot more than diet, they need encouragement too. You need to work on the whole person.

Now there was a cause and effect, she had to feed her babies because she loved them, but she had no way to do it except to break the law.

Now, your pancreas is something like that girl, it's willing to do anything in the world that's got anything to do with it, but the liver's not supplying what it needs. The liver's acting as the Welfare Board and it isn't supplying the girl. So your poor pancreas rebels and does the best it can but it kicks these numbers all over creation and you lose energy.

So I just gave you a parable to help you understand.

Transitional Child, Moron Child.
I'll give you an example of a child that was classed as a transitional child.

In 1964 or 1965 when my wife was still teaching she specialised in teaching transitional second graders, and just before Thanksgiving one year she said to me, "I have the cutest little girl in my class and she never says a word to anybody, she never smiles and she's got the saddest face on her that I have ever seen a child have and I have not been able to reach her yet. She never volunteers to answer any question but I have never asked her a question that she doesn't know the answer to and whenever I ask her to stand up and read she does it. She cooperates perfectly all the time but she doesn't play during recess like the other children. I've never had a problem in a child quite like this, what do you suggest?"

There were four second grades in this school, and each teacher had their alloted days for various tasks like exercises, play supervision, recess supervision and so forth, so I said to my wife, "when it's not your day to supervise the playing keep this child back and ask her why she is so sad."

So my wife did, and just a day or two before Thanksgiving she said, "I talked to that child today, and when I did she started to cry and said, 'what do I have to be happy about, my daddy's in military service and he's got a heart condition and we expect him to drop dead any minute, and my only brother is a moron. What have I got to be happy about?' "

So I said to my wife, "ask her if she would like to have us come over and visit the family."

It was a day or two before Thanksgiving when my wife asked the girl, "would you like for us to come over and visit your parents?"
and for the first time she smiled and said, "I surely would."

So we called the parents and asked them if we could come over the day after Thanksgiving. They told us where they lived and when we went to see the parents they immediately had their guard up, because when the teacher comes to see the parents the kid is generally in hot water.

When we walked in there was this little boy between $4^1/_2$ and 5 rolling around on the floor acting like an idiot, and the little girl was there and very happy because we had come to visit her

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parents. We told them exactly what happened and why we had come, all because their little girl was entirely too sad.

Her father was in his mid 30's and we found out that he had retired from the military on sick leave from a heart condition, so we suggested some dietary measures to help his heart, the use of asparagus, avoiding the unclean meats, water and so forth and all the time his wife was writing it all down. While this was happening I was also watching the little boy rolling around on the floor acting like an idiot but I noticed that he made a few movements that indicated great intelligence and I said to the parents, "this child does not look like a moron to me, will you have him do some handwriting for me so that I can see his writing."

They said, "he can't read and he can't write."
I said, "I know he can't read or write but he can make marks on a paper and it's the scribbling I want to see."

There's another course that you can take and it'll do a lot of good, and that is the International Grapho Analysis Course in Handwriting and it's highly recommended. It's accepted by all courts in the United States, and the banks of the world. It's an excellent course, it's scientific, and it's taught in some of the universities in the United States but be aware there's some fake courses out there that are just quackery, and these machine handwriting courses are all fake, there's nothing to them. The real handwriting course is excellent. That course will help you to learn a tremendous amount about the personality and character of your people. I took it about 1955 and it's still valuable today. Now the course I took was a 2 year course in handwriting and I took the entire course in 3 months, and passed all the examinations and you don't pass on 80 or 90, they only pass you on 100%, and you've got to identify signatures, handwriting in pages, and character references and so forth. It's really a skilled course. I recommend it very highly to you but it does not pinpoint illnesses though.

So I said to the parents of this little boy, "would you have him do some writing for me?"

I said to the little girl when she started out, "after he writes the page you bring it back to me to read the handwriting." So this little girl got some paper and took him in to the dining table and she began to write and show him what to do, so he then began to scribble and make marks all over his page and so forth, and you know how a kid marks a paper.

So I read the little girl's hand writing and then I looked at the little boy's markings and he was extremely interested to know what was going to happen. Now a moron makes a certain type of mark on a paper that can't be made, or won't be made, by a child unless it is a moron. Whenever the moron starts to make a straight line he can't do it, he can't make the straight lines like the ones that aren't morons make, so it was the difference in those two marks that showed me that the kid was not a moron.

After I'd looked at the child's scribblings I said to the parents, "this child is not a moron. He's a genius. He has outsmarted you, the doctors and everyone." Up to this time the boy had never spoken one word to anybody, yet he cried at times, and I said, "all you need to do to him is to treat him like a human being. He's been told so long that he's a moron until he is as sick and tired of it because he knows he's outsmarted you, and he's got you folks wrapped around his finger and he wants to be treated like a kid and you're treating him like a moron. You're forgiving him

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everything he does because you think that he's crazy and he can't help it," I said, "he can help it, he can obey." And I said, "as soon as we leave here this afternoon you put a bridle, saddle and spurs on him and make him toe the line. What he needs at times is a good spanking, and treat him like a kid and he will love you for it."

You know what that kid did, he got up off of the floor and crawled up in my lap and put his arms around my neck and almost broke my neck, lovin' me, because I had called his time on it and they said he had never done that to anybody before.

That kid knew every word I said, and they did crack down on him and the next morning he says, "I want oatmeal for breakfast." And he went to school the next year and he was a star student, I mean he starred in the kindergarten and he was a tiptop A1 student. Now that kid was simply a genius that outsmarted the best psychology doctors that were. We watched that kid go through about 4 years of school and he was a straight A student all the way through and everytime he would see me or my wife he'd wave and come over to us and talk.

That little fellow was an intelligent little fellow, but you can tell somebody they're a moron long enough for them to believe it. When treating it the thing about it is not only to give a diet but treat them like a human being, the best of human beings.

If the moron problem started at birth, if it's a genetic condition, you cannot do anything about it by diet, however we're learning to do a lot through mental telepathy on some of these people that were thought to be impossible before when we start with them young enough.

Now the moron's behaviour is not necessarily reflected in his equations. You'll find some morons that are the best behaved children in the world, they don't cheat, they don't give any trouble, however they're generally loners and they don't mix with other children, but you may find that if their digestive tract is upset they'll be quite a problem child.

Tumor Behind the Eye.
After he had taken the course, Doctor D....., a chiropractor, out in Washington State near the Oregon border called in some numbers on a 23 year old lady and I named a few problems she had but I said, "the major problem is a tumor behind her right eye and that's going to give her more problems in the next 2 or 3 months than anything else. Put her on the diet and make sure she sticks to it."

She was told about the problem with her eye and she said, "there's nothing wrong with my eye", but in the meantime she went to an oculist, a physician, and he examined it and said, "there's nothing wrong with your eye at all, there's no tumor or anything. Who said you had a tumor behind your eye?"
and she told him the chiropractor, and gave him the chiropractor's name.

Then this physician who was a member of the AMA called up Doctor D..... and really give him "Hail Colombia" about diagnosing a case because he was only a chiropractor and supposed to limit his work to the spinal column only. And so he ordered a hearing in which he was going to give Doctor D..... a hard time but the hearing couldn't be arranged for any closer than 6 weeks away.

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Well the hearing date was set, but 3 days before the hearing the tumor burst and was pouring out of her eye, and her eye was one bloody mess but I had told them from the first test, "it's just a little boil that's not going to be anything serious but it's certainly going to be very uncomfortable for a few days."

Then she went back to Doctor D..... and he was telling her what to do and washing it out with eyewash and getting it in pretty good shape, so when he appeared at the trial he just took the girl with him, took the bandage off and said, "there doctor, I told you it was there". So they decided to drop the case, they didn't want to hear anymore about it because the boil had burst.

Uterine Tumor.

Another case that we had was one of our insurance agents tried our program and was so pleased with it that he brought his wife in few months later. He brought her in and said, "my wife is just a bag of complaints."

We ran a test on her and found that she had a tumor inside of the uterus, right above the neck of the uterus, about the size of a golf ball and it was so bad that it could start haemorrhaging at any time. I told her, I said, "I think probably it's too late to keep it from haemorrhaging but I don't think it's too late for a diet to get it well."

She didn't believe a word of it, not a word of it, so she went to her doctor and they put her in the hospital and for 3 days they tried to find anything and everything wrong with her, and told her there was nothing wrong, that they was just a bunch of quacks out there that didn't know what they were talking about.

She was discharged from the hospital in the afternoon and the next morning at 4 o'clock the tumor started haemorrhaging and she called her doctor and he puts her in the hospital and then he finds it.

What I'm trying to tell you now is a pap test is only about 10% accurate because it's got to be haemorrhaging that day, or leaking, or giving off a substance or you cannot find the problem and this was the case in her case. Unless that area is haemorrhaging that day you cannot find it.

Then they found it and they wanted to do a hysterectomy immediately but she simply got up, got dressed and said, "no, that bunch of quacks found it before you did, I'm going back to them." And she came back to us, she was as humble as a kitten. She didn't tell me anything about the hospital at all because if she had of I would not have taken her in at all. She didn't tell me this till three months later.

We put her on the program and in a week's time the haemorrhaging had stopped and in eight months we let her go back to the doctor for an examination again. They missed their diagnosis.

So what I'm trying to tell you is diet should be tried, and tried first, providing it's not so critical that life might be lost. We have people come that's so late that we send them to a hospital and get their system built up a little before we even touch them. We try to build up their system before we can even touch them at all because they're in too weak a condition to even start with a diet alone.

Walking.

You'd be amazed at how many senior citizens I have in their 90's and how well they are, and they've been walking for the last 15, 20 years.

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Over at Daytona in Florida where it's warm they can get up and down that beach like a young person almost, walking, walking, walking, walking, walking. These people were just about a 'past score' even at 65 and 70, and now they get all over the place and they're in their 90's. I think I have 20 people now over 100 years old, and none of them look like they're 100, not anywhere near it. One of them is 114 and he still teaches in the university 4 days a week, 2 hours a day, and a charming fellow to be around and he looks about 70. One of my attorneys in Florida who handles my affairs there, he's 80 and he looks about 48, he stands on his head and gets around like a kid almost, he only takes 5 cases a year and that's all he wants, and his father who is an orthodox Jewish priest is about 102 years old. The father isn't my patient but the boy has taught his father a lot about it.

Wesley, Dr. Charles.
After Doctor Charles Wesley had preached a great sermon in Paris one night in which there were thousands present, he was shaking hands with the people as they went out, one man said to him, "Doctor Wesley, God has given me the talent of seeing other people's faults."
And Doctor Wesley said, "for God's sake, give it away."

Look for the best in people instead of the worst, find something good and build on it, and sometimes about the only thing you can find is that they're still breathing, but at least you've got something to start with.

You know when I was a boy I loved to fish, I thought there was nothing so wonderful as fishing, there wasn't any radios or televisions then, and we worked with horses all the week and the automobile hadn't even come into actual use, there was a very few of them around, but I loved to fish and you couldn't buy a boat in those days there were no electric motors, you had to row everywhere you went.

To get a boat you had to cut a Cyprus tree down, take it to the mill and have it sawed, then season it for a year and keep wetting it about every two or three days so that it would properly season without cracking and splitting, and then after a year you would plane it, sandpaper it and make it into a boat, and I loved fishing so much that I could see a boat in every good Cyprus tree, I really could.

But when I became a man I see a saint in every sinner, I see a well person in every sick person. This is what I'm looking for, and these numbers are the key to the greatest aid of all those in the healing arts that there is. You may make a thousand mistakes with them but still you will be nearer correct than anyone else whenever you co-ordinate a diet with the treatments that is necessary, and drugs, and chiropractic adjustments and homeopathic remedies, and naturopathic remedies, you have gotten a step nearer the goal in God's plan than anywhere else.

Worm Case, Three Dogs.
I'm Paul G....., we tested a man one time, called the numbers in and Doctor Reams said he had a serious case of worms.

The man didn't believe it so what he did, he had two dogs at home and he took stool samples from the two dogs and himself, and took it in three cartons to the vet. He called himself "house dog", and there was also dog number one and dog number two.

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When the vet returned with the results he said house dog was full of worms and dog one and dog two looks alright.

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PART 11

DAILY DEVOTIONS AT THE BEGINNING OF EACH DAY'S WORK

Course 1, Day 1

The bible, in 2 Timothy 2:15, says, "Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth."

Not only rightly dividing the word of truth about theology, but also biology, nature, everything. And this is what we are here for, is to study, to show ourselves approved unto God, not Man, unto God.

If we show ourselves approved unto God, that is all that's necessary, God will do the rest. But if we try to find favor with Man you will find it very difficult because what will please one will displease another, but God is easy to please because He tells you what He expects.

In the gospel of Matthew, after Jesus had fasted for 40 days and 40 nights, the Devil was tempting him and he said, "If you be the Son of God .."and he knew that he was the Son of God, he said, "command that these stones be made bread", and Jesus said something that effects you and me today. In answering Satan he said this, "It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." Think of it, every word that proceedeth from the mouth of God. Not some words, but ALL words.

In this class I am a stickler for perfection. I'm a stickler for perfection, because the bible in Matthew 5:48 says, "be ye therefore perfect, even as your Father which is in heaven is perfect." God is perfect and if we are to be like him we must be a stickler for perfection. We must seek to be perfect, especially when we're dealing with human lives. We do not want to make any errors and in this course you're going to find that it's going to take much of the guesswork out of your professional work and out of your life. You're going to be able to zero in on things that you've never been able to understand before, and this is an attempt to be perfect.

For instance, Moses was one of the highest educated men on Earth, raised in the king's palace, a brilliant lawyer, a brilliant statesman, a brilliant military man for the first 40 years of his life and then God took him out into the wilderness for 4 years to teach him how God wanted it done, and then at 80 years of age Moses began his life's work and he finished it at 120, and there's no way of knowing how long he might have lived but he disobeyed God on just one little thing. In Numbers 20:8-12, God told him to speak to the rock and he struck the rock with his staff and therefore God did not permit him to go into the land of Canaan because he knew better than to disobey God.

The more obedient you can be to every law that God has made the more perfect you will be. There's none of us perfect, not one, but we are seeking perfection. So we are seeking to know the truth that the truth may make us free. This is our purpose, this is our goal and this is what we're doing. I want you to know that I have no way whatever of healing anybody, I have no cures whatsoever. Jesus is the great physician, He made the laws of physics, he made the laws of biology, he made the laws of diet and he can change them any time he wants to for his glory. But if

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we obey them there are great rewards, and if we do not obey them then we have the punishment of illness, of early death, of all kinds of problems that can easily become worse. So as we study the laws of biology, remember that God made them and all that we're learning is to learn absolute obedience and to follow them. As far as I know this is the first time that every degree of biological life has been expressed in mathematical terms. God is a God of mathematics, He is a God of science. He made it all and He made it by math. He said even the hairs of our head are numbered.

You're going to learn about that in this course and even more than that. Every cell in your body is numbered. You're different from everyone else and anyone else. There's no two people alike and there's no one person that isn't allergic to something. There is no such thing as a cure-all and we're going to learn that and why in this course.

It's a pleasure to have you here, to work with you, to have you study, to have you use these facts for the benefit of mankind and I welcome you all. May God bless this class. Father help us to understand more about the greatness of thy kingdom of this universe, of how it is made, how it pertains to us, how we fit into the pattern and how we are to go about serving others as you serve us.

Help us to understand thy precepts, hide them deep in our hearts that we might be a great service to mankind and as often as we do this unto the least of one of these we do it unto you. Bless everyone here, may we go away this weekend with power in our hands to help others. This we ask in the name of thy loving son, Jesus, the King of kings. Amen.

Course 1, Day 2.

Good morning, is everybody here? Everybody's here if we're here.
That would be true if my wife were here too, she's the better half. They tell me that in every man's life there should be a little woman telling him he's not so good. They also tell me that the ocean is made out of a woman's tears, and while we're on the subject, tears are the finest nerve medicine in all world, don't you forget it. You relax, and if you're uptight and you can cry, it's a blessing. Doesn't matter what you're crying about just so you're crying, and so is a good laugh also, it's the finest nerve medicine in the world, you unload, and that's the reason that God made laughing and crying, is so that we could unload the burdens of life, and the finest thing that I know of to unload the burdens of life is to know a burden bearer who is willing to carry your burden for you, and I recommend Jesus Christ.

With him he will carry your load, only you have to let him. There's a song "Take Your Burden To The Lord And Leave It There" and most people take it, but then they get up and take it away with them. There's no human being that reaches maturity who at times is not loaded with burdens almost too heavy to bear, and this is especially so with doctors that have to stand by absolutely helpless in watching a soul slip into eternity, and even when that person is slipping into eternity he's placed so much confidence, so much faith, so much belief in the doctor, and so has the family and you're so helpless at that time. We wonder why we're doctors. Why we were ever so foolish to choose a profession in which we're so helpless. It is moments like this that draw us close to the Master, that we know that God is God, that we are a part of His creation, and that without Him we can do absolutely nothing. We realise that all of our remedies, all of our cures are nothing, but in Him there is life eternal, a free gift only for the ascendance and any doctor that doesn't know that, and teach that, is not a doctor, because in our moments of weakness we can become strong in faith,

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strong to help the helpless. We may not be able to save the dying but we will be able to comfort those that are left.

It's our job to teach the health message as it is written in the bible, unashamed, the truth undivided, and then the result is up to God, not you or me. It's up to God then, and the sooner we can let self go and let God have His way the more peace we will have, but don't ever let one failure cause you to become a recluse or to give up. You'll never amount to anything until you have a thousand failures. You'll never amount to anything until you get kicked out of at least six churches because that's the way God promotes you. God lifts you up by letting you down, or by you letting yourself down at least, and this is the way we rise, this is the way we know in whom we have put our trust. This is the thing that fills us with holy boldness not for ourselves but for the rights of man.

The history of the liberty of the United States is written in the blood of people who loved it enough to die for it. There was a struggle from the very beginning and 200 years ago some thought that we should stay under England and some thought that we should become a new nation. I don't have to tell you what happened, you already know, but the same powers that were at work that day to destroy this nation are still at work trying destroy this nation, and unless you're willing to stand up and be counted your children or your grandchildren will be peons of tyranny.

I'm one that is fighting for liberty and justice for all, and by this I do not mean just the rights to trial by jury. When the law says we are all created equal it simply means that we have the right to trial by jury and that too has been denied in many cases but what I'm saying is liberty and justice for all in the word of God, and for every man that's walking the King's highway Satan will have at least 7 hounds of Hell barking at him, or more, but when the hounds of hell are barking at you, you'll find you're on the King's highway. I'm not going to make any bones about it, for the last 3 years I've been at war with the American Medical Association, not with the fine doctors in this country, but with the corrupt union who have sought to destroy our liberty, who have sought to say that you will live by drugs or you will die by them.

I'm against any union that is operating contrary to the Constitution of the United States and the taking of any man's rights from them. I'm at war with them and I make no bones about it. The only thing they don't know is that Jesus is the great commander, I'm just a soldier on the battle front, it's not necessary for me to win this battle, but it is necessary for me to die trying and I will. I believe that I'm going to win this battle in the name of the Lord Jesus Christ and to Him be the glory, I want no part of the glory, because that's one thing that He will not divide with you or me. He will not divide it and I don't want any part of it, all I want is to be found worthy for Him when He comes.

We have a bible here this morning, turning to Psalms, Book 1, Psalm 1, these are the words you will find. I'm going to paraphrase somewhat some of the words, and the word "Blessed" means happy. I'm going to read it:

Psalm 1

Happy is the Man that walketh not in the counsel of the American Medical Association, nor standeth in the way of sick people, nor sitteth	Happy is the man that walketh not in the counsel of the ungodly, nor standeth in the way of sinners, nor sitteth in the seat of the scornful.

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in the seat of the scornful for his delight is in the Law of the Lord and in His law doth he meditate day and night, for he shall be like a tree planted by the rivers of water that bringeth forth His fruit in His season and whatsoever he doeth it shall prosper.	But his delight is in the law of the Lord; and in his law doth he meditate day and night. And he shall be like a tree planted by the rivers of water that bringeth forth his fruit in his season; his leaf also shall not wither; and whatsoever he doeth shall prosper

I thank you, may God bless you all this day, may you be enriched. By the end of the day God's truth will shine through. When Jesus came to this Earth the Angels sang, "Glory to God in the highest, and on earth peace, good will toward men." (Luke 2:14) That was not between man and man, that was not between nation and nation, or state and state, that was between God and Man. If your Peace is with God you have a peace that surpasses understanding and nothing can stop you, nothing.

So I ask you today to ask God to hide truth deep in your heart that you might be able to teach others, to guide others, and leave footprints on the sands of time. It's very difficult to tell the difference between a moron and a genius while they're still living, there's a very fine line that separates them. There's only one sure way to tell which is which, the genius will leave his footprints on the sands of time and the moron won't. So Jesus left his footprints to follow and I recommend that you walk where he walked, say what He said, teach what He taught and may the happy message as it's written in the bible, join the saints into a group so strong that nothing can interfere, that nothing can separate us from the love of God and with Him we will conquer.

Father we thank thee today for giving us breath for another day, for giving us another opportunity, for filling us with Thy joy until our cup overflows. Father we know the only thing that we can do is, after our cup overflows then we have something to divide with others, and we thank you for filling our cup so it can overflow, may we have our eyes placed upon others and serve others as You have served us, may we love others as You have loved us. Fill us today with Thy wisdom and we shall give You the glory throughout eternity, this we ask in Thy precious Name, the Name of Your loving Son Jesus, the King of kings, and all the people said, Amen.

Course 1, Day 3

"Surely the Lord God will do nothing, but He revealeth his secret unto His servants the prophets." (Amos 3:7).

When I was a young man I questioned everything that anyone did and I questioned it from a scientific viewpoint.

Before I was 10 years old I was working on a farm and early one morning while the dew was still on the sweet potato vines, we were cutting them to lay them out in the sun all day to let them wilt, and late that afternoon we would take a forked stick and push those potato vines into the potato beds in order to have sweet potatoes for the winter months.

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I wondered about what we were doing and asked, "why don't you just cut the vines and set them out now? Why do you let them almost die?"
The only answer was, "my daddy did it that way, and my grand-daddy did it that way so we're doing it the same way." No reason whatever. Just doing it like grand-daddy did.

When I got to be a man I decided I was going to do it my way, cut those vines and set them out right then. So I cut the vines and laid them across the potato beds then I took a forked stick to punch them down in the ground and they broke. You couldn't stick them in the ground because they'd break all to pieces. So I made a hole and then planted the potato vine and watered it. You know what happened? The vines rotted off at the top of the ground.

Then I let them wilt, pushed them into the ground with a forked stick and they grew up beautiful. Now somebody had learned that a long time ago but they had forgotten to tell their children why they did it like that, and here I was a man wondering all the time why these things had to be.

So sometimes we learn things by experimentation, but there's other times we need to know how to go to God himself to find out. I often have people come up to me and kind of whisper, "doctor do you believe in astrology." "Well certainly I do, I know the author of it all", and when I want to know something I go to the author, not to his creation. I recommend that highly to all of you, I don't doubt astrology, the stars and the planets but the interpretation of it, it sounds good to the ears. They always say something good about everybody.

I kept a record one time of the sequence of their predictions and I find they repeat them every 12 years, regardless of month. Now what's in January this year will be in December 12 years later, then they start over again. They're always saying something good about everybody, and sometimes that's about the only good news in the morning paper is the astrology column, all the rest of it's practically bad, so no wonder people read it, they want good news.

There was a professor in college that raved about Christianity and the bible and how people were so foolish to read the bible and put money in the collection plate and all this. His class was two hours and he had raved a solid two hours about how silly Christians were. At the end of the class one of the students that wasn't too bright said, "professor, shame on you for reading somebody else's mail."

You know, more people would be happier if they'd read their daily mail from Heaven every day. The bible is your message from Heaven to the heavenly Father and it's very good to do that until you learn to talk to Him face to face, till you learn to carry on a conversation with him through the day and it's wonderful whenever you can have continuous communion with Him through the Holy Spirit.

I want to refer you to another verse in the bible this morning and it's found in Genesis 1:1, "In the beginning, God
..." So many people ask when was the beginning, where does God come from. Over in the book of Revelation it tells you in no uncertain terms, "I am Alpha, I am Omega" the beginning and the end, so why ask any question about it. He is the beginning.

In the next word in that same first verse, "In the beginning, God created the heavens and the Earth." Now then he tells about his creation, it tells about rythym and then it tells us that he put Adam here.

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From Adam, Eve came, and God created man in his own image, on his own frequency. We were created out of the dust of the Earth in the likeness of God.

If we were in the likeness of God then we'd have the same frequency as God, but in an anionic body there is no blood and neither is there flesh as we have it today, there's an anionic flesh. In fact Job says, "flesh and blood shall not inherit the Kingdom of Heaven, we shall have a new flesh but our flame wilt it be the same?"
Also it says there that we shall be known as we are known, in other words, we will be known and the realm of age will be removed from us and we will look much younger because we'll never grow old, because there's no time.

Adam and Eve had anionic bodies. Now the temperature of an anionic body is 980 degrees Centigrade. It says that God is a flaming fire, a torch, and unless a man is baptised with water and with fire .., an anionic body is a body of fire, he shall not see God. Jesus said that. He shall not inherit the Kingdom of Heaven unless baptised with water and with fire of the Holy Spirit, the fire of the anionic body.

Now this anionic body that Adam and Eve had in the garden was not limited by time or space, in other words they could move great distances instantaneously and the food they ate did not have to be digested and go off as the stool or as faeces or as sweat or as urine, it went off as heat or electrical energy.

Now Adam was the biggest farmer that ever farmed this Earth, most people think of the Garden of Eden about the size of their garden but the Garden of Eden was about five times the size of the United States, if you want to know its boundaries get an atlas, take the fourth chapter of Genesis and mark it out on the atlas, it covered all of North Africa, all of Arabia, all of Palestine, the Dardanelles, all of Greece and probably into Italy and Spain. It covered a great area, about five times the area of the mainland of the United States, and this was the Garden that Adam had to look after. There was a lot more of the Earth than just the Garden according to the Scripture but it doesn't mention what the other part of the Earth was, and then Adam made a mistake, he took his authority from a person instead of from God and he displeased God, he ate of the tree of "Knowledge and Wisdom" that taught him right from wrong.

One disobedience, just one disobedience, he disobeyed God just one time and look what happened then, his body became a cationic body, his eyes were opened, he knew, blood circled through his veins.

Now whatever that fruit was that changed his body from an anionic body to a cationic body, put blood in his veins, sweat on his brow, to bring forth in travail, and so forth, a lot of people thinks it was sex but I do not believe that because before that He said, "go and multiply and replenish the Earth." Notice that word "replenish". In other words, it seems to say that the Earth had people on it here before, it seems to let us know that there was something here before that, but "replenish the Earth", you can't replenish it unless it had been "plenished" once before. But anyway his body was changed from an anionic body down to a cationic body.

Let's look further now to verify this in the Scripture, there's a lot more in the Scripture about it, Adam and Eve in the Garden of Eden before the fall were not naked, they were clothed in light, it tells us that in the book of Psalms, clothed in light, they were not naked until after the fall.

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In the study of this subject we find that Adam and Eve seemed to migrate Eastward, but the Garden of Eden began to reduce, the Garden of Eden became a desert, the great Sahara desert, the great Arabian desert, the cold stone mountains of Israel, the solid rock of Greece, and so forth. In other words, the Garden was destroyed by coincident.

In other words, God took the Garden away instead of moving man away, and it says that after Cain killed Able, God put a mark upon him, the mark of Cain, and he said that he was so afraid that he would be killed until he went out of the Garden eastward across the Euphrates river. Those people have slanting eyes and a yellow color, so, therefore we see that evidently the mark that God put on Cain was the mark of yellowness and also a slanting eye. Evidently one of Noah's wives was a descendant of Cain because out of it came a mulatto and as Ham made fun of his father's intoxication or his inebriation, it said a mark was put upon him, and some of the descendants of Ham were Canaanites, and some of the Canaanites were black people.

You cross black with yellow and you get mulatto, you cross mulatto with mulatto you get white. So whenever you begin to put the Scriptures together there's a lot of sense to them, there's a lot of things that makes "come and go" biological sense.

But let's go forward now till we see Shadrach, Meshach and Abednego put into the fiery furnace, Daniel 3:19-26, and the fire made seven times hotter because they chose to obey God, and as they chose to obey God they were put in this fiery furnace and four people were seen walking in that fire all night and the next morning the king called, "Shadrach, Meshach, Abednego" and they answered.

He opened the door and three people walked out, but the fourth one no-one knows where he went, but I believe it was the Lord himself, or the angel Gabriel, that came down and turned their bodies into an anionic body and they walked in the fire all night and were perfectly comfortable, they didn't even need a fan.

Then after Jesus arose from the dead he had an anionic body, he could walk right through a wall with no problem whatsoever, he could go right through a wall, or move great distances instantaneously and he could walk on the water. This verifies the fact that Adam and Eve in the Garden of Eden had bodies that were made in the likeness of God.

You might say, "well how do you know that an anionic body has a temperature of 980 degrees?" If you know your chemistry and know your frequencies it's no problem at all to figure that out. Now in the book of Revelation it tells you that Hell is fire and brimstone, well burning sulfur is brimstone and any high school student that's studied chemistry knows that sulfur burns at 720 degrees Centigrade. Do you know the saints can walk through Hell and not need a fan because their bodies are at 980 degrees, and Hell fire's only 720 degrees Centigrade, in other words we have divine protection and these are the beautiful thoughts that are in the bible, written there and He said this, "Surely the Lord God will do nothing, but He revealeth his secret unto His servants, the prophets."

I'm not a prophet, neither am I the son of a prophet, I am a biologist, I am a physicist and without that training that I got in schools and colleges and study books I would not understand what God is saying in his letters from Heaven. I recommend that you pick it up from here and continue to read, and continue to study the beautiful secrets that are written in this book. They are far beyond anything

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that the mind can comprehend and this is only just a drop in the bucket to what is written and I've only hit some high points.

If the ocean was ink there would not be enough ink to write out in very small print the beauty that's hidden in these Scriptures. It is food for the soul, it is strength to the body, it is a joy eternal that cannot be quenched, so I recommend to you that you read your mail from heaven every day.

Father we thank you this morning for coming and abiding in this meeting, we thank you for the presence of the Holy Spirit that we feel here, open our minds and our hearts and our understanding that we might be servants to all men as you are a servant to us. If we have pride Father, take it from us, if we have greed take it away and Lord, may none of us ever be guilty of enriching ourselves on the sick and the dying. May we each give of our best to our fellow man, duly and properly remunerated but not overly done so for thy glory.

Father we know that your blessing on a nickel is greater than a five dollar bill without it, so today Father we place into your hands our lives, our all, our being, help us to be of one accord and let the Holy Spirit be our teacher today and we will give you the praise throughout eternity, this we ask in the name of Jesus, the King of kings, and all the people said, Amen.

Course 1, Day 4

After World War II a lot of parochial schools were formed through the nation, and I heard this story but I don't know whether it's true or not.

There was a parochial school down in Florida that was highly successful and after a few years one of its donors visited the school and he went into the principal's office and he said, "I'm Mr. So-and-So", and immediately the principal recognised the name as one of the donors and they chatted for a few moments and then the donor said "I would like to go through the school".

The principal said, "I'll be glad to show you through the school".
He said, "I would prefer that you would not, I want to go see it when the principal isn't there, because no school room is the same when the principal's in the school room."

So he was visiting the school and he was quite impressed, the cleanliness of the school grounds and buildings, the ability of the teachers and how well the teachers had the classes under control and how enthusiastic the students seemed. He was really impressed with just how well done the teaching and the work in the classroom was carried on, then he went into the second grade they had a young teacher there, very pretty and a very neatly dressed class and he watched the teacher a few minutes after introducing himself and then he said to the teacher, "may I ask the students a question?"
She said, "why certainly."
He said, "who's this little boy over here in the front row" the teacher said, "that's Johnny"
so he said, "Johnny", and Johnny stood up to attention, as straight as he could, his hands to his sides, and the donor said to this little boy, "who tore down the walls of Jericho?"
He said, "I don't know sir, but I didn't do it."
He then asked the teacher, he said, "is this answer common in the school?"
and she said, "I know that boy's parents and if he said he didn't do it, he didn't do it."

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He went back out of the school room and down to the principal's office, and the assistant principal was also in there, and he told them what happened in the second grade room and the principal said, "well I'm new here and I don't know the students very well, or the people or the families, but my assistant has been here a number of years, he was raised here, and he knows the people real well."
The assistant principal spoke up and said, "I know that boy's parents, his grand parents, his uncles and aunts, and if that kid said he didn't do it, he didn't do it."
"Well", he said, "when is there going to be a board meeting?" He said, "there'll be one tomorrow night."
He said, "I'd like to attend."
He said, "we'd be glad to have you."
So he met with the board the next night and as the honoured guest they said, "well, we'd like to hear what you have to say and we want you to know that we appreciate your help that you've given to this institution over the years and if it were not for men like you we couldn't have this school here. And it's great that God has put upon hearts of men to become philanthropists."
Then he told them what happened, and they said, "well, would you mind waiting outside for a few minutes while we discuss the matter." After a little while they had him come back in and they said, "we're awfully sorry that it happened, all that we can do now is pay for damages."

Yeah, a lack of knowledge is a dangerous thing.

So as we learn more about our subject we become more knowledgeable to the truths that are there, but this morning I would like to call your attention to a verse in Matthew 10:8 wherein Jesus said, "Heal the sick, cleanse the lepers, raise the dead, cast out devils; freely ye have received, freely give."

This is a command to every child of God, and every man of God. Know there's a lot of difference in children of God and men of God. There's a lot of children but there's very few men of God or women of God. You send a child or a boy out to do a man's job and he'll come back and give you a dozen reasons why the job can't be done, and all of the reasons are true as far as the boy is concerned, but you send a man out to do the same job and he'll come back and say, "what do you want me to do next, the job is finished?"

When somebody comes back to you after you've asked him to do something and give you an excuse why the job can't be done, or why they didn't do it, any excuse whatsoever, it means that you're dealing with a child, or boy, you've given them a job that's too big, you've over-estimated what they can do, and you either go have to show them how to do it, send someone to show them how to do it or to get someone else to do the job. But whenever you get into the position as a doctor or as a laboratory technician there is no-body for you to turn to, you're either going to have to do the job or quit. Only the Lord Jesus Christ is your helper and you must depend on him.

I want to give you a verse of Scripture and you'll find this in Hebrews 11:1, "Faith is the substance of things hoped for, the evidence of things not seen." It's a little hard to understand in the old English so let's bring this right up in modern terms today. Faith is absolute expectation, that is what faith really is. You know in whom you have believed, you know when you ask He will answer, He may not give you the answer you want but he'll give you an answer. He may not tell you to do what you want to do but He will tell you what He wants done, and learning to be absolutely obedient is very important.

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I'd like to refer you to a verse I gave you before and this is Matthew 4:4 and a part of that verse is, "Man shall not live by bread alone but by every word that proceedeth out of the mouth of God." Every word is important, nothing should be omitted, absolute obedience is demanded and the more obedient you are the more and greater responsibility will the Lord put upon you as His steward, and remember, Faith without works is dead. If Faith without works is dead, then works are the result of Faith. Work is a commodity and if work is a commodity then Faith is a commodity, and if you do not put your Faith to work so that it will manifest itself in works, then you will not be a steward of very much.

God will make you a steward of much if you'll only be obedient in a few things. God will give you the responsibility to do great things for Him and the more He gives you the more unworthy you will feel and you'll also get to the place that you're afraid to ask God for anything, you'll be afraid that He's going to give it to you and you won't know what to do with it, and many times you'll find Him giving you things that you don't want. I'll remind you of an example I've already told you about. He gave us this Hotel, He made it possible when I didn't even want it, but here it is and we'll keep it in work till Jesus comes. I want this place to be a shining light, a refuge, but we have not yet made all the changes that we're going to make. We are making changes slowly, one by one these undesirable traits that are in so many hotel rooms are being removed, such as smoking in the rooms. You go into a room that's supposed to have been cleaned but the very window curtains are full of tobacco smoke, and it's in the pillow, it's in the sheets, it's in the rug, and all night you breathe those fumes of someone else's filth, and you pay a high price for it.

So we're going to try to clean these rooms and we'll assign so many of them to people who smoke. We do not want to deny those people a place to sleep but we do want literature in there telling them about what they do and encouraging them that there's a better way. You know the church is not a clubhouse for saints, it is a hospital for sinners, remember that. The church is a hospital for sinners.

I had a patient that was nearly dead when he came in but he began to get better and better and better, and finally one day he said, "doctor, I'm not coming to see you any more because every time I come you talk about the Lord Jesus Christ and He's never done anything for me."
I said, "friend he gave you the breath that you breathe and you don't appreciate it. Do you attend church?" He said, "no, I don't go to church. There's too many hypocrites in the church."
I said, "friend, let's get the record straight real fast, if those people were not in church they wouldn't be hypocrites, but I got news for you, you've got to be smaller than the thing you hide behind. The person that hides behind the hypocrite is smaller than the hypocrite. Of course some hypocrites get converted but the man that hides behind them can't be, he rejects the truth, and it's the truth that makes us free. It's the truth that gives us our liberty. It's the truth that makes us know that our bodies are the temple of the Holy Ghost. It's the truth that makes us have a desire to be like Jesus and to walk in his footsteps. It is the truth we follow in order to be perfect, 'be ye perfect' is God's command. This means that everything you do should be perfect, so 'be ye perfect'."

You can never be perfect and guess, because no guess is ever perfect. It's not perfect unless you know it's the truth because ye shall be known as ye are known. It might be accidental, but you wouldn't be sure enough to make it perfect. It's only your assurance in perfection that makes it perfect in God Himself because here we come back to a very fine point, that faith and perfection are synonymous. Perfect faith, perfect love, perfect confidence and absolute obedience are the basic foundations of a man of God, and God will give you great things to do if you will give Him

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everything you've got so that you will only have time to do it for God and the more you have to look at till the less time you have to serve God.

About a month ago I had a meeting with a group of men that helped me put this school together and in a few of the odd moments between the meetings my attorney said to me, "Doc, you ought to make a will"
I said, "why should I make a will? I have nothing but the clothes on my back. I have nothing, I've given everything to God. I have nothing. I want nothing. He supplies my needs as he supplies the lilly of the field and the birds of the air. I have nothing, what do I need a will for?"
He thought for a few minutes, scratched his head and said, "I don't think you need one."

There's nothing in this world that I desire to hold for my own edification, all I want is something to do for God. I've given him everything. "He that's not willing to leave father, mother, brother and sister, houses and lands is not worthy of Me." It doesn't say your children, and I'm not talking about not taking care of those people. Also it doesn't excuse you from taking care of those people if they're in need, but you don't have to be there to take care of them. I take care of my 93 year old mother, I have to have two nurses with her around the clock, 7 days a week. She's up and around, her mind is clear as a bell but it's like the mind of little 2 year old child, and just like a little girl she can't dress herself. She can feed herself and she can also sit down on the floor, sit straight up and put her legs straight out in front of her, I can't do it, but she can, and sometimes she'll take her mattress put it down on the floor and sleep for two or three hours, lay around, play on the mattress, play with her fingers or play with a set of beads like a two year old child. My mother's 93, and I love her, she's a precious soul but I don't have to be there every moment and I can still be about my Father's business because I have assigned nurses to take care of her.

So what I'm trying to say, I have left my mother for God's service but I am still taking care of her, it doesn't remove you of the responsibility. So often I find parents that are ill and the children don't want to keep them, they don't want to bother with them. They can't keep them even after they're able to leave the retreat, they say, "we can't care for mother", or, "we can't care for dad." Well the bible says, "honour thy father and thy mother that thy days may be long upon the Earth which the Lord thy God giveth thee." There are a lot of people that break every rule of health and live to be a hundred, and the only reason I know for them doing it is that they obey this one rule, they claim this one promise, they honour their father and their mother and God made that promise, both to sinners and saints alike. "Honour thy father and thy mother that thy days may be long upon the Earth which the Lord thy God giveth thee." There is no biological reason for them to live long, but this is a theological reason for them to live long.

So there are times when the biological phenomena stops and the theological takes over, and our instruments do not measure that, they only measure the biological. I want you to know that where these instruments leave off God's power begins, takes hold and accomplishes things. This is my message to you this morning and remember, "be ye perfect."

Father we thank thee this morning for Jesus who taught us to be perfect, who taught us that it is possible to be perfect. We ask thee this morning Father to hide thy precepts and thy rules deep in our heart and give us the power to recall them as we need them and as we use them. Father if you'll just do this we'll give you the glory till Jesus comes, this we ask in thy precious name, the name of Jesus also, Thy son, the King of kings, and all the people said, Amen.

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Course 1, Day 5

I heard a story about a colored minister that had a very famous, outstanding, colored ladies choir, all virgins, and he was quite famous throughout the State and the South, but his head soprano singer got married and he felt pretty bad about it because he was losing a soprano singer.

Come choir practice night there she sat in her place in the choir and he kinda stomped around not knowing just exactly what to say to her and, finally he said, "don't you know that this is an all virgin choir, and if you get married you can't sing in this choir?"
She said, "yes sir, pastor, I knows that. But I'm one of them there foolish virgins."

So there'll be many a time when we do our thing that we'll be find later that it's one of those foolish things that we did, but if we can remember not to do them anymore our life will not have been lived in vain, and as I've often said, "remember only the happy things in your life and look for the best in people, because you'll find what you look for. If you're looking for the worst in people you will find it but if you look for the best in people you will find it." Look for the very finest things on Earth and you will become like what you look for most.

The thing that you will find so often is people with their minds cluttered up with all the tragedies of their life when they should be remembering only the beautiful things of their life, and when a person has their mind cluttered with their tragedies and every bad thing that has ever happened to them they do not know God as they should know Him, they need a friend, they need love, they need kindness and I'm coming to the point that I want you to remember, "absolute forgiveness is absolute forgetfulness." Absolute forgiveness is absolute forgetfulness and if you will clear you mind like you do an adding machine each day of all the unpleasant things you'll find it much nicer. You'll have a much more beautiful life. If you have an unpleasant task to do that day do it the first thing in the morning, get it behind you and forget it.

Now I do not believe there's any such thing as trouble. I have no troubles at all. None. I don't believe there's any such thing as trouble. Trouble is only a problem that:

- you're too busy to solve,
- you're in too big a hurry to solve,
- you're too lazy to solve,
- you're just too ornery to solve, or
- you think you're too good to solve, pride stands in the way.

Now God gives you problems to draw you close to Him, and you can take any problem with God's help and make it a stepping stone to rise to higher planes. But if you take that same problem and put it in a bag and call it trouble it will weight you down, it'll break your heart, it will cause you to worry, it will break you. Your life will be remembered on how well you solved the problems that God gave you to handle. Problems are what makes us strong and without them we would be weaklings, and whenever you have a problem, like a flat tyre on a rainy night, all you've got to do is to say thank you Lord for slowing me down, thank you for giving me this problem, and praise Him all the time that you're fixing that tyre and believe me, you'll come out of there singing, you'll come out of there rejoicing, you'll come out of there filled with something that you didn't have before that tyre went flat on you.

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This brings us to the thought of patience, God wants us all to learn patience, and patience is one of the most difficult things in the world to learn. Be patient with other people, be patient with yourself, be patient with your wife and your children. Be patient.

One of the most difficult things I had to conquer in life and my patience was the man just ahead of me at the stop light that didn't move on when the light turned green. He'd just sit there, and you can think of all kinds of things:

- it isn't ...,
- he shouldn't be ...,
- he should have his license taken from him,
- he should be sent to driving school,
- who does he think he is,

and all those kinds of thoughts that the devil will put in your mind. Well one day I conquered that, and it never gave me any more problem and I'll tell you how I did it, I started praying for the guy. God was showing me some soul that needed prayer, and from there on it's been no problem at all, and as soon as I started praying he moves on. But one day I came up to a station wagon at a stop light, and a sticker on the back bumper said, "if you love Jesus honk your horn." So I honked the horn. The guy stuck his head out the window and he said, "you idiot can't you see the light is red." Sometimes you just can't win for losing, but he got prayed for too.

I want to tell you now how to really get even with your enemies such that they can't do a thing in the world about it. Put them on top of your prayer list, put them up so high they can't even see it. That's the way to get even with your enemies. When people do something wrong, or they do something that displeases you, put them on top of your prayer list and that's a wonderful place to keep them. Love your enemies and pretty soon you'll love people so much until you can't see anything wrong with them. I would rather be taken by 9 dishonest men than to mistrust 1 honest man, because they don't rob me they rob God, it's between them and God, not me. I don't even have to have any concern about it except to pray for them.

I had to make a trip to Minneapolis and I was gone for 3 days. When I got back the first thing the driver told me at the airport was that someone stole our pickup truck last night.
I said, "Praise God."
He said, "what do you mean by sayin', Praise God, did you hear what I said? Somebody stole the pickup truck last night."
I said, "hallelujah, praise the Lord."
He said, "they took our truck, what's the matter with you Doc? Are you off your rocker?"
I said, "no. Praise the Lord. That truck had 93 000 miles on it and God's gonna give us a brand new one." So it's all in how you look at the problem.

Suppose I'd have been worrying about the truck and been seen fretting, that doesn't help anyone. God did give us a new truck, a brand new one, and not only that, the stolen truck was a $^{3}/_{4}$ ton truck and He gave us a brand new 1 ton truck, zero mileage on it.

So if you look at your problems as an assignment from God to help you rise to higher planes there's nothing you can't do and this puts your Faith in gear, and your Faith brings forth works and

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work's joy and you will never rise by pushing anybody down, that's kid stuff. So push everybody up and go up with 'em, if you push them down you must go down with them.

If you ever have the pleasure of being arrested for being a Christian be sure there's enough evidence to convict you, and also pray for the man that arrests you, deal with him about his soul. If they put you in jail start a revival meeting and it's a wonderful place to have a revival meeting. Those people are ready to grasp at straws.

So I'm telling you what you can do. It tells us in the time of the End that the saints shall be persecuted and expect it, "the devil is gonna be as a roaring lion" at the End and it's a joy to go to jail for the Lord Jesus Christ, it's a pleasure. I'm never so happy as when I'm in court testifying for my Lord and Master, to a jury, to a judge, to a prosecuting attorney filled with hate and I have seen the Holy Spirit just wilt them. I've seen it and it's remarkable what God can do. Let go and let God have His wonderful way. You don't have to have any thought of what you'll say when you get to court, or before the magistrate, all you have to do is ask, "Lord, give me the words to say," and He will. Nothing can happen to you that God doesn't know about, and nothing can happen to you that God cannot turn into a blessing. It's not necessary for you to win the battle but it is necessary for you to die trying, to be a soldier for Jesus Christ and whenever you get your eyes on yourself during the times of tribulation then you've got your eyes off of God.

How many of you know of Lester Roloff? He's a man doing great work for God with alcoholics and displaced children, children that needed more love and kindness when they were growing up and didn't get it, and the State is persecuting him very severely. A little over a year ago I was visiting him, and he's a short man, but he was like a bent old man, and he was telling me about all his troubles and while he was telling me I was saying, "praise God, hallelujah."
Finally he straightened up, looked up to me and said, "who's side are you on?"
I said, "listen, you're a soldier of Jesus Christ, rejoice and be exceedingly glad. You're on the King's highway because the hounds of Hell are barking at you. Isn't that music to your ears?"
He said, "I hadn't thought about it like that."
Now then he's taking it like a trooper. So the things that you learn, pass them on and be a blessing to all that you meet and it is great to be on the firing line for God.

So I'm glad to be here, I've very much enjoyed teaching this class and I'm glad that our souls are of one accord and there's great things to be done for God but so long as Satan can say, "I have a jail I'll put you in it if you serve God" he has conquered you without firing a shot. Perfect love casteth out fear if you have plenty of calcium. Remember, go by the numbers and may God bless everyone.

Father we thank you for this wonderful week that we've had together, we thank you for teaching us Thy ways of doing things. May we go out now and put these things together for Thy glory. May we work on the whole man, the whole woman, the whole boy, the whole girl and may our every action point to the King of kings, and may each of us rededicate ourselves to Thee to give the whole message in the bible to everyone that it might be as water from a fountain that shall never run dry as we go our own ways this day.

We ask you Lord to keep our lamps filled with divine oil, keep our light burning, and may we keep our wicks trimmed by prayer. May we be a shining light, this we ask in thy precious Name, in the name of Jesus, the King of kings, and all the people said, Amen.

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Course 1 - Closing Address

Student Test.
You know it's better to light a candle in the dark than it is to curse the dark. Yesterday I gave you a test but you were not the ones being tested, I was, and I noticed that everyone of you got one question correct, and that is the perfect equation.

Withdrawal.
Remember the numbers I have given you when people are in withdrawal, they drop and then the ureas come back up to a 12 and that means that they have completed withdrawal. Many times you put a person on a diet and on the lemon water and water at home without a fast.

Fast, Supervision.
Do not put anyone on a lemon water and water fast unless you are able to check their numbers daily because they can go into a coma. In the books by Nord Davis and Salem Kirban, they tell the people, "please do not try a fast by yourself, or without supervision." Both books say that clear and plain, and it isn't that we want everyone to run in and get a test, it is because it may be unsafe to do so because they go into withdrawal, get sick at their stomach and then they think "that book's crazy, that diet made me sick at my stomach" and then they quit and call the author a quack because it was done without supervision.

Remember the story I told you about the old mule that only heard what he wanted to hear, and that's the way people are when they read a book, they only get out of the book what they want to get out and they miss some of the very essences of what is written there. The books are not written for the purpose to keep you in the doctor's office, they're written for the purpose to get you under guidance so you'll know what you're doing. We want to help you and we want you to help as many people in everyway that you can, but the best thing to do is to have guidance while they are going through a fast.

Chemistry Reaction.
If you can put them through the lemon water and water program without a fast it's good but for those with a sugar of 5.50 or above they should not be put on a lemon water fast or even lemon water because when your body chemistry starts to react it generally overreacts and when it overreacts that's what gets you into trouble, an overreaction, and especially so in children.

Pulse and Temperature.
Please don't attempt to put children with a high blood sugar through a lemon water and water fast. The high sugar increased the tension in the child and the increased tension over a period of time made the child tired. If you put the child on a lemon water and water fast the child will vomit 2 or 3 times, the eyes will roll back in their head and they will go to sleep for anywhere from 12 to 30 hours, and you'll hardly be able to wake the child at all, they'll be just like a limp dish rag and it scares mommy and daddy plum to death almost. There's nothing wrong with the child at all except all the tension that they've had from the high blood sugar has been released, they've been so tired and now they're resting, the child is just so relaxed, but it'll scare mommy and daddy'll and they'll fight you. The child won't give you any problem at all but mom and dad are ready to fight you, and they'll call you up at any hour of the day or night and I don't blame them, they're deeply concerned about their child. Whenever this condition exists please check the pulse and temperature and go by that because a child seldom ever has a temperature whenever they go through withdrawal.

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When the child wakes up you should see the difference because he's rested from before. He's easy to control, he's obedient. Before he goes on a diet their mother and dad, as much as they love him, sees horns on him, but after it they look for wings. It makes a world of difference in a child's pattern of behaviour.

Children, Co-Operation.
Children under 4 years of age have difficulty in cooperating. Once in a while you will find one at $3^1/_2$ that can, but I haven't found a child under $3^1/_2$ that could cooperate. At 4 years of age practically all normal children can cooperate.

Now when you're going to put a child on a lemon water and water fast, according to their weight, and you use the lemonade and water at a ratio of 1 ounce of lemonade to 9 ounces of water for children, if they have a high blood sugar sometimes you can use the sugarall or sweet and low, but many times the child will not want it at all, they like the lemon water and water plain. If you take that child and talk to him as man to man, doctor to patient, and tell him he is to be a big man when he's doing this, he'll go through it like a trooper, in fact it's remarkable how well children can cooperate whenever you tell them what to expect. Once in a while a 4 to 5 year old will forget and cry a little bit but then you go and explain it to them that you're a big boy or you're a big girl and you're going to get well, and if you don't do this you're going to have to have needles put in you with insulin then they go through it like a flying trooper and when they come through it they're as proud as peacocks, they're really doing it and you've won a child to you for life.

Vaccinations.
One more thing that I'm bitterly against and that is the innoculations for children. I'm not in favor of innoculating children at all, unless there's an absolute need for it. There's more children killed every year with the poisoned needle than die from the diseases. So I'm not in favor of innoculation at all for the prevention of diseases. I raised six children and I refused to have them innoculated at all, at any time. When it come time for them to go to school, The Pensitter's Parochial School, I went to see the principal to register them and he said, "you have to have the child innoculated"

I said, "no, I'm not gonna have the child innoculated, I don't believe in it and the child will not be innoculated." and he said, "well I can't take them in school."
We were very good friends but I said, "listen, the Federal law says the child has got to go to school, and the State law says they've got to be innoculated before they go, and the Federal Law takes precedence over the State Law. Now I'm not going to have the child innoculated, it's your job to educate not to medicate, and if you refuse to take my child just because she's not innoculated, I will be forced to enter suit against you to show cause why, and I'll have to charge you with practising medicine without a license, and I don't want to do that."

and he thought for a minute,
and then I said, "not only you but each member of the school board." It was a parochial school I was paying for the child to go to.
He says, "I tell you what you do, you send your children, this child and the others when they're of school age and we'll never have any trouble."
I said, "thank you, we understand each other perfectly."

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And you know they were never innoculated, not even during the polio scare. My children were not and they never missed a day from school because of illness and they never had any cavities in their teeth until they got to the place where they knew it all, and then a few little cavities formed and then they said, "I believe daddy was right", and then they went back to obeying the rule again.

So what I'm trying to tell you is there is a time for vaccines but I'm bitterly against the broad use of vaccines. I'm also against the flu vaccines that come out every year. I've seen senior citizens die because their energy was too low and when the vaccine was given their body couldn't accept it and it simply hastened their death. Every year I see that and most all doctors see the same thing, so there is a time for vaccines and there's a time not for them but for the State to say that everybody has to be innoculated is wrong. It removes from you the freedom of choice to do what you see fit.

So these things I pass along to you without malice. It's up to a parent, he is the guardian of that child's welfare, and of the senior citizens, and all this advertising that's done every year, and the scare that comes out every fall about a new kind of flu, and a new kind of shot, don't you believe it. It's simply put out for no other purpose but to sell drugs.

Keep your numbers right, keep your body healthy and you won't need it. So these are some suggestions that I want you, if the Lord leads you, to go out and tell it to the world, and don't do it because I said do it, do it because God has ordained that our foods should keep us healthy.

Banquet.
Go out and teach the people how to eat the right foods so their stomachs won't be a garbage can. Now it's perfectly alright to have a banquet two or three times a year at night, fill your stomach and be miserable all night, roll and tumble, it's very good just to know that the rules are good. Get up tired in the morning, get a late start. But I give a banquet just to show people a good time, a climax, and the truth. It's perfectly alright to break the rules occasionally in order to know that the rules are accurate, but be careful, just break them a little bit because it can be a lot of fun to break a rule occasionally. So you'll be asked what about white sugar, two pounds a year won't hurt you. In other words don't be down on that which you're not up on.

Numbers, Perfect.
So as you begin to work with these numbers something will happen and you'll know they're right. Some people will come back to perfect and some never will. We don't understand why all don't but you can see with your eye that there is a great improvement made.

Course 2, Day 1

It's great to be alive. I wish to welcome each of you here, you're starting on Course Number II and this is the course in which you study Ranges and Zones, and you're going to skip over most of the math and one thing I would like to say about this course is this, that it needs to be memorized. Now you don't have to memorize it while you're here but if you're to understand and to use it you must memorize it and it will be given to you in a number of different angles and ways but it is absolutely necessary to memorize it like the multiplication table and there are certain things that you will need to do to master this course and that's memorize the rules.

Now these are not exactly rules, these are patterns. You will have some rules but you will have mostly patterns and you need to memorize those patterns and later you're going to find out why

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they are patterns, but right now we're skipping over the math and the biophysics and chemistry in Course II and III and giving you patterns so that you can be a lot further advanced, and then at the end of Class III and beginning with Class IV you'll learn why these patterns are where they are and then you will learn to make your own patterns by the time you finished all of these courses. So I'm just explaining to you what this course is about but this is time for our morning devotion.

I would like for you if you have a bible to turn to Amos 3:7, and that's a very famous verse that you should learn, and memorize. It says, "I will not do anything except that which I will reveal to my prophets if they ask me." Now you may have a different version of the bible but that's what it means. In this verse the Lord is speaking to you and me and He said, "I will not do anything except that which I will reveal to my prophets if they ask me." I will read it out of King James version verbatim. "Surely the Lord God will do nothing but he revealeth his secret unto his servants the prophets." You'll also find this in Matthew 14:52 because God wants you to understand his ways and his mysteries.

Now there's one thing necessary to be able to understand what God says to you and that is to educate yourself well enough in the field that God has called you to perform in so that you will understand what He says when He says it to you. Had I not trained myself in physics and math when God spoke these secrets of biological laws to me I would not have known what he said. It's sort of like children sometimes and they don't understand many things, like one little girl, preschool age, that asked her mother, "mommy, mommy, where do babies come from?"
And mother said, "well daddy plants a seed and mother takes care of it and a baby comes."

So a few days later she was playing out in the yard and she found a peach seed so she said, "I'm going to plant this seed and have me a baby." So she dug a hole and planted the seed and looked around and she found an old soup bowl that had had the side broken out of it and she turned it over the seed. Couple of weeks later she went out for she was playing, "oh I'm going to go see if I've got a baby". So she turned over the soup bowl and there sat an old toad frog. She said, "you ugly old toad I would kill you if I wasn't your mommy".

So it's so easy to misunderstand what God is trying to tell us, but what I'm saying is, "Study to show yourself approved unto God a workman that needeth not to be ashamed, rightly dividing the word of truth." Seek to know the truth, and to know truth shall make you free. This is the law of liberty, to know that you know that you know, and what a peace it is when you know that you know. If you know you know something, and you know you know it you're not bragging when you say I know so and so, because you do know. You're only stating a fact when you say "I can do so and so" or, "I will do so and so" or, "I'll find out why these rules will not apply to you" or to someone else.

This is our devotion and brings us now to many of the facts that are in the bible that show we are marvelously made. We are made in the image of God, and after the fall we have a cationic body, but before the fall we had anionic bodies which:

- did not have to have bowel movements,
- did not have to have sweat, tears or death,
- was not limited by time or space but did have rythym,
- did not have death and illness,

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and so forth. Before the Fall the body was anionic with a temperature of 980 degrees Centigrade and the food was digested by heat energy and electrical energy. After the Fall the body became cationic with a temperature between 98 and 99 degrees Farenheight. That's quite a lot of difference.

Before the Fall, Adam and Eve were not naked in the Garden, they were clothed in light. They were naked only after the Fall, after they had sinned. Only after God had used a sword of oxygen to drive them from the Garden of Eden did they know that they were naked so they then made clothing of leaves and so forth. What I'm trying to say is this, our bodies are now cationic but they are still in the image of God. Our cationic terrestrial bodies have the same frequency, micronage and milli-micronage as we will have in our celestial bodies, so whenever we begin to study the great phenomena of this we come to the point of energy.

Each one of us has so many gifts and we're supposed to develop these gifts for the glory of God. In Luke 10:9 Jesus commands us to heal the sick. Now some people think it's to be done instantly, some think it's to be done with drugs, some think it's to be done by diet, some think it's by exercise and still others think it's by reading a health book. There is one health book that is very, very good. In fact I have not found any errors in it, and if you don't know what that health book is you ought to write down the name of it, it's the Bible, and you'll find the rules of health in there.

I'm going to call your attention to some verses in the last book of the bible, Revelation 22:15 and I want you to pay close attention to. Now in the Book of Revelation, and only in the Book of Revelation, the word sorcerer which comes from the Greek word "pharmacopoeia" which means drugs, or drug salesmen, or drug pushers, or drug givers. "For without are dogs and sorcerers and whoremongers and murderers and idolaters and whosoever loveth and maketh a lie." That's talking about those that are chosen of the Lord and those that are not chosen of the Lord.

This next verse in Revelation 21:8 says, "But the fearful, and unbelieving, and the abominable ..," the abominable are those people that eat the unclean meats, ".. and murderers and whoremongers and sorcerers, ..", meaning drug pushers, ".. and idolaters, and all liars, shall have their part in the lake which burneth with fire and brimstone; which is the second death.", and doctors who depend on drugs alone to get people well are inexcusable.

Now Revelation 18:23rd Verse, "And the light of a candle shall shine no more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee: for thy merchants were the great men of the earth; for by their sorceries,.." for by their drugs, ".. were all nations deceived."

Revelation 9:21 says, "Neither repented they of their murders, nor of their sorceries, ..", meaning drugs, ".. nor of their fornication, nor of their thefts." Now this is what the bible says about drugs and it's speaking about the abuse of drugs, not the use of drugs.

There are so many things today that are considered drugs that are really not drugs, for instance lithium carbonate is considered a drug and it isn't. Lithium carbonate is an element mineral, it does less harm than aspirin tablets and yet it's called a dangerous drug in the PDR because it does a lot of good if used wisely. The only thing about the use of lithium carbonate is you do need to drink plenty of water when you take it, otherwise it can do just what so many other things can do and that is it can make you slightly nauseated, and many times that's a good thing, but just because it makes a few people nauseated because they don't drink any water they call it a dangerous drug.

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So what I'm trying to tell you is the truth. "Seek to know the truth and the truth shall make you free." Seek the truth.

You were introduced to the entire Biological Theory of Ionization, or maybe I should say the Reams Biological Theory of Ionization, because there's about 20 people now have come up with a counterfeit teaching that's almost perfect, as if they did it all by themselves. I don't care less. If it does anybody any good then God bless them but I'm just hoping that it won't do anybody any harm. In other words they're saying it doesn't matter whether you have a few pennies less than a hundred in a dollar, it's alright if it comes up to 88 cents. You see what I'm saying, that's counterfeit. Now I'll agree the dollar's worth about 12 cents or less but that's neither here nor there though. What I'm trying to say is that these counterfeiters are claiming that theirs is just as good as anybody elses and they sound good. For instance, you may buy a suit of clothes for US$250 and 20 years later, even wearing it quite often, once or twice a week, then as long as there's a piece of it left it will still look beautiful and brand new. But you could have bought a suit of clothes for US$29 or US$19.95. It would have covered your skin and hid your nakedness, and that's all the other one did, but you look like a bum. The first time it was washed it looked like it was forty years old and you looked like you were dressed in rags.

Now there's a lot of people hollering that all these courses should be given in 6 months, or 3 months, but I'll tell you something and don't you forget it. When God made a pumpkin he made it in 3 months, but when he made an oak tree He took 100 years. It's impossible to master this in 3 months because no human mind can take and use that much from 3 months study. In other words you're getting the benefit of 50 years research in laboratories here and in actuality you ought to have a 4 year course in it and I mean every day, plus laboratory work until you know this thing backward and forward. I'm trying to streamline the instruction because of the dire need of people to help others to know something about diet and be healthy now without going through the 4 years. In the future I hope we will have more time and be able to spend more hours on it for those who really want to master it. But the minimum time that you'll be able to master this is 9 courses, and if you're not a doctor then there's going to be one on anatomy and there's also going to be one on the Dale Carnegie Course.

Now some of the people that have taken the course have a personality about like a sick rattlesnake in a hornet's nest, and they wonder why they're having such a hard time. They get their emotions mixed up with their patient's and they give the impression that they're perfect. They don't know how to say, "I don't know, but I'll find out."

I know there's been a jillion problems and we have not been able to solve all of them yet, but I would rather trust my life to the poorest tester on the field than the finest doctor with cobalt, chemotherapy or radiation. Those are not answers. Those are murders and they're going to be held responsible for it. So what I'm trying to tell you is learn your work, learn it well, memorize it and know that you know the answer.

Course 2, Day 2

Let God be God, and stop trying to bring God down to our size.

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In other words if there's anything bigger than we are we can't comprehend it because it's bigger than we are, but the reason is that we want to be big from the time we're a child, and we plan on being big, and we never get it out of our head that we're not big, and it doesn't matter how big we get, and I'm not talking about kilos on the scale I'm talking about our achievements, and we want to still be bigger and bigger and bigger so we make God smaller and smaller and smaller. The thing we need to do most is to let God be God and the greater God becomes the smaller we become.

It reminds me of a sea captain during a storm at sea in the days of sail boats. It was the worst storm this old captain had seen in the 50 years he'd been at sea, and the pumps were working to their fullest extent, and there were crews bailing water, passing the bucket from one to the other up and down, making the cycle, trying to keep the ship from sinking, and even while they were manning the pumps, even while they were dipping the water out of the ship just about everybody on board was praying.

Now the captain was walking down the stairs with his granddaughter, holding her hand, when finally she looked up into the Captain's face and said to him, "Captain why don't you pray? Isn't the God upon the ocean the same God as upon the land?"
He went down into the hold and they asked, "Captain, this is your ship and you're in command, everybody's prayin' but you, why don't you pray?"

So he knelt down to pray and said this, "Dear God, if there is a God, this is the worst storm I've ever seen in the 50 years I've been at sea. It is a terrible storm, and God, I have never asked you for anything before in my whole life, and I'll guarantee you if you'll get me out of this storm I'll never ask you for anything again. God , this storm is a man's job, you come yourself and do it, don't send your son."

So evidently he got out of the storm because the story is told and otherwise if he hadn't have got out of the storm the story wouldn't be told. In other words, we find ourselves doing the same thing, trying to bring God down to our size and therefore we limit our own abilities by trying to be as big as God and why don't we let God be God and become his handyman, become the tool in His hands to accomplish the job that he has assigned us.

Now we have another group of people that are forever telling God what they're going to do for him. Suppose that you hired somebody to work for you and they started telling you what they were going to do for you, instead of doing what you wanted done, how long would you keep them? You wouldn't keep them very long would you? So whenever you start to work for God you got to know what God wants you to do, and whenever you surrender your life to God you can just about bet that He's going to give you a job that you think you can't do. He's real good at that. But I'm going to tell you this, he's the best payboss on Earth whenever you do his will, but if you do your will for Him then He'll see that you don't starve and that's about it. In other words you'll almost become a beggar and God's mercy is sufficient. But the person that accomplishes most is one who gives himself completely into the hands of God.

I often say that I'm only a monkey wrench in the master's hands. If you know anything about wrenches you'll know that a monkey wrench is the poorest of all wrenches because it only fits square headed nuts, but God uses me to adjust some nuts. I'm just the tool in His hands, so whenever you become a monkey wrench, or something like that then God is the master mechanic that can use you for his glory.

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You'll find certain things in dealing with people. God is Love, and one of the things that you'll notice with people is the more ill they become the less love they have for others, the more self centered they become. They get their eyes on themself and not the Lord. This is one of the great benefits of getting people into a retreat is they get their eyes off of themselves and onto other people, they get to rooting for each other, and the moment they start rooting for each other that is the time of a beginning for them to recover.

We had a high society lady from Miami, if there is such a thing as high society, and when she came to the retreat in Florida she walked like the Earth was not quite good enough for her dainty little feet. Now I'm not judging her but she gave me this appearance. I don't know whether anybody else had the same opinion or not but she had so much pride it was just sticking out all over her, and she had been operated on, opened up and found to have inoperable cancer and told that she had only 6 months to live, and she was desperate for help.

When she came to us she hardly had 6 weeks left to live. We'd sent a limousine 75 miles to the airport to pick her up and bring her out and when she'd looked around for 2 hours she decided she wasn't going to stay. She was going to go home. Well I'd already met her and assigned her to a counsellor and had someone to show her to her room, and then they called me and said that she had decided to go home.

I said, "very well, but before she goes I'd like to talk to her and I'll be over in about an hour." I knew it was going to be at least 2 hours because I wanted to make her wait just another hour, in other words I was trying to get her irritated and angry, trying to get her adrenaline glands to flowing. I wanted her to be good and angry when I saw her because I like to deal with people that are angry because I know that they can be helped. If you can't get people angry sometime their adrenaline glands won't flow.

She didn't know what was happening so it was 2 hours before I got over there and she was good and mad. She was ready to go home and I wasn't in the least bit of a hurry or the least bit excited and I said, "so you want to go home?" "I certainly do."
And I said, "before you go I'd like to ask 2 or 3 questions. What is your chief complaint about the place we have here?"
She said, "it's too crowded and smothery."
I said, "my dear I've got news for you, the cemetery is a lot more crowded than this, and a lot more smothery, in fact there's no breath at all there."

And she sat down and she began to fan herself and the sweat was just pouring off her face, and after a few minutes she said, "doctor, would you show me my room?"
I said, "no I won't, but I'll have someone show it to you."
So we had her in her room and we started her through her program and in about two days she really liked her room mate very well and so I pulled the room mate out of her room and gave her another room mate and did she raise hell, she'd been used to having a big bunch of servants and everyone doing exactly what she wanted, so I changed the room and she did everything in her power to get that same room mate back, but no chance, no way. Finally she come to me and she told me what had happened, I said, "did they do that to you?"
She said, "they sure did."

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"Well I'll tell you what honey, you go back and I'll see what I can do about it, OK. I just wouldn't treat a puppy dog like that." You know I was sympathising with her but I had no intention of changing it because she had a little narrow group that she had gossiped with all her life and she needed to mix with different people and this is what I was doing, I was working on the whole person.

So then two or three days later I moved her to another room, just had to move her to another room and then the same thing all over again. All over again. And she came to me, "did they move you to another room?" And I was so surprised you know. I was just putting on an act and it was really deceiving, but it was only for her benefit. But in 2 or 3 days she liked it just fine, she was just doing real well and you know by the time I moved her about the 5th time she didn't mind at all and that week she gave her heart to the Lord and three weeks later she was ready to go home and she said, "I want to stay here the rest of my life," you know all of her pride was gone.

This is what I was trying to do by moving her from room to room was to get all that pride out and you know she walked just like everybody else, and she mixed with everybody else and she said, "I've had the best time I've ever had in my life here, I want to stay here."
I said, "well honey you can't stay here, you go back to Miami."
"Well what will I do? I can't go back to that bunch of cronies I was with, I can't go back to 'em."
I said, "listen ! There's a lot of churches in Miami, you find a church that you can work in and you work in that church." And you know she is one of the very active members in one of the churches in Miami, and doing a great job for God. But what I'm trying to say is, you have to work on the whole person, let God be God.

Now I'm sure I didn't have enough wisdom to do this, but you know I pray for my patients and God tells me, or gives me an instinct or wisdom on what to do, and I recommend highly that you pray for your patients, not only for them but with them at times. Pray with the patients or during their presence. Learn to pray for your patient and you will be amazed at how surprised some people are for you'll be the first person to ever pray with them, you're the first doctor that ever prayed with them and you have a great opportunity to turn their eyes upon Jesus, turn their eyes upon the Father, and it's He that's the great physician, never forget to let each patient know, "don't look to me for healing, look to the great physician, He is the one that can heal" and this is letting God be God.

Whenever you begin to take the praise and the adoration and the glory for the cure you have your reward, and Man's praise doesn't mean anything and in letting God be God one of the devil's tricks is to have people to say unkind things about you. Just let them talk, the more time you spend in defending yourself the less time you have to work for the Lord, did you realise that? Just let them talk.

Now I'll tell you how to get even with them. Put them on top of your prayer list. They can't get off. They're helpless. And keep working for the Lord. Just keep working for the Lord and they won't bother you at all and very soon you'll get to the place that all advertising is good advertising and then you're just sitting on top of the world with your feet hanging off of it really because they don't bother you or don't disturb you. Now the more good you do the more the hypocrites are going to make hamburger out of you but the more hypocrites you put on top of your prayer list the greater hope you have of accomplishing something, but if you spent all your time in defending yourself you'll never have much time to work for the Lord because the devil will keep you so busy

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defending your pride until you'll be so heavenly minded until you're no earthly good. Now also in this, along this very same thought in working for God you're letting God be God and remember God's not working for you, remember that, God never works for you, you work for God and then He looks after you, like the child doesn't really work for you you work for the child and the child is dependant upon you or it's kinda like the old mule you know, does the mule work for the farmer or the farmer work for the mule. It's kinda hard to tell sometimes but without one the other couldn't exist but actually the mule is dependant upon the farmer, he is absolutely dependant upon the farmer but you know a mule is a stubborn creature, now if you fed a dog on dog food that he liked he will show his appreciation for it but a mule never shows any appreciation for it. What I'm trying to say is when Jesus healed the 10 lepers only 1 come back and said, "thankyou." So don't expect people to come back and say thank you.

Your friends believe in you and they need no explanation and your enemies won't believe it if you do, so why waste your time. Your enemies won't accept your explanation and your friends don't need it so therefore just don't try to defend yourself, it's not necessary. Make it clear and plain where you're going and make it clear and plain that you love the people that come to you, show infinite love, divine love and there's something catching about that that will be as beneficial as any food that you can give is to love your patients and help them love others or love your friends or your clients, teach them, teach them by your own acts without saying very much.

I had a lady come into my lab one time and generally 15 minutes is a long time, many times they only get 5 or 6 or 7 minutes but for 1 solid hour she raved at Billy Graham, and all the great evangelists and the churches and the preachers as being rip artists and all this and I just let her rage. She raged for a solid hour. I knew she had to run down sooner or later and when she finished raging she said, "Doctor Reams, what do you think about that?"

I just stood up in my chair put my hand out across my desk and I said, "let's shake hands", and she thought I was agreeing with her 100% but I never let her hand get to mine, I just kept it just beyond her reach and when she saw that she wasn't going to get to shake hands I said, "I've always wanted to meet Mrs God, and this is the first time I've ever had the opportunity."

She jerked her hand back behind her and put both hands behind her and begin to breathe hard and I didn't know whether she was going to run out screaming or what, and the sweat just poured off all over her and then she sat down in the chair. I just let her sit there for 2 or 3 minutes watching her but all the time while she was raging at

these great people of our nation I was praying under my breath, "God give me the right words to say, give me the right words to say."
Finally she said, "Doctor will you forget everything that I have said." I said, "honey I didn't even hear it."
She said, "well that was the shortest sermon I've ever heard but it went home. I'll never say it again to anyone", and she begin to cry and she said, "what shall I do, what shall I do, where shall I go?"
You know she was empty then, she was ready to be filled by the Holy Spirit, so we had prayer and I told her to seek out a church and go to work for God, and she did, and today she is a shining light in one of the smaller churches in Orlando. They have 2 or 3 hundred members but she's a shining light in that church even today. So what I'm trying to say is, "let God be God and let the Holy Spirit flow through you in everything you say and everything you do. Let him guide you with his eye, don't get excited because you don't have to defend yourself."

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You know if I had the choice of people praising or finding fault with me I would choose the people that find fault with me because my friends can't see anything wrong with me but my enemies think I'm all wrong, and they may be right. They may have some good points that need to be improved upon, so when they criticise me I consider what they say and if it's true I try to correct it so I'll be more lovable to my friends and keep from provoking my enemies, and also I try to live a little closer to the Lord today than I did yesterday. Sanctification is living a little bit better life today than yesterday and holiness is absolute obedience. Sanctification is living a little nearer the Lord today than I did yesterday.

You know sometimes I think Satan does more to get some folks into heaven than some of the church members because Satan picks at them until they can't stand it any more and they cry unto God for mercy, so if you just look you'll find the harvest white and the workers few, so are you going to be a worker for God? And remember He's the best payboss on Earth. Also remember this, your paycheck is your report card from God. Your paycheck, or your profits, is God's report card on you. Are you getting good grades or aren't you? If not find out how you can please Him more and your grades will go up. Is there anything difficult about this? Letting God be God is all we're talking about. Let God be God and find out what He wants you to do.

Now as to your patient, many times you can say, "there's 3 or 4 things that you should remember if you want to get well. If you should be well what are you going to do for God?
and they may say, "what should I do?"
the point is, "I don't know what you should do for God but if I were you I would do 3 things:

- First, ask God for an assignment and never shut up till He gives you an assignment. Now when He gives you an assignment one you're going to think it's impossible to do.
- Second, ask God for the strength to do that assignment, and
- Third, ask God to give you the victory.

Ask God to do these three 3 things if you want to be well and then the 4th thing is your duty to God. Say to Him, "Lord if you will do these things I will give You the glory throughout eternity" and this is letting God be God.

May God bless everyone of you this day, may it be the most wonderful day of your life and let me say this, once you go through these courses and if you can digest even just the morning devotions and the tips the teachers or I give you through the day about the love of God then you'll never be the same again. You will become that which you look for most.

Father we thank thee this morning for this meeting, we thank you for this time of study, we thank you for thy divine love for the beauty, for the greatness, and today Father we realise how small and how helpless we are. We cannot make one living cell but you can. And we're asking you to be the great physician and let thy spirit of healing flow through us, this we ask in thy precious name Father and if you do this we'll give you the glory throughout eternity in the name of your lovely son Jesus, the lily of the valley, the bright and morning star, our King, Amen.

Course 2, Day 3

If you would turn now to your Bible, 13th chapter of First Corinthians. This is known as the love chapter in the Bible. The chapter of love, and anyone who reads this chapter slowly and

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thoughtfully every day for 30 consecutive days will never be the same again. It will do something to you. It will lift you up as on the wings of an eagle. There's so much in this chapter until if you read it everyday for the rest of your life you'd see something different in it. You know God is love, and we are made in His image, then if we are to be like Him we must love Him. Now, in order to love Him we must love ourselves because the Kingdom of God is within us and also the only way we can show God's love is to the people about us.

This is the way to prove that God loves you, and God is love, is to love the people about you. Anybody can love the lovable but it takes a real saint to love the unlovable and you cannot speak one unkind word against anyone without hating them, did you know that? Anytime you hear anyone speak any unkind word about anyone and it's meant to be unkind, then they hate that person. Now you have a right to be a fruit inspector but you do not have a right to inspect the tree. There's a lot of difference. God never chose anyone to help Him judge. In Charles Wesley's meeting one night in Paris, there was a very great meeting and he preached a great sermon and as he was out shaking hands with the people as they left the great assembly meeting one of the people says, "Dr. Wesley, God has given me the talent to see the faults in other people"
and Dr. Wesley said, "for God's sake give it away. Give it away."
So what I'm trying to say, look for the best in people, look for something to build on, look for something fine about them and build on it. Sometime it's quite difficult but if you can even find them still breathing then you've got something to work on.

In this 13th Chapter, Ist Corinthians, it says this, "Though I speak with tongues of men and of angels and have not charity or love I am become as a sounding brass, and a tingling symbol." In other words, words without works availeth nothing, ".. and though I have the gift of all prophesy and understand all mysteries and all knowledge, and though I have all faith so that I could remove mountains and have not love I am nothing." In other words it's saying that our righteousness is as filthy rags. Self rightousness doesn't get us anywhere. There's many other thoughts that God will give you as you look at the beautiful chapter ".. and though I bestow all my goods to feed the poor, and though I give my body to be burned and have not love it profiteth me nothing." In other words it's saying that God doesn't need our money, He can get along very well without it and the only way we can serve Him is to serve others. "Love suffereth long and it envyeth not, charity vaunteth not itself and it is not puffed up." Charity never has a big I, it's without pride.

You know I heard the story of a man that was given a medal for being the most humble man in church, and he wore it to church and they took it away from him. Charity doth not behave itself unseemly, nor seeketh her own, it is not easily provoked, and it thinketh no evil. You cannot think evil about people and love them too. There is in every community what we call the gossip group and they are time wasters, they accomplish nothing. We learned to solve that problem early in our married life, my wife and I did. When a gossip came to our home we didn't know they were a gossip when they came in but as soon as they sat down they began to let the gossip spew out so we simply stood up and walked to the door and motioned for them to follow and we walked outside the door and of course they followed and then we walked back in and closed the door. They got the message clear and plain. Clear and plain, we never permitted gossip in our home, never. And the children were not taught to be gossips, but they were taught to be tattle tales, there's a lot of difference.

There's a lot of difference because we wanted the children to tell what the other child did so that we could correct them and any time we told the children that somebody said, "Don't tell your mommy

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or don't tell your daddy .." you tell them as quickly as you can get to them because there's something evil about those words, "Don't tell your mommy or don't tell your daddy .." you tell us as quickly as you can get to us because we wanted those children to know that they could depend on mommy and daddy when everybody else failed them and this is what God wants us to do is to take our problems to Him and not to the neighbours.

"Rejoice not in iniquity..", do not rejoice when other people are having a hard time, even your enemies. Do not rejoice whenever you see other people having a hard time, one of the things that'll you'll notice about a pagan people is that they laugh at each others troubles and mistakes, for instance, I was in a certain country when their river rose quite high and one of the houses of the natives fell in the river and it was the funniest thing that ever happened to the whole tribe, "ha ha ha, Mansour's house fell into the river, ha ha ha ha ha."

They thought it was the funniest thing they ever saw that somebody's house fell into the river, a distorted sense of humour and it's pitiful, it's pitiful when people rejoice in other people's problems whenever they could be helped, but rejoice in truth, rejoice in truth. Burieth all things.

When people talk about you don't go talking back, you're no bigger that the person you fight with, and as I said a day or so ago, that if the devil can get you to defending yourself all the time he can keep you so busy until you're so heavenly minded until you're no earthly good. So the thing about it is just let them talk, talk's cheap, and you can get even with them by putting them on top of your prayer list.

We were in our early 30's when we got married and we never had a baby sitter except at one time during all the time we raised our children, not that we had anything wrong with baby sitters, but we enjoyed our children so much until unless we could take the children we didn't generally go. So we had a baby sitter one time and she did a fabulous job, I went down to an old English Inn and it was very formal, they had butlers at the door and you had to dress formal, they had table cloths and napkins and they served their meals course by course with a lot of dignity and I was on an engineering job, I was out through the day but my wife was there through the day, and I was there three nights and four days, and it was quite different but my wife spent most of the day on the telephone talking to the kids, it was in the summertime, but anyway that was alright it's just like a mother isn't it that cares for her children. When we got back home about a week later my wife asked me to bring something from a little country store which was about three miles from our home and I stopped by there just as I was coming home late in the afternoon from the office and I was getting the things that she asked for and the proprietor of the store was the town crier, he knew everything that went on, good bad and indifferent, so he come back to me and he said, "Brother Reams could I talk with you in the stock room?
So I said, "sure", and I begin to wonder what in the world does he want to see me in the stock room for. I paid cash for everything, I don't owe him any money so what does he want to see me in the stock room for.

So I went back in there and he kinda whispered to me, he said, "Brother Reams" he said, and he went to the same church that we did, "I understand that you spent three nights and four days with a blond at a certain Fort Meacca Inn, English Inn." He said, "is that true?"
I said, "yes it's true." That's all he asked and that's all I told him. So I never thought any more about it. About two weeks later our pastor called up and he said, "could I come out to see you?"
I said, "why sure I'd be happy to have you come anytime."

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So he came out, we were sitting in the living room talking, my wife and I and the pastor and I noticed he was very nervous and he said, "can I talk to you privately in your den,"
I said, "sure, we'll go into the den."
So we went in there, he said, "Brother Reams" he said, "I want you to tell me the truth, and I want you to tell me what I'm going to say to you is not so."
I'd even forgot about the incident at the store it was as far from my mind as the East is from the West, I said, "well pastor whatever I tell you is going to be the truth, 100% the truth and nothing but the truth."

He said, "I understand, it comes to me that you spent three nights and four days with a blond at such and such a place, down at Fort Meacca, an Old English Inn", and he said, "I want you to tell me that that's not true."
I said, "well pastor it is true, I did."
He says, "does your wife know about it?"
I said, "I'll go get her." So I went and got my wife you know and she was a blond, and a real blond, not a peroxide blond, a real one and he'd known us for ten years and he'd just seen her a few minutes ago, but it was such juicy gossip he just couldn't help but hardly check it out you know, he was pastor that was his duty to look after the flock, I said, "this is the blond I spent the three nights and four days with."

You know in gossip there's just one fact that they leave out and if you'll search for that one fact you won't have any gossip, and if there's no money in it don't search for it because you're wasting your time. And you know one reason that so many people are so poor all the time, they spend all their time on gossip and there's no money in it. You can't earn anything while you're gossiping or listening to it. So if you want a better living don't spend so much time gossiping or listening to it. It's the way the devil robs you and causes your grades to go down on your financial report card.

I'm giving you meat to eat this morning, and if it chokes you I'm sorry. You just get a food chopper. Burieth all things, believeth all things and doeth all things. Charity or love never fails for where there be prophesies they shall fail, and where there be tongues they shall cease, and where there is knowledge it shall vanish away, for now we know in part, reprophesy in part, in other words, we teach in part but when that which is perfect is come that which is imperfect shall be done away with, that's sanctification, being better today than I was yesterday.

When I was a child I spake as a child, I thought as a child, I understood as a child, but when I became a man I put away all childish things, almost, I still like to go fishing once in a while. That's still a little bit of the boy still in me you know. But I do a lot less of it than I used to. For now we see through a glass darkly but then face to face, for now we know in part but then shall I know even as I am known. And now abideth hope faith and charity but the greatest of these is love. You know love is a hard word to define.

Once there was a king in England and he inaugurated the public schools in England, the first country in the world to have public schools and teachers. So after a year he began to visit the schools to see how well they were functioning and how well the children were learning. On visiting the schools the teacher always prepared a little play or a little skit or little poems to show what the children could do, and in one of the schools there was this beautiful little golden haired girl and he'd asked the teacher, may I ask a question to these children? And she said why you monarch, certainly you may ask a question. To this beautiful little golden haired girl about eight years old, between seven

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and eight, he said to her, "honey, what kingdom do you belong to?" and he expected her to proudly say I belong to the Kingdom of England, but she didn't say that, she looked up at that great monarch's eyes and she said, "sir, I belong to the Kingdom of Heaven. What Kingdom do you belong to?"

You know it takes a child sometime to put a monarch in his place. That child was filled with divine love, she knew what it was she just didn't know how to express it but she said it beautifully.

Also in London, England, there was this little boy that was born blind, and his parents had to work hard all day in the mills to eke out a living and they couldn't show him any special attention and the other boys took a lot of advantage of him and when he was five years old he took pneumonia during the Christmas Season and they sent him to the charity hospital and the first time in his life he was on clean sheets, clean beds and people spoke kindly to him. He never knew what kind words were, he'd always slept on straw and hay and came Christmas morning and of course in the children's ward they have gifts for the children and the nurse brought some presents into him and he says, "what are these?"
They said, "they are toys." He said, "all my toys?" "Yes"
"Why did you give me toys today?" And the nurse tried to tell him about Christmas day, about the saviour, and about how the wise men took gifts to the baby in the manger. Now one of the presents he liked most was a harmonica and finally before the day was over he said to the nurse, "who gave me this harmonica?"

And the nurse said, "there's a little girl up in another room that's very sick and she heard about you and she sent you this harmonica as a present."
"What did she do that for?"
The nurse said, "well, she likes you."
And the little fellow turned his face toward the nurse, blind, he couldn't see anything, in his world of darkness, and he said, "nursey, what is love?"
There stood the nurse beside the bed of this little vagabond, he'd never known love in his life, dumbfounded, speechless, she did not know how to tell him what love was. So she took that baby into her arms, she hugged him, she kissed both cheeks, she said, "honey, that is love."
And he said, "nursey, I sure do like love."

You know the world is dying for love, it's dying for kindness, it's dying for a little bit of encouragement, and it's within your hands, it's within your power to channel it right out of Heaven. This is the last time that we'll have a devotion during this class. Let the Holy Spirit come in, clean all the evil thoughts out of your mind and if you ever have a problem, say "What would Jesus do?" and do it, and read this chapter every day for thirty consecutive days and you will have an angel to guide your thoughts, to give you the right words, to open your mind to the understanding of things that you got in this course and that's what counts, and then you too will be able to carry out the command of Jesus in the tenth chapter of Luke in the ninth verse, when he said heal the sick, heal the sick. This is my plea to you this morning to go out and heal the sick, but never rob them. Never turn anyone away because they don't have money, never. God will make it up to you ten times over, and God will supply your needs and your wants as we learned the first morning in our devotion in the 23 Psalm. Father we thank Thee this morning for this message of love, we thank You that You taught us how to love, we thank You Lord for giving us a better way than ritual. But you have put upon our hearts thy laws, that You hid Thy word deep in our heart

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that we might not sin against Thee, make us all that You want us to be and we'll give you the glory throughout Eternity, this we ask in the name of your lovely son, our king, and our redeemer, Amen.

Course 2, Closing Address.

I have enjoyed teaching this class very, very much. I want you to help me make America the healthiest nation on Earth. I want you to go home and eat these rules till you know them from memory, not just because I said them but because they're true scientific facts. Memorize those rules and I wouldn't mind if you forgot the jokes. But anyway there's not very many in this one because we were all very serious business this time.

You've been a delightful group of people to teach and I'm just delighted to be mixed with God's jewels wherever I find them, and no one is authorised to teach class five and it has not been taught by anyone except myself, so tell it high wide and handsome if anyone wants class five, that's Monday, they'll have to get it here or get it counterfeit. Now a lot of people want the courses given on the East coast and in the central part of the United States, and the only reason they're not is we don't have the teachers trained to do it yet. And we hope some day to have it, and as soon as we do have it we want people to be training like they do the Dale Carnegie Courses all over the nation and all over the world.

You know there's two kinds of criticism, there's constructive criticism and destructive criticism. I'm not going to tell you what destructive criticism is but I'm going to give you the definition for constructive criticism. Constructive criticism is coming up with a better way of doing things and you are so sold on the idea that you are willing to supply the money to do it with, and furnish the personnel. Now that's a constructive idea and all the rest is destructive.

Now one lady come up to me one day at the retreat and she said, "Doctor Reams may I make a suggestion?" I said, "no."
And she was quite shocked, she said, "don't you want to improve this place?" I said, "I sure do, will you help me?"
"Oh" she said. "Why can't I make a suggestion?"
I said, "honey, one wouldn't do me a bit of good, I need a million suggestions. Just one wouldn't help any." We know to do a lot better than we're doing but we don't have the personnel and sometimes we don't have the finance to do it, and we need workers. We need finance and workers. We're not begging for money, and I've never asked for a contribution in my life but this is a recent problem and has been one of the finest things that could have happened to us because it was going so fast it was getting out of control, and before it got out of control the ones that was in it for the dollars exposed themselves when it was still young and now then we're getting a group of people in that's interested in service and those who are interested in service to others never has to worry about the dollars because the dollars take care of themself.

You know you can always really tell a man of God, when you ask him to work for you. If you ask him to work for you and he says, "yes sir, I'll work for you. What do you want me to do?" He's truly a man of God. But if he asks what do you pay then he's depending on man and not God. Remember one thing, the Bank of Heaven can't be broken. There's three things necessary to draw on the bank of Heaven:

- one is that you must be born into the Kingdom and entitled to use that account,

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- the next thing is you must make deposits with your tithes, and your offering, and your obedience to what God wants you to do,
- and the third thing you need is a signature of your faith.

And the world is yours and the fullness thereof, and it's nobody's fault if you don't have everything you want and everything you need for God's glory but yours.

Now you can always tell a child from a grown person, an adult, or Saint; a child is always blaming others and a saint always takes the blame himself. There's a difference in an executive and a business manager, a business manager has always somebody to pass the buck to and the executive doesn't. The buck passing stops at the executive. He's got no one to pass it to. You can always tell the difference in a boy and a man's work. You send a boy out to do a man's work and age has nothing to do with it, he may be 50, or 60, or 70 year old boy, and he'll come back and tell you a dozen reasons why the job can't be done and they're true, those reasons are true as far as the boy is concerned, but you send a man out to do the same job and he'll come back and say, "the job is complete sir, what do you want me to do next?" Now that's a man. Now which do you want to be, a man or a boy? I'm speaking about in getting the job done.

Do you really want to accomplish something or do you want to make excuses. I'm asking you. I think I've told you this one already, there was a student in college that asked the dean, "do you have an easy course."
He said. "oh yes, we have some easy courses but remember this young man, that when God made a pumpkin he made it in three months, but when he made an oak tree he took a hundred years." What do you want to be? What do you want? What are your goals in life?

If you don't have a goal sit down and make a goal and work diligently towards that goal. My goal is to make America the healthiest nation on Earth. This is what I want. Now I could go to other countries and practice without molestation by ATW, by the American Medical Association, by the drug syndicates and the pharmaceutical society, but I'm going to tell you this, I believe America's worth fighting for. I fought for it on foreign shores and I'm going to fight for it on this shore. I would like to see America the best place on Earth for my children and grandchildren to be and I'm willing to pay any price that America be everything that we sing it to be in "America the Beautiful". I love this country and I don't hate anyone, but some of their sins I cannot tolerate. But I can try to make them wish they had never sinned against me once they did. In other words in the army they can't make you do anything but they can make you wish you had of done it.

So that's the way it is when a sinner comes up against a saint of God, the saint filled with righteous indignation makes him wish he hadn't of done it, he certainly can put him in his place, and I'm delighted that God chose me for a warrior on the battle front, I really enjoy it.

When I was a young man I prayed the prayer that God would show me a picture of life's other side but not let me partake of it, and that prayer God has answered pretty well up to this point. I've been on the battle front, I've been in the seas whenever there was hurricanes or storms on the seas, I've been in airplane crashes, I've been in forced landings, so you name it and God has let me partake of it and see it. I've been in trucks that were blown up, I've been shot, I've been poisoned, I've been cussed out, I've been beat up but I haven't ever been insulted yet. So the saints are insult proof. You can't insult a saint of God and it's a wonderful place to be, it's a wonderful thing to have friends and you know if the devil himself come with an ingrowing toenail and I knew that HEW sent

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him I couldn't stand to see him suffer, I would try to help him even though I knew he was going to go right straight back and report me because if he wasn't the devil, if he didn't do that he'd be a pretty poor devil wouldn't he. So you can't expect the devil to be an angel of light. So I don't expect it and so he never disappoints me and really, really he can't touch me, he's only wearing himself out trying. You cannot break the laws of God, you cannot break the laws of physics, did you know that? All you can do is break yourself on them. You can break yourself on the laws of physics and on the laws of God but really you can't break them. You get away with it for a short length of time maybe, but they will catch up with you. It says be sure your sins find you out, and they will, they really will, they'll find you out by and by, and that's the reason that we're ill. It's easier to be to be well than it is to be sick, but we do everything the hard way and that's why we're ill, we break all the rules and who gains by it? The doctor and the undertaker, and I'm going to tell you some folks sure do love that undertaker. They just can't wait and they want to be sure he's paid so they buy burial insurance, they're going to be sure that he's paid. I have nothing wrong with burial insurance, but I would prefer to put the money in the bank and draw interest on it rather than let an insurance do it, that makes a lot more sense to me. So, I don't have any insurance except what was issued me in the military service, US$10, 000 of GI insurance and I was seriously wounded enough that they paid it ever since, I haven't had to use it so I still got it. So, that's the only reason I have any insurance, but, I'm going to tell you this, all insurance won't lengthen your life any at all, but your diet will.

Let me also give you another thought that lasting doctor's don't make them any smarter and I'll be glad to see the day come whenever doctors are not licensed any longer because the power to license doctors by the State is the power to destroy and a license to kill. I would like to see them register their qualifications and then the State wouldn't be the scapegoat for a Union and then it's between the doctor and the patient whether or not they survive or they don't survive, and when that happens it will cut our taxes tremendously, so I'm for America. I have a better plan, a better idea, I have furnished the money to pay the personnel and I'm also doing something about it and I appreciate your help in coming here to help me make America a better place to live for my children, my grandchildren, your children and your grandchildren.

Never give up, keep your head up, keep your chin up and work, work, work. The more work you do the more faith you have; the stronger you are the more faith you've got; the more faith you've got the more work you can do, and the more work you can do the more benefit you can be to your fellow man. And one thing I would advise you is this, do not try to lay up treasures here on Earth, because in the Book of Revelation it says there's going to be an atomic war and all the great cities of this world will be destroyed in a day and the ships at sea will mourn because they have no port to take their goods to. Now this is coming and what good does it do to having a bigger stake here, so what I try to do is to lay up treasures in Heaven where moth and rust cannot corrupt and when I leave this planet I don't have to leave anything because I've given it all away and the more you give away the less you hate to leave it, because you have nothing to leave and the more you have to go to.

I heard the story of the very rich man that did get into Heaven and he said, "St. Peter, show me my mansion" and he took him all the way down through the towered city way down into the slums and showed him a little old shack made out of scrap lumber and he said, "why St. Peter, that couldn't be mine I had a better place on Earth than that. St. Peter said, "I know you did but that's all you sent here to build it with. That's all you sent here to build it with."

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So you know we get what we deserve. Especially the day we get married we get what we deserve, and the little wife is always trying to tell us "you're not quite so good as you think you are" and here we are trying to prove that we're as good as she thinks we are so therefore some men are going to get to heaven. If it wasn't for their wife I don't think some of us would make it because they're telling us that we're not quite so good and we're trying to prove ourselves to live up to their expectation. You know the less people think of you the easier it is to live up to their expectation but your friends that think so much of you really challenges you to live up to what they can expect you to do.

They really give you a challenge. So what I'm trying to do is to give you a little philosophy that'll help you over the rough parts and it makes no difference how rough the road or how dark the way looks before you, all you've got to say is "this too shall pass away" and "thank you Lord for this opportunity and this problem" and before you know it, it will be solved, because God is exercising your faith through the problems He permits you to have, and if you don't exercise your faith it's going to be weak.

Henry Ward Beecher said one time after living forty years with Christians he knew why Jesus Christ came to sinners, sometimes they're easier to live with because they want to be good fellows in your appearance. Also another story Mr. Beecher told one time, he was visiting one of his parishioners that raised racehorses that were worth thousands and thousands of dollars and he showed him this racehorse and that racehorse and then he took him into a room and the whole wall was lined with ribbons that these horses had won. Finally he showed him an old plug of a horse that was standing on three feet and looked half asleep and just wasn't any appearance of a fine horse at all and that man said to Mr. Beecher, "that's the best horse I've got", and Mr. Beecher stood there in amazement because it was the worst looking one he'd seen. He said, " why do you say that's the best horse you have?"
He said, "that horse will work anywhere."
He says, "I'm going to make that horse a member of my church."

You know there are people that whenever God gives them an opportunity to work for Him they say "no, get somebody else, let George do it" and then all the time they're askin' "Lord what do you want me to do?" And when the preacher asks you to do something you're to busy. I heard a preacher say one time that when he wanted to get somebody to do something he found the busiest man in the church and he always had time to do it. So if you are too busy to work for God you're too busy. Just too busy. So what I'm trying to say is do everything you do for the Glory of God and the more you pray, and the more you listen, the more He'll ask you to do (and He'll send them to you) then the more valuable you'll be in His hands. So many people want to tell God how to answer their prayers and they won't have the answer unless God sends it the way they want it. Well he often doesn't do that.

When I raised my children I said to them in high school:

- when you children get out into life you're going to run into obstacles that you won't know how to handle, and you don't know how far a dollar goes and you think that two can live as cheap as one. I've got news for you, two can live as cheap as two, and maybe two can live as cheap as three, but two cannot live as cheap as one. You don't understand what I'm saying now but when you get out and get into difficulties, and get into problems, I want you to come to me and I will help you on MY terms, not yours. I'll help you on my terms

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because it was your terms that got you into problems, and I will help you to get out and stay out until you get into another one.

You know it was lots of fun to help them, sometimes it took a week or two for them to accept my terms but they accepted it because they were in a tight squeeze, they couldn't help it and afterward they said, "daddy you were right, you were right and I was wrong but we couldn't see it then".
I said "I know you couldn't". There is a way that seemeth right unto a man but the way thereoff lead to destruction.

Some of you learned quite a bit here:

- You've learned that the age, height and weight is a part of the problem and that's a whole lot isn't it?
- Some of you have learned what worry is and you're not going to worry any more.
- Some of you learned what trouble is so you're not going to have any more trouble.

So you really got a lot more out of this class than you think you have. You know after you get home each time, or each time you take a class it's a good idea to sit down for a few hours and evaluate what you really got out of the class. You know at the end of each day I evaluate that day to see, or try to see what I've accomplished and I ask the Lord to give me an assignment for the next day and one thing I have never done, I have never taken my problems to bed with me, they're bad bed fellows. Never take your problems to bed with you, leave them in the office or the den but don't let them inside of your bedroom, they make you grow old too fast. Leave your problems wherever you work and when you go to bed, rest or whatever you do. So what I'm trying to say is whenever you wake up at night and you can't sleep, I'm going to give you a recipe for going to sleep quickly, count your blessings, and before you get them all counted you'll be asleep.

Don't forget to tell your patient that, tell them to count their blessings and before they get them all counted they'll be asleep. Also in the morning when you wake up one of the first things you do is to "Dear Lord, here I am ready to go, what do you want me to do?" And He will give you an assignment and then go out and do it or die trying. Do it or die, and I'm going to tell you folks you will prepare for the coming of the Messiah. You will open the way for his coming and what a glorious day that will be, what a glorious day that will be. How many of you are "Adventists"? I see two or three hands, well shame on you. Shame on you. How many of you believe that Jesus is coming again? Well you're "Adventists" then. I didn't say "Seventh Day Adventist", I just said "Adventist". "Adventist" means that Jesus is coming again. I didn't say Seventh Day Adventist, I said Adventist, do you believe that Jesus is coming again, so we've got quite a lot of Adventists here, don't we? That's all I asked.

I'm not trying to make you out a anything, but so many people didn't know that they believe that Jesus was coming again. Now if you truely believe that Jesus is coming again you're an Adventist, the second Advent, that's what it means.

Now, I will tell you this about Seventh Day Adventists, I happen to be one, but that doesn't mean anything, I do a circle and take them all in, I'm really a Heinz, 57 different varieties, but don't ever be a Seventh Day Adventist, don't ever be one if you can be anything else with a clear conscience.

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Now, I'll tell you what I want you to do, I want you to take this health message back to your own church and go to teaching it to everybody, and when you get kicked out then you go over and visit the Seventh Day Adventist Church. You'll never amount to anything until you get kicked out of at least six churches. This is the way God promotes you, that's how come I'm a Seventh Day Adventist, I got kicked out of Churches until nobody else would have me and then I became a Seventh Day Adventist. But anyway your denomination doesn't take you to Heaven, it's a free gift and I find wonderful Saints of God in every denomination, and if he's a Seventh Day Adventist you know I have a lot to talk about a little bit, about 5% of them I think will make it through the Pearly Gates.

About 5% of them and I think that's true about all other denominations but when you go to Church look for the jewels, look for those that shine like the sun, and isn't it wonderful to be numbered among the diamonds in the church. Isn't it wonderful to be numbered among those people. So what are you going to look for? Now, you know I often ask people why do you go to church, and you know most people don't even know why they go to church. They haven't the slightest idea. You know I'm going to tell you why I go to church, I go to worship the Lord, for no other reason under the sun, and to pray for the preacher and the hypocrites. Really that's what I go for and you know it doesn't matter what happens because I never go away hungry, my soul is fed and I go away nourished. It's only the sheep that go away hungry that have stewed preacher for Sunday dinner. Just those that go away hungry. You know Jesus said, " feed my sheep", he didn't say "teach history". He said, "feed my sheep" so I want you to become shepherds, or assistant shepherds, and start feeding the sheep, but, by being here I want you to be veterinarians to help get some of these sheep healthy enough to work for God. To work for God. And this is your duty to lead people in the paths of righteousness sake, and I got news for you the greatest sermon you'll ever preach is the way you walk, the way you live, the way you talk, and whether you read your daily mail from Heaven or not, and the company you keep and the food you eat, and be filled with enthusiasm.

You know it's very difficult sometimes to tell the difference between church members and saints. They look about alike, they dress about alike, the only difference between a saint and a church member is the saint's happy and the church member isn't. And if so many people are as happy as they say they are I wish they'd tell their faces about it and smile because smile is the longest word in the English language, it's over a mile long and the joy that it gives, the peace that it gives, it's just simply wonderful to be a child of the King. It's just wonderful to be among God's people and one thing you never hear God's people doing, the real saints, is pushing anybody down. If you push them down you've got to go down with them, if you push them up you go up with them, did you know that? Pushing people down is kid stuff. Just kid stuff and it never, never ceases to amaze me that when some people can't play the piano at church they take their little red wagon and go to another church, just knowing that that church is going to go to pieces so to speak because they left it. Well this is the way God spreads the gospel is sending people out. You know even Paul and Cyrus had their misunderstanding but yet they went right on and on. We don't know what happened to Cyrus but Paul got put in jail and he wrote the new testament. If he hadn't got put in jail we probably wouldn't have the new testament because he wrote it while he was in jail. Did you know that? He wrote the new testament while he was in jail. So whatever God wants for you do it with all your might, all your memory and learn his rules well and teach them.

And love people, show enthusiasm, go to church and visit other denominations is what you ought to do so that you will at least know somebody else besides a Baptist or Methodist or Presbyterian. You'll have some idea about what other churches are like and make yourself beneficial to the

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community. Now, for instance if your church has a meeting every Sunday morning, well the Seventh Day Adventist has one on Saturday morning. But you know of all people that have spiritual tanks our good friends the Baptists have about the largest ones I've ever known. Some of them can go once a year and get their spiritual tank filled and it lasts for a whole year, and they generally do that on Easter Sunday or Christmas weekend, and then it lasts them for a whole year. So, I don't know how they do it I burn it up too fast. I need a lot more spiritual help than that and isn't it wonderful to be numbered among God's people. Isn't it great. Isn't it great to take your children to church so that whenever they pick a husband or wife they might pick a Christian one, they might.

But anyway my challenge to you is this, find out what God wants you to do and do it with all your might and all your mind and all your being and remember this, your "rights" go until somebody stops you. That's how far your rights go till somebody stops you and I'm going to try and work out something with these attorneys this weekend where we can pay a nominal fee per year and if any of Satan's hounds barks at you we're gonna have some hounds barking right back at them, and remember one thing, when the Hounds of Hell are barking at you you're on the King's highway, or they wouldn't be barking at you.

So I'm glad and I enjoy them barking at me and if I can ever be of help to any of you, and you can get to me, I will be glad to talk with you but there's about ten thousand calls a week from people that want to talk to me and it's impossible. But keep trying, never give up. Someone said it's easier to get in touch with the Almighty than it is with Carey Reams, but He's got ten thousand angels to answer His telephone and I've only got three right here.

So anyway the Kingdom of Heaven is within us so this is where we need to start. I'm glad that Nord D.... is with us here, he's the one that wrote "The Curse Causeless Shall not Come" and you know I had a peaceful life 'til he come along. Now neither one of us has any peace. But anyway God sent him and I appreciate him and maybe he'd like to say something to you.

Nord D....

Thank you brother Carey I just want to tell you I'm glad to be here. As brother Carey knows that we've worked very hard since about February trying to get this gigantic project up and off the ground and I don't know if any of you realise, I never did, what it takes to put a place like this together and try to get it going and the confusion that results and sometimes I haven't answered your letters because I've been so busy here and I want to apologise to you for it, we've done our level best, we've really done our level best. But I'm glad to be here, wherever Brother Reams goes, no matter whatever happens, and whatever hounds of hell infiltrate him and try to destroy his work, or steal from him, I'll still be there even if I'm the last one there. Now I'm glad to be here. It's been rumoured that I was in some midwestern cities this week which is absolutely true, I drove from California all the way to north Carolina so I was in a whole lot of midwestern cities last week, but I chose to come back here just to be with you and this legal seminar which is coming up, and I certainly hope that those of you who can stay will stay because I know some of the things that are going to be told to you are going to be fantastic and revolutionary and greatly helpful to you. Please stay and be with us. I know that you are hearing about various seminars teaching these numbers and programs, as far as I am concerned the title of it is the health message of the Bible. So if you're ever tempted to go to a seminar teaching the health message of the Bible find out how well the instructor knows the Bible as well as he knows the numbers because without the knowledge of the Bible he or she would only know a small part of these numbers and that's what

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you're hearing, and that's what you come to learn and we pray the Lord that it doesn't take too much discernment to see that Brother Carey knows his Bible and his numbers.

Be much in prayer for you for those that do pray occasionally because the hounds of hell are after us and the vultures in the many different ways but we have angels standing on all four sides and there's no problem that we can't handle. We don't have "problems" anyway really but "challenges" continually, and just be with us, pray for us and thank you so much for being here.

Carey Reams

I want to thank Nord D.... for being here, also Will Turner for doing such a fabulous job of doing the taping and keeping these right up and ready to go, also Gerald P....., I want to thank him for helping me in this course and I want to say thankyou for listening and I never saw anybody asleep, I only found one person asleep in the class, and that was me. OK. So I can't kick about that. I snored so loud I woke myself up, but you know, as long as you hear anybody snoring they're still living and if anybody ever tries to insult you by calling you a "quack" you just tell them that a dead duck can't quack. They've got to be very much alive. So it would be a pretty poor soup if it didn't have some quackers to go in it. So, you know you hear a lot of gossip and that's the soup that's about us and the ducks furnish the quackers, so anyway you have your life to live and you don't have to defend yourself because your friends need no explanation and your enemies won't believe it if you do. So don't waste your time with trying to set the road straight or, and never, never, never give anybody a piece of your mind, because none of us has any to spare. So pray for them and one of these days the light may shine through, the light may shine through and as you begin to meet people and love them they will become more amusing to you.

I heard an old minister one time preach a sermon when it'd been raining that afternoon (and he always carried his umbrella), and he said, "I was walking along to church tonight when I saw some water and I thought it must be awfully deep because I couldn't see the bottom, but I put my umbrella down into it and it just barely wet the tip end of the umbrella, and that water wasn't deep at all. Now I meet people that talk like they know so much and it's awfully, awfully deep. But they're not deep, they're just all muddied up, or all clouded up, or all fogged up."

I was in court one time, falsely accused, and they said where there is some smoke there must be fire. And I said, "my friend, at a mile away you cannot tell smoke from dust, it looks just exactly alike, and all you saw was the neighbours kicking up the dust, there wasn't any smoke and there wasn't any fire." So be careful whether you evaluate whether it's smoke or fire, but if it's smoke it'll burn your nose a little, if it's dust it'll cut the paint off of your car or your house. So smoke's not really dangerous in small amounts but sand can even ruin a windshield, or depaint a house and make everything awful gritty. So, it's your outlook on life that really matters, it's your outlook and if your outlook's always upward it's easy. Kathryn Kuhlman always said, "look up. Look up", and it's great to look up.

Student

Well I'd like to express my appreciation to you Doctor Reams, I feel indeed privileged to have studied this course straight from the horse's mouth and I'm really thrilled to have met you and to have studied under you and be able to carry this work forward a little bit.

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Carey Reams

Thank you very much, that's the first time I've ever been called a horse. I've been called a jackass but never a horse. Thank you. I appreciate your comment though just the same, I was just monkeying a little bit. I like coconut very much and I've always been afraid to kinda trace my ancestors back very far, afraid I might find some of them up a coconut tree. Doctor M do you have anything to say? Doctor M was my doctor after I was poisoned.

I was poisoned and then three days later I was no better and I fired the doctors and about the time they went out the door a pastor friend of mine brought Doctor M in and I gave him the third degree and he says, "give me 24 hours, just 24 hours." In the meantime I had gone day and night through all kinds of tests, for three days and nights, all day and all night through all these tests, let's see US$4434 dollars worth of tests and they showed nothing wrong with me yet I was dying from poisoning. He says, "give me 24 hours", I said under one circumstance that you let my daughter run a test. So he said, "yes she can run a test", anything to satisfy a patient you know, so she ran the test I called him in the next morning and told him where the problem was and he looked there and he found it. He said I find nothing at all these fine tests in this hospital and here you find it. Two hours later I was on an operating table.

I'd have been dead in two days if I hadn't had the surgery. I had to have surgery twice, but what I'm trying to say is Doctor M is a very great man, he's an humble man, he's a man with an open mind, and he is using all his talents for the glory of God. He knows acupuncture back and forward, up and down, inside and out, and he does a fabulous job and I just want to tell you something, it's a joy to have a physician like him. Well I look forward to seeing you in Class III, may God bless you and keep you safely forever and should we never again meet on this Earth you'll find me in the library of Heaven.

Course 3, Day 1

Good morning. We welcome you back, again. It's good to see you, it's good to see you. My cup runneth over with joy. I'm so glad that God has spared us for another Session. You know the first words that went over a wire, according to history, on the telephone is, "what hath God wrought", and truly and truly and truly it astounds me every day to see what God hath wrought. It's great to have people like you hungering and thirsting for more knowledge, that you can serve more people, that your life may be richer, fuller, deeper, sweeter and I'm just delighted that there are people that want to follow in the steps of the Master all the way. I'm so glad again to have a part in this work and with people. You'll never know in this world the good you do, and you can be so busy until you don't care. It don't make any difference. You're not concerned with anything except the immediate duty at hand.

You know we get knowledge from people, and from books and experiences, but wisdom comes from God and I would like before you take the next class if you will, to memorize the 3rd Chapter of Proverbs, Verses 1 through 26. I'm going to read that chapter to you this morning, and it has a key there that will help you through many pitfalls. It will guide you on the darkest night in the most doubtful hour. Solomon, when he was a young man, was told by the Lord to ask what he would and it should be granted unto him. And he asked for Wisdom. And there's long Books in the Bible and there's short books in the Bible and his Book is just between, and he preserved some philosophy here that is divine.

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There's a lot of philosophy but not all of it's divine, and all of it is centerd in God, not around God, but in God, and Solomon wrote the Book of Proverbs and Ecclesiastes and in that you will find a key, or keys, that will fit many, many situations.

Solomon said in the third Chapter of Proverbs, "My son, forget not my law ..", first forget not the royal law and the next every law, and you're going to see as we read this chapter the law that he was talking about.

".. but let thine heart keep my commandments. For length of days, and long life, and peace, shall they add to thee." This is about your health, this is directly dealing with your health.

"Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart.." You who were at the meeting yesterday morning this is what we talked about was emptying yourself of all the tragedy, all the bad things, all the hate, all the malice that you've had in your life and also your parent's lives, and your uncles' and aunts' lives and everybody else, empty yourself and let the Holy Spirit fill you, this is what he was talking about.

"So shalt thou find favor and good understanding in the sight of God and man.". You can't keep malice, I don't care how fresh it is, or how stagnant it is, or how old it is, without letting it leak out now and then and you'll never find favor with man and God if these old sores are still erupting, they stink, get rid of them. Tragedies, things that people have done to you, forget them, forgive them, absolute forgiveness is absolute forgetfulness.

"Trust in the Lord with all thine heart.." and I could add also "mind" because this is what they were talking about,

".. and lean not unto thine own understanding." Again he said in another place a little bit of knowledge is a dangerous thing, or a little bit of learning is a dangerous thing. There are some rumours around that these courses will not be completed as we said they would, and the reason for it according to the rumour is that so people will have to use the computer. I don't know who started that but it wasn't started from me, it came to me from some other channel. There's nothing anymore false than that statement and you will be required to take all nine courses whether you understand them or not in order to continue in the good favor of the entire association because a little knowledge is a dangerous thing, and you're dealing with human life.

Let me just show you something that's in direct conflict with this verse I've just read you, "that the courses wouldn't be given in order to keep people in ignorance so they'd use the computer" is false. I venture to say this, "The more knowledge you have the more you'll use the computer because you'll be afraid not to", at least I would be. I'm telling you when it's completed I would use it myself, it's easier than letting all this thoughts go through my mind that it has to go through to interpret these numbers and besides I could forget something, but that machine's not going to forget anything. I realise now that it's not near complete and it will be completed as time goes along and as the bigger one comes in and the programming is being done now for the last four months will be recorded on it because the little one is filled up and you can't get anything else on it but it proved that it could be done, and believe me, there could be a situation and a time in which acts of vandalism, or acts of war or great tribulation or something could happen that the computer would not be available and the more knowledge you have in a very astute situation the more you'll be

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prepared for every and any situation that you will find. So I want every one of you to finish the course and if you hear rumours to that effect that the courses would not be completed, if they're never completed it'll be because of circumstances beyond my control, and as far as I'm concerned they will be completed and within sixty days from now I will be teaching teachers, a class of nothing but teachers over a period of three to four to five months to complete these courses in case something should happen to me. I don't think that it will, I believe that God has given me a job and I will be able to see it finished but anyway I am teaching teachers to teach all nine sessions of the course. So fear not, don't let the devil frighten you. The more knowledge you've got the more facts that you know you have and the more sure you are of what you do. The ones that are making the greatest mistakes are the ones that have had the least training, but let me tell you this friend, the poorest of testers, the very poorest one (and I don't know which one it is), but that person is doing a better job than those who give cobalt and chemotherapy. They're doing a better job and when a person does their best I'm not going to judge them, that's for God, and God can even turn conscientious errors into blessings. I'm not going to push anyone down if I can't push them up. But the poorest tester is better than the abuse of cobalt or chemotherapy or radiation. So all I'm trying to say is, "don't believe rumours, don't believe them."

"In all thy ways acknowledge God, and He shall direct thy paths." Just what I've said in different words.

"Be not wise in thy own eyes: fear the Lord, and depart from evil." There will come people to you with all kinds of wildcat schemes, and package deals, and we have some out now, they have not taken the course but they're linked up with those who have wildcat deals. I'm not saying that they're bad, but they did not originate here and I'm sure they did not originate in Heaven because where there is faith you do not need to scheme.

Scheming is a signboard a mile long and a half a mile high saying, "I have no faith". God hates schemers but He loves those that puts their trust in the Lord. If you truly have faith you do not need to scheme for God. If your work, or anyone else's work, or work that they claim that God has told them to do, is of God He will finance it, and if it's not of God you probably will have to scheme to keep it going. In other words that without you, or your scheming, poor God would go out of business. It's not so, God wants you to put your trust in him and your faith in him and all things shall be added unto you.

"wisdom shall be health to thy navel, and marrow to thy bones." What it's saying here is you'll have a good digestive system and you'll never have leukemia. Isn't that a great promise. That's what it says here.

"Honour the Lord with thy substance", talking about your own body, your own mind, your own thoughts, is what it's speaking about here, ".. and with the fruits of all thy labors .." Now it's talking about giving unto God the things that belong to God. "Honour the Lord with thy substance", this is yourself, your own work, ".. and with the fruits of thy substance, thy increase.

"So shall thy barns be filled with plenty, and thy presses shall burst out with new wine." God will supply you with everything that you need to honour Him providing you use what He gives you to honour Him.

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"My son, despise not the chastening of the Lord; neither be weary of His correction:" This is what we were talking about last night when God gives us a problem He's just cuddling us up a little closer to Him, to show how much He loves us. "For whom the Lord loveth He correcteth; even as a father the son in whom he delighteth.

"Happy is the man that findeth wisdom, and the man that getteth understanding: For the merchandise of it is better than the merchandise of silver, and the gain thereof of fine gold." Silver and gold has a way of flying away but wisdom will never fly away, even though now there are laws on the Statute Books to steal your knowledge they cannot touch your wisdom.

"She..", meaning wisdom, ".. is more precious than rubies: and all the things thou canst desire are not to be compared unto her.", unto wisdom. "Length of days is in her right hand and in her left hand riches and honour." God wants his people to be wealthy, God wants his people to proclaim the greatness of God, as I have said before, it's very difficult for poor Christians to win rich sinners to the Lord. To be poor is a dishonour to God really, really it is. Now of course there are children and children are dependant, and of course they don't have what their parents have, now I'm not talking about age, I'm not talking about six, or eight, or ten or twelve years old, I'm talking about people that never grow up spiritually, they are actually dwarf saints because they cannot take responsibility, they can't do this, they can't do that. God bless them in their efforts but they have not grown up and it is your duty, as well as giving a diet, to help these people grow up. It would make me very happy if you spend at least one night a week in an ordinary lecture, or meeting, or assembly, to help the people in your community know a little bit more about foods, about health, about chemistry, about the bible, in ways that they too can help their community.

In other words I would rejoice to see the day come when there are people going from door to door teaching people just for the love of teaching. At least some of their time each week and helping people with their problems, and the bible says this shall be in the time of the end. People will run to and fro from door to door proclaiming the message and the great salvation of God and the message shall be cover the Earth, cover the Earth. Now if you go teaching doctrine you'll get the door slammed in your face but if you go talking to them about their own health, or asking, or giving a little pamphlet or something like that you're going to enhance your position in your community and you are going to become a shining light, you're going to become a candle, the most powerful candle in your town, in your county, or as the fellow says, your neck of the woods because you have dared to let your light shine. It's nice to be able in your business hours to charge for services, but it's also nice to teach cleansing of the temple regardless of what denomination they belong to and let them take it back to their denominations, try to give, I'm just asking you to give. Try to give one night a week, a couple of hours or an hour, started in your own home, anywhere. Try to arrange it in your busy schedule to inform the people how important it is to cleanse the temple. The ways of wisdom "Her ways are ways of pleasantness, and all her paths are peace." People that are sick get upset easily but people that are healthy the same little problems do not bother them, it's just the little problems run off of their back just like water running off a duck's back. They are greased with the Holy Spirit and the problems just can't stick to them. Wisdom ".. is a tree of life to them that lay hold upon her: and happy is everyone that retaineth her." Knowledge may make you miserable but wisdom never will. You cannot have great wisdom without great faith, and you can't have great faith without great works, and you can't have great faith and great works without great criticism but it just runs right off, it can't stick.

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The more a person does the more they're criticised, so when you learn to love criticism you'll know that you're getting something done, and if you start to justify yourself then the first thing you know all your criticisms will cease because you've taken up all your time for self justification and you're out of work, and you're hunting a job again. Just let them criticise and be sure they always have something to criticise about. Never let them run out.

"The Lord by wisdom hath founded the earth; by understanding hath He established the heavens. By His knowledge the depths are broken up, and the clouds drop down the dew." You know low clouds have short rain, did you ever think about it. Low clouds have short rain. Low clouds makes visibility very poor, and it increases the prayer life. "By his knowledge the depths are broken up", in other words, God's knowledge can solve any problem and God's knowledge may be your wisdom, and the clouds drop down the dew. "My son, let not them depart from thine eyes: keep sound wisdom and discretion:" In other words think about what you're doing before you do it. Be sure you know what to do before you start, or be as well prepared as possible.

"So shall they be life unto thy soul, and grace to thy neck." In other words wisdom shall be light to your soul and rest your neck, in other words people will soon forget their criticisms,

"Then shalt thou walk in thy way safely, and they foot shall not stumble. When thou liest down, thou shall not be afraid: yea thou shalt lie down, and thy sleep shall be sweet." It's saying here that if you're in good health, and you have wisdom you can keep up on counting your blessings, and one of the causes of illness is that people do not count their blessings, and when God keeps them awake at night to catch up on counting their blessings they complain about it, "I can't sleep". Just remind them that the reason God is waking them in the wee hours of the night is to catch up on counting their blessings and before they get them all counted they'll be asleep. Sweet will be the peace of their sleep.

"Be not afraid of sudden fear, neither of the desolation of the wicked, when it cometh. For the Lord shall be thy confidence, and shall keep thy foot from being taken." This is a promise, a chapter of promises that will give you great comfort, that will guide you when you're in doubt, and whenever you have fears, or when you hear rumours the finest thing to do is just outside of each ear have a waste basket for rumours. Don't let them take up space in your head, just throw them outside your ear and let them go and the wind will blow them away.

Isn't it wonderful that God gave us two ears. If He just gave us one a lot of things might stop inside, but He gave us two so it is perfectly possible for things to go straight through, so, God knew what He was doing when he made us, and the more we study about how marvelous we're made the more wisdom we can use of God about this temple.

The whole thing of health is cleansing the temple. That's all health is about, and it takes energy to do cleansing. So this brings in the subject of our course the Biological Theory of Ionization and of course for people. This is what it's about and you cannot study divine laws of God and of health without it just doing something to you. Polishing your soul. Polishing your life, making life sweeter, and brighter and just doing things to you that it's difficult to explain in words. There are no words to describe it, but it does something to you.

I just wish that from now on in these courses that we would take a picture of every person, before they start the courses and then take a picture of it in the third, sixth and ninth session, and you

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won't know yourself. You won't know how much younger you're looking. You really are, you're getting younger every day. Now the closer you obey the rules the greater benefit you get from it, and I can see a difference in your appearance. I remember what you look like in the first course, I remember how shocked you were that evening when we told you what your problems were and it's kind of like the three ministers that died the same day and they all went to heaven, which wasn't strange, nor surprising, but they met St. Peter at the Gate and he was giving them a quiz, all about their Theology and Church dogma and it just kept on, and on, and on, and on, and on and while they were discussing it a teenager drove up in her sports coupe, stomped on brakes and spin the car round and threw dust all over them and after the dust cleared St Peter says, "Open the Gate and let her go in." And the preachers said after she got in and was gone, "now St Peter wait a minute something's wrong, something's wrong. Here she comes up, reckless driving, and just stopped on the brakes and, and you just said open the gate and let her in, and here we are been in Christian service all our lives and you gave us this quiz. St Peter said listen my friends, he says, "that girl has scared more hell out of people than you ever have.", and sometimes whenever you get a reading about yourself, or somebody else you really have to scare them or they will take it so lightly until they'll do nothing about it.

But you've got to get their attention, and once you get their attention they'll do something about it, and I can see some of you have done a lot about it and some of you done a little bit and one or two haven't done anything about it. I didn't scare you bad enough. Didn't frighten you enough. But anyway don't get too busy with other people's problems and neglect yourself. Be an example. Be an example, do you know the average life of medical doctors today is 52 years old. That means a lot of doctors have to die young because there's some good doctors that's a ripe old age, and do you also know that the average person after retirement dies within two years, but do you know pilots of our aircraft die within one year after retirement, most of them die within one year after retirement.

So try in your community to solicit senior citizens to give them a golden life to do something rather than to retire and die. Retirement is a time for renewal, not a time to die. I retired in '68 and since then I haven't had to work but I have worked for the joy of working, there's a difference. Before retirement you have to work but after retirement you don't have to work but you can work for the joy of it without wondering how much I'm going to get, or how much I've got to do to meet expenses or anything else. You can let God guide you then and the more He guides you the less problems you'll have and yet when you do have a problem it's a boner, boy it's a real one, and of course the greater the battle the greater the victory, so what I'm trying to tell you is let the wisdom come from God, let Him guide you and be of service to your community.

May God bless you, Father we thank you this morning for making it possible for us to come again and to study more about this wonderful temple you have given us. How we can keep it clean, how we can teach others, how we can bring into action the most neglected part of the Scripture, how we can teach people about this wonderful temple, and the cleaner we keep it the more that you can work through us for others. We ask you this morning to open our minds and our understanding and Lord give me the right words to say to help each one understand, and to remember the things that you give us in this class. We know Father that your ways are mighty and powerful, you said you would not do anything except that which you would reveal to your prophets and we thank you this morning Father for that promise and we thank you for being in this meeting. Hide thy precepts deep in our heart that we might not make an error, that we might not falter, that we might be lifted up and that we might lift others up. We can't lift others up unless we're stronger day by day and help us to lift many up , mot just one, but many. So guide us this day, direct us, hold us tight in

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Thy hand and we shall give You all the praise throughout eternity, in the name of your lovely Son, Jesus, the King of kings we ask this, and all the people said Amen.

Course 3, Day 2

Isn't it great to be alive this morning, and to have a good breakfast, and to gather together to have this time of devotion at the beginning of the day. You know this is my second devotion, I've already had my first one at the crack of dawn this morning and that's a wonderful time to have a devotion every morning just after you get dressed. Take a few minutes and read your morning mail and what a blessing, it just will last all day long. I want to tell you something about one little passage of Scripture in the bible to start with this morning that is found in Matthew, the fourth Chapter and the fourth verse. It has something to do with diet, ".. and Jesus had fasted for forty days and nights."

I'm going to tell you something about fasting too today, and the rules and regulations for fasting, but Satan always tries to strike at our weakest points, like disease always starts where the mineral is most deficient, so therefore with these tests you can predict where diseases will strike even years before they strike and that is why it is so vital for us to get this program to our children in the schools as soon as possible. Our children in the schools, the health message for them is as neglected there as the health message is to the people in the bible, it's high time that we let the world know that from now on, we the people are going to assert ourselves, either as a Republican or Democratic Government, and the Government does not run us but we have the voice. We the people are the government.

Now Jesus had fasted for forty days and nights and he hungered and the devil thought, now I'll get him, so they were discussing certain things and the devil was making promises to give him things that he really didn't own, and really didn't possess, that had only been loaned to him, and he wasn't getting anywhere with the Lord Jesus Christ, nowhere, and him just a young man as men go, possibly 27 years old, and Satan finally said, "If you be the Son of God" (and he knew that he was), .."turn these stones into bread."

Jesus said something then that is just as true the moment he spoke it as it is right this minute, he said this that, "Man shall not live by bread alone but by every word that proceedeth forth from the mouth of God." Every word, not just part of the words but every word. That's a lot in that statement.

Then we come to America and to the World and we find denominations, they're wonderful things because most people cannot keep over three thoughts in their mind in any given day, or week, or month, so they form a denomination with three main doctrines and it fences everybody out, but Jesus drew a circle and took them all in and it's even wonderful to know just three doctrines.

Churches are something like grades in school, when you learn those three doctrines and can anchor everything you've got on them then go to the next grade, and you'll never amount to anything until you get kicked out of at least six churches because this is the way God promotes you. In other words He gives you a wider outlook on life and as you outgrow the flock then God will give you another, and another, and another so whenever you get promoted don't feel badly about it, say "Praise the Lord", praise the Lord that He's promoting you. I'm not talking about taking your little red wagon and going home because they're not running the church like you think because the thing you run from will be waiting for you when you get there.

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You cannot run from trouble and no person worth their salt would run from a Heavenly assignment, you would accept it gladly and master it. God will never give you a problem that you cannot use for a stepping stone to rise to higher planes providing you do certain things, and that is first cleanse the temple and the mind and unload. Unload all of the things that weight you down. Now let's come to what I said I was going to talk about and that is fasting. A lot of people try to fast to make God do something. It won't work. There's two or three different kinds of fasting and I'm going to mention one kind of fasting and that is "forced fasting" and that is in a situation where you can't get food if you want it, it's just not available. That is forced fasting and you just have to do the best you can with whatever you've got, but even then you do not have to eat "unclean" meats or resort to cannibalism. You do NOT have to do that. If you will put your faith in God he will send the ravens to supply your needs.

There's nothing God can't do but when you start to scheme to do it for yourself then God will let you scheme. What I'm trying to get you to do is turn on your faith in the most trying times of your life. Turn on your faith and humble yourself in the presence of God and he will give you the right words to say and if you should INNOCENTLY make the wrong decision He will turn it into a blessing.

Now there's another kind of fasting, "foolish fasting" and that is when people get a notion that they're going to fast and make God do something, and therefore they start a fast, and I'm talking about fasting with nothing but water, and I have known people to kill themselves with foolish fasting. I have known people to go on a fast who should not have gone on the fast in the first place. People with a low blood sugar should not go on a fast without supervision, or without guidance.

The next kind of fast is a fast that is the "true" and real fast and that is the fast that God tells you to go on. He commands you to do it, or offers you the opportunity to do it, and when God does that He will tell you how long to fast and, when God tells you to fast you will not grow weak by the fasting, in fact your strength, your reserve energy, will be increased during the fasting period. With the second type of fasting that I mentioned, if you lose strength whilst you are fasting it is not of God, unless that fasting is done under supervision for the purpose of a change in Range of body chemistry. You'll get a little weak when you change Ranges, but I'm talking about fasting without supervision mostly in regard to the three types of fasting.

So fasting can be a great advantage if it's properly done. Now many of the health people think it's great to fast for one day a week but that's all they say, they stop there. They don't say that during that fast it's a day of rest, do absolutely nothing, that they spend that day in prayer and meditation and reading the Scriptures. Whenever you fast you should rest, I'm talking about the one day fasting. Now if you have low blood sugar you should have a juice fast, but if you have a high blood sugar it should be just a plain water fast, or green drink, or comfrey tea unsweetened. These kind of fasts will availeth much to you but under no circumstances will a fast really do very much for you unless God commands it. Now sometimes God commands you to fast and continue your work and sometimes harder work than ever and yet He will renew your strength, you will not have any ill effect from it if it's of God, but one sure way to tell whether it's of God or not is whether or not you lose strength.

Now remember these three things about fasting and this is facts that you can remember, if you will turn in your bible to Isaiah 8th Chapter Verse 20 it says this, it says, "to the law and to the

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testimony: if they speak not according to this word, it is because there is no light in them." So what I was telling you this morning was the way God wants it done. Do your work as God wants it done, find out God's will and do it with all your mind, all your might and all your strength and if it's of God you will not be weary at the end of the day, God will renew your strength.

You know it's not even in the bible, very little is said about the saints being tired, it says, ".. and they rested" but many times you rest whether you're tired or not. I had a man one time in the early part of World War II that applied for a job one morning he said he never got tired he never got hungry. About 11.00 o'clock I found him sitting down eating.
I said, "I thought you never got tired and you never got hungry?"
He said, "I don't. I rest before I get tired and I eat before I get hungry."

So God can renew your strength, and get into a program that's well organised. God also says, "let that which be done be done in order". Listen at that statement, "let that which be done be done in order". There are so many people that have no order about their lives. Now I'm going to say it a little differently as pertaining to your health, "let that be done be done with rhythm". Where there is rhythm there is some kind of order. All you do, do it with some kind of rhythm and the higher up the ladder of life you go the more your patience will be tried, and the more you must learn to designate authority and the more time that you must take in training people to accept that authority, and you who are really counting on going into a retreat I'm proud of you, you've got very high aims but please don't go into it half cocked, be prepared, the boy scout motto, be prepared.

You will find this fact to be true, it will cost you US$100, 000 to train your top rate executive today, this is what it cost. Now sometimes that can be accomplished in a year but sometimes it takes 10 years to do it, remember that, because without training and without the voice of experience and now without the divine blessings of God on your mistakes you can't survive it, but remember the more mistakes a man makes the more valuable he is to you, remember that. By their faults, or mistakes, we can judge their worth. Now it is not good to judge anyone unless he's on your payroll, then you have a right to correct, to teach, to admonish, to guide, but if he's not on your payroll let God judge him because he has become your servant and sometimes I wonder whether the people that work under my stewardship are my servants or I'm theirs. It's kind of hard to tell the difference. I had a young lady come into my office one morning a couple of years ago and she said, "All you do is sit in that chair all day long and tell us what to do, if I had an easy job like yours I wouldn't get tired, I would be just delighted but all you do is sit there and give us orders all day long."
I said, "would you like to have my job?" She said, "I certainly would."

I said, "good, I've been trying to find somebody to sit in my chair." So I got up and gave her the chair and she was real proud of it, as I started to walk out the door I said, "all you've got to do is raise US$3, 000 a week to meet the payroll and expenses." She came out of that chair like she'd been dynamited, she said "you can have this chair."

There's a lot of difference in being an employee and looking forward to your paycheck, and being an executive to seeing that the paycheck is there, and to meet all the Government red tape and all this and all that. There's a lot of difference and unless you can do it and lay down at night and go to sleep and rest and be refreshed in the morning you better not start because you are asking for premature death, and then you're taking every shortcut you know to the cemetery. Never take your troubles or your problems to bed with you, never, but if God permits you to be awakened for a few minutes at night then tell Him how much you love Him, praise Him for His mighty works and at

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the end of that prayer just before you go to sleep say, "Dear Lord, don't forget that $10000 bill that's due in the morning at 8.00 o'clock", and go to sleep. And believe it or not the next morning it'll be handled with no problem at all.

But if you want God to do something praise Him first, and then just say it's your business Lord, it's your bill, it's not mine and you've got plenty of money the bank of Heaven can't be broken, so just don't forget about it, I'm just reminding you, and it's amazing what you can do when you turn on your faith but listen, listen every once in a while to see if God has something to say back to you. Some people talk to God so much until they never listen, it's just as important to listen as it is to talk to God, in fact you can get in a place with God that you're afraid to hush talking, you really are because He's, every time you hush for a minute He gives you something else to do, and you're loaded down already and then you have to talk again say, "now Lord I got to have some help, I need this to do the job that you've given me and He'll scare you to death sometime by waiting till the last dying minute to answer your prayer, but that's the way He cuddles you up a little closer to Him, that's the way he let's you know how much He loves you and that's the way He teaches you to put your whole trust in Him, your whole trust, your whole faith, your whole being, everything you've got, hold nothing back, there's no secrets with God so just, just be yourself and God's not way off there sitting in an easy chair on Betelguese or some other great planet, He's right in your heart, He's right here, His power, He's only a prayer away. He's right here and how wonderful it is to be so close and to feel His presence and if you ever get for a moment where you cannot feel His presence, slow down, slow down. If you ever become irritable even because of low calcium, slow down, and then you'll remember to run get the calcium bottle. Slow down a little. I said that people will kill you with calling at all hours of the day and the night, they don't think. They think they're the only ones and if you are serious about your testing get you a secretary and let her make appointments and if you really want to get into it, into really helping for God put some organisation in your system, let that which be done be done in order and tell the secretary how many appointments you want that day and no more and when you first get started it's a good idea to have your home phone number listed but whenever you begin to seeing twenty to thirty a day it's a very good idea to change your home number.

But also have it understood where they can get in touch with an answering service or with a secretary or somebody else that can filter out or separate the ones that really need it, or really need your help because I've had them call all hours of the night and think in the morning. One night, or I say one time this happened about three years ago, almost three years ago, two years ago last November, I'd been up almost three days and nights, I hadn't hardly went to bed and I got to bed about 4.00 o'clock in the morning, it was November, and I'd been asleep about an hour and the phone rang, and it was a man that'd been down to the retreat, gotten well, went home and he was a dairyman, and he'd called at 5.00 o'clock in the morning and he says, "Doctor Reams" he says, "it's snowing up here in Virginia, is it snowing down there?"
I said, "not yet, but it's cloudy and overcast and cold, it looked like it might start snowing any time." Well that's amused me many times that there he was, he'd been too sick to work, he'd come and gotten well, he was out at 5.00 o'clock, tending to his dairy cattle and he was so thrilled over seeing the first snow of the season he just had to tell somebody and I was the first one that he thought of, as far as I know. But, you know, it makes you feel kinda good because if that man hadn't of come there he would have been in the cemetery, he would have been buried, he would have been dead.

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So at least I knew he was still living, hadn't heard from him since he left, so it delights your soul sometimes just to know that somebody you help is still living even if you've been up three days and nights. It really makes you glad that you're alive. So whenever you begin to share with others whatever talent you have, or talents that you have, your life will be a greater blessing to you than to all the people you serve, or any individual of all the people you serve and that's what really counts is how well am I living with myself. How well is God pleased with me. How well have I done my work. There's a way to tell though the answer to that question, there's an answer to that question and that is by your paycheck. That the is the amount you have left over after income tax.

So, it is wonderful to be in the service of the Lord, it is wonderful to be able to say, "Lord, here am I, send me. Lord, what do you want me to do for you today?" and believe me I heard a person one time pray for patients, and I also heard what they said when the Lord was teaching them patience. When you pray for something be sure you want it, and you can get to the place that you're afraid to ask God for anything, you're afraid he's going to give it to you but it matters little what He gives you, use it for His glory. Grow up, be organised, be in order, be faithful, read your mail and live the Golden Rule, and after what I have said this morning about fasting, follow those rules, teach those rules, obey those rules, and I see no reason why the greatest years of your life is not beginning today.

May God bless everyone of you. Father we thank you for this wonderful privilege of meeting together here, we love you so much. Teach us all of Thy laws that we need to know to help our fellow men. Help us to be humble in Thy sight, a servant busy about Your work, serving others as you served us, loving others as you loved us, and Father we're so helpless without you and without the help of your lovely Son but with Him we can do all things. We want to thank you for your Son, sending him to us as a guide, as the great physician, as the example of perfection and our prayers today Lord make us perfect, make us worthy to be called the sons of God, the men of God, the real warriors, the real saints, the real soldiers of God and we will give you the praise throughout eternity. This we ask in the name of the King of Kings, the lion of Judah, the bright and morning star, the lily of the valley, our friend and our redeemer, Jesus Christ, and all the people said Amen.

Course 3, Day 3

Good morning, it's great to be alive even on a cold morning, or any morning.

There's a verse in the Bible that says, "thou art inexcusable O Man that knoweth to do and doeth it not." So this verse evidently indicates that you're not held responsible for your ignorance or my ignorance. Isn't God wonderful. He only holds you accountable for that which you know to do and doeth it not.

Over in the Book of Revelations, 22nd Chapter, and Verse 15, it says this, "..for without are dogs and sorcerers and whoremongers and murderers and idolaters and whosoever loveth and maketh a lie." All of it's connected together. I want you to form clubs, I want you to appear on your radio stations, your television stations. I want you to proclaim this verse to the world. This is in the bible a number of times and this one is in Revelations 22, 15. I also want to call to your attention that John the Revelator predicted that this would happen. He predicted that there would come a time when there would be drugs thrust and forced upon people, and it is at the end of the Book of Revelation which denotes to me we're very close to the time in which Jesus is going to return.

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In the 18th chapter and verse 23 it says this, ".. and the light of a candle shall shine no-more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee: for thy merchants were the great men of the earth; for by thy sorcerers were all nations deceived." There never has been a time when nations have become involved in the business of producing marijuana and drugs. Turkey, for instance is one, India is another and there are others that's in the business of producing drugs, and John predicted that, and these drugs cause the mind to be deceived, you can't think straight. Well I got something to tell you about drugs. The organs that are damaged most by drugs is not the brain, it is the lungs, and enough oxygen does not get to the liver and the brain plays tricks on you and this is a very serious matter is the damage that it does to lungs. However lungs can be restored by a good diet, also you must, you must be out where there is fresh air.

In the bible it says in the time of the end, in the great tribulation, that"the sun shall refuse to shine". Many times I have seen the smog so heavy that the aun didn't shine. It also says, " the sun shall turn to blood", and when you look at the sun through the smog it looks like a bloody orb, bloody, hanging in the sky, and you couldn't even see the ray through it. This time is here now, and he said at that time to flee to the mountains, get above the smog. Flee to the mountains to get above it if you can. I'm only telling you that the signs that John the Revelator wrote about are here. It says "the waters shall be as blood", the polluted waters are here. One writer says the ocean only has seven more years to live and the whole ocean is going to be polluted. Now, it didn't mean that the water was going to be blood but just look at the contaminated waters today, they look red and bloody. So the time that John wrote about is here.

Also I want to call your attention to Chapter 9, Verse 21 in the Book of Revelation, ".. neither repenteth they of their murders nor of their sorcerers". A lot of murder is done by the sale of drugs. Sorcerer means drug salesman, drug pusher. "Nor of their fornication, nor of their thefts". All of it linked together, and many times through the bible it tells you about this, and many are the doctors today that are discouraged, disillusioned, heart-broken over the laws that prevent them from doing what they know and they are forced to sell drugs.

Do you realise today that all the doctors that I know of, and probably all of them, have to write down everything they do for every patient and that is censored by an employee of the drug companies. In this I know I'm right because I'm told this by medical doctors who hate the system with a passion.

During the next 20 months, I hope very much to find out how many medical doctors in this nation who want to break away from the sale of drugs, and those that want to we will help them, and I'll venture to say it will be 67% because I believe there's two good, God fearing men, to every bad one. I believe that there's two good people to every bad one. Now I didn't say saved, I'm talking about morally honest. I'm talking about doing the best they know, men that are really diligently trying to live the golden rule, but men that God has not called upon to blaze a new trail, but I believe he's going to put in their hearts the desire to follow the leadership of anyone who will defy this wicked principle and expose it, and we need your help in unison, we need it in every way possible that we can get it. You may not agree with the system that we have to use but remember, at the top we have a lot of facts that we cannot divulge at the moment. If so they would be defeated before we could put the program into action and one of the greatest things that God's saints can do at this time and the Christian people is to unite for the great battle of Armageddon which is just ahead of us.

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There are a lot of people today that's sitting on the fence, and they don't know which side to get on, they're on one side for a few hours and the other side for a few hours and it's time that you become the leader in your community to let all people know that you are on God's side, and if you want to go out and be a loner and do your own thing it's like a horse that says, "I'm not going to be harnessed, I don't like the way the driver does it, I don't like the other horse". Consequently, he's not going to get the work done that it takes to pull together in a team.

I believe that God has put His mantle on my shoulders and I did not want it, I did not ask for it, but He put it there and since He put it there I'm going to wear it, and I'm going to get my orders from the Lord and at no time will I ever permit anything to happen to any of you that displeases God, I don't know about pleasing you, because God's ways don't make a bit of logical sense whatever when He tells you to do something sometimes.

When He first called me to be a soldier and to fight the underworld and evil practices I was laying, dying, about four years after being blown up in a truck, paralysed from the waist down, when He told me He wanted me to fight His battles, and I thought the Lord had gone off His rocker. I really did and I told Him so, "Lord here you are asking me to fight your battles when I'm not even mad at anybody. I don't know anybody to fight, I'm not even angry I'm too sick to fight"
and He said, "if you don't want to fight my battles I'll take you home."
I said, "Lord I'm not going because I promised you that I would raise my children in the way of the Lord and I'm not going. Now, if you'll give me the strength I'll fight your battles".
He said, "I'll send them to your door".

You know the day wasn't over till they were there. God gave me the victory again and again. I didn't enjoy that first battle that was back in 1958 or '59. It was kinda rough but when God gave me the victory he gave me new courage, it took a year and a half to fight the battle and the battle had just ended when I was healed in Kathryn Kuhlman's meeting, just the first round was just over and then my wife clapped her hands and said, "thank God this battle is over".
I said, "wait a minute my dear, wait a minute. It's nice to be thankful but this was only the boot camp. The next battle is going to be worse than this one".
She says, "Oh no, don't tell me that."
I said, "Oh yes, it's going to be worse, this was just our boot training, this was possibly the easiest one we'll ever have.

You know if I hadn't have been through military training I would not have known that, and sure enough, the next one was heavier, and heavier, but by the time we had gotten through the second one, well it didn't burn like the first one, and yet it was worse but after the second battle you know it hasn't burned anymore I've enjoyed it. I enjoy the fight because God gives me the victory again and again and again. It's just marvelous to see God give you the victory over and over and over so I enjoy the fight, I don't ask for it but I know when God brings it to my door that he's going to give me the victory and I just have to stand aside and watch it and pray for those poor souls who think they are infallible, couldn't possible be wrong and fighting, not against me they're fighting against the Spirit of God and I just feel sorry for them and I pray for them. The man that brought it to my door the first time I was on my knees praying for him and God says, "pray no more for this man because I have removed the shadow of my hand from him."
Well I was shocked at God saying something like that. I really thought that God was a little bit cruel and He said, "I know thy thoughts, this man has hardened his heart against me".

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And so I did not pray for the man, but the next afternoon's paper headlines said, and he was a leading attorney in that city, he had dropped dead that morning on the golf link at 7 o'clock in the morning, a young man, a young man. God says, "vengeance is mine I will repay"; that is a true statement but that does not excuse you from being a soldier on the battlefront. It does not excuse you from joining with the forces of good to fight for a common cause and it does not make you a general or a leader of that group but I'd say this, that God does need leaders to accomplish certain things, and you might say, "well, what can I contribute?"

I don't know, but I know when the time comes God will show you, and it makes a lot of difference how you do things and getting things done and I want you to know that I will never compromise with Satan, never. But, as this is his planet and he is in control of the governments of this planet, even though he's in control of them God is still using this planet and the nations for his checkerboard.

He is the one that is making the moves and Satan is just temporarily in control, just temporarily and remember this, He said for us to obey the laws as far as it is within us. The HEW (Health, Education and Welfare) has asked us to list all of our testers. They said it's legal, and it's a must. Well if it isn't legal all they got to do is make a ruling and it will be legal.

Today our country is really becoming a dictatorship because in our original Constitution such rules could not be made without an Act of Congress. These rules and regulations are illegally made according to the Constitution of the United States but they will put you out of business unless you obey them, and they will harass you until the expense grows so great till you cannot afford it.

Now it is my intention to put together an organisation and have, within the next twelve months, 50 million American adults behind us, and the groundwork is already laid, already put together for a nearly 40 million. Almost, almost complete now for 40 million Americans who are willing to bombard Congress with anything that will give us back our liberty, our life and our health and I'll tell you how you're going to know when this is done - whenever this message of health is accepted in our public schools.

Do you realise that the public schools have to get bids on food that are fed to our children? Do you know that? In other words the junk that nobody else will eat. Now I'm telling you the truth. Do you know they feed the football team the same food they feed the first graders, and vice versa. Do you know the diet that many children get in school, breakfast, dinner and supper, is designed to keep them in the doctor's office, even though the parents are so poor they can't pay the doctor bill, the government pays it. In other words, the government makes the kid sick and then pays the bill. That is not sound economics and when the American people get behind this program in unison and in strength, and we're going to obey the rules and regulations they make, but I will venture to say within 24 months we will be powerful enough to tell them what rules they can make. Right now we're going to have to dance to their bagpipe but in 24 months I hope to be strong enough, nation wise, to tell them what regulations they can make and in the name of God He will give us the victory.

I intend to put a stop to unnecessary surgery without first trying diet. We're going to work through the ministers of every church in this country and the cost is absolutely beyond imagination what this cost and the number of people that we're going to need to do this job is absolutely beyond even anything you can think about now, in this small retreat. Now I want you to think about when you

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talk about running a retreat that the labor bill right now is US$10, 000 a week right here at this retreat. The labor bill, US$45, 000 a month, except February, to operate a retreat. Before you get into the retreat business count the cost. I'm just trying to save you heartaches and there's a lot of things you need to know, I'm not trying to discourage you, in fact I'm trying to encourage you but get all the facts at your fingertips. Now, we're going to use every means and every method and every group and everyone we can to get this message out to the whole United States, every person in the United States within 24 months.

Within 24 months we want to have it available to every person in the United States that wants it but never under any circumstance do we want it forced upon anyone, even in the public schools it must be done by a consent of the parents, not forced. If it is ever forced, or anything is ever forced on anyone, in this great teamwork that we're joining to do it will be done without my knowledge and it will be stopped the moment I know about it. It will be stopped. Now we have had a few people in areas think that they could teach this and generally the ones that's most disqualified thinks they're the smartest. Now I want you to teach it soon as you finish the nine courses, I want you to teach it but I want to know that you know what you're teaching.

I want you to know that, and I know this about the computer, I would prefer to use the computer myself with as much as I have had experience with this than to risk missing one point that might be the very point that saves somebody's life. I would prefer using it because I myself have forgotten points and after the patient left I thought, "Oh my God, my God I've forgotten to tell them so and so" and I called them up and told them, or got the message to them, or wrote them a letter, and what I'm trying to say is once it's recorded in the computer it will not forget it. A human mind, being a human mind can make a slip over a very simple thing and also one of the questions that confront you today is how soon should the patient come back to see me. When should the next appointment be, and we're going to learn about that today in our work but the first thing God wants to know is, "are you willing to go with Him all the way? Are you willing?"

You know we're in a war, and all is fair in love and war and it's no harm to deceive the enemy, we're not obligated to tell everything we know, we're not obligated but if we're going to operate a school we must keep a record of the students and if we're operating a school there's no way that we can keep from having your name listed and even though we have agreed to let them know who has now signed up for the program the only way they're going to get it is come and look and we can't stop them because we're going to say now it's just as near from my door to yours as it is from your door to mine. We're not going to turn you in to punish you, not at all, but in order to protect the masses there's no way we can keep your name from them, getting it if they want to. They may decide that when they see how many there are it isn't worth fooling with, they may, but they may not. I doubt seriously we'll say that if there was 3 out of the 400 or such a manner, or 350, or 370, whatever it is that's taking the test that did not sign up they would not bother them, I would venture to say that but I'll also venture to say that Satan will send somebody there to test everyone of you who did sign up and who didn't sign up and then we're going to say you said you'd let us alone.

Satan is a scheming rascal, God doesn't have to scheme He's ruling the Universe. He doesn't have to scheme He's all powerful. What I'm trying to say is "teamwork scares Satan out of his skin almost", it frightens him but as long as he can divide he can conquer. You know a shepherd keeps his sheep together so he can protect them but if a sheep wanders off you know what will happen, a wolf will get him because he's out of the line of protection and a good shepherd will go search for the sheep and sometime he only finds a bloody spot but if he can find him he will find him before the wolves

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do. He'll search through the night, he will pray he won't give up, but how many times has there been only a bloody spot where the little lamb had been. Together we cannot be defeated, but divided we can be conquered and this is one of the reasons why Christianity has not covered the world today is because the saints have not united.

One of the mysteries to me in the bible is why Jesus didn't go to John the Baptist when he was in prison. It's a mystery to me, I've thought about it many times. There was the man, his own cousin, or half cousin at least, the man that baptised him and a man of his own age, about 28 years old or 29, in prison, and Jesus was told about it but he didn't say anything, he didn't go. The next message that John had been beheaded. I think it was a lesson to know to us that the Saints would not necessarily go to the rescue of each other, as an example. I have wondered about that many, many, many times why.

Another thing that came to me was that when our work is finished, and our mission is complete, God is going to say, "well done My good and faithful servant, come home with Me." I've seen this happen over and over, children, adults in the prime of their life God said, "come home my boy, come home my girl, and all I can say is, "Thy will be done" after they've gone. I've never yet learned to say it before they breathe their last breath. I've never learned that, it's my duty in the name of God to keep them breathing as long as possible because I did not know how to keep the oath that I made to sustain life as long as it was humanly possible and to leave nothing unturned that would help anyone to be back to good health and life again, and I have seen cases that I had no faith in, even my faith I had lost in the hope of their recovering and I have seen them recover. God was just showing me not to give up as long as there was breath.

When I was paralysed from the waist down, a victim of World War II, by all biological means I should have never walked again, God put those bones together in the twinkling of an eye, and I have been walking since December 31, 1950. Now if God can do that who am I to say that he can't raise someone even though their energy is $^{1}/_{10}$ of one point, $3^{9}/_{10}$ points below the PNR line. I do not know anything except to do but never give up as long as there's breath, and this is what I say to you today. Join forces, join in prayer and if you can't push your fellow man up, don't push him down, if the work is of God it cannot be stopped and if it is not of God you can't stop it and it will go by itself. If any man ever goes bankrupt it will never be because I owe him one red cent, if any man ever fails it won't be because I pushed him down, it will be because he failed on his own merits and that is truly living with you and with me, the golden rule, and this is my plea to you today, is to seek truth, seek knowledge, and be filled with holy boldness, join in teamwork, put your forces together.

You may not always agree with the leadership but go along in the name of the Lord and He can turn our mistakes into blessings, do you believe that? He can turn our mistakes into blessings. When He told Joshua to go out there and take Jericho without any swords, with only a bunch of trumpets, bugles so to speak, He told him go out there and take Jericho and what they did they went out there and walked around the wall seven times and then they tooted their trumpets and that wall fell outward breaking all rules of biophysics, a round wall when it falls should fall inward, and it fell out, fell down backward. Didn't make a bit of sense, there's no logic, there's no physics, there's no reason why just tooting a trumpet should make a big strong wall like that crumble down, not at all, it doesn't have to be any sense to it for God to do it, He made the rules and He can change them any time He wants to for his glory.

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Now He takes Moses, the highest trained man on Earth at his time, graduate of the greatest college in the World, Alexandria, Egypt, and he trained him for a statesman, a soldier and a leader and a prime minister of Egypt. At 40 years old He took him out into the wilderness and taught him how He wanted to do it, at 80 years old He gave him a job that would take 40 years which don't make any sense, giving an 80 year old man a job that takes 40 years to do, and to lead 300, 000 Egyptians, men, women and children to the land of Canaan which is about a 200 mile drive today, but the way they were to go was about 270 miles because they did not go the nearest route to the promised land, and to cross the Dead Sea where there was no bridge didn't make a bit of sense, didn't make a bit of sense and not to take any extra food with them, no extra clothing, didn't make a bit of sense, but they did it because they were obedient.

This is what God is going to demand of you in order for you to, "be ye perfect" or to seek to be perfect. We may not ever reach it but it's a good goal to work towards and that is absolute obedience to God, and if God's called you to be a pioneer, God bless you, but I'm going to tell you the making of a pioneer is made by tears and sweat, tears and sweat and I'm telling you folks that if you do not enjoy persecution you'll learn in a hurry, or you'll never learn, but in teamwork Satan is afraid and God can destroy the powers of evil if we only unite in strength. Moses was crossing the Dead Sea and it says "a wall of water", it didn't say an East wind came, it says "a wall of water". They went through an alley of water, an alley between two walls of water and about the time they were getting across they said, "Oh Moses you brought us out here, there comes Pharaoh and his army and he's going to kill everyone of us, he's going to destroy us, there's no hope" and you know what God did he sent his angels down to take the nuts off of the wheels of the chariots and they couldn't keep them on, it delayed them long enough that the Children of Israel had a chance to get across the Dead Sea and then the water wall broke and drowned Pharaoh's army. I believe it.

So what I'm trying to tell you is in mass there's power, but trying to work alone it's heartbreaking. You may not understand, it's not greed, and any man that seeks to build will first count the cost. Let me tell you something that happened here a few days ago, there was a tester that tested a woman and his charge was about US$40.00. She was found to be almost perfect, and when the computer said, "there's nothing wrong" she became very angry.

She called up Victor Smith and Arnold and chewed them out real good, she called up Bob Hoskins and chewed him out. I can't send in such a ridiculous report as this. Here's a person that the computer says there's nothing wrong with them. "Well, is there?" I asked.

"I don't know", she said, and she demanded her US$5.00 back for the report. Ridiculous, you couldn't afford to charge US$40.00 to tell a person they were well. God would double the amount. I find them well, complete, and I told you about the girl we couldn't find anything wrong with. She was in bed and had to be fed, and waited on, and bed pans and everything else, perfect numbers, and all she had was a mental block which doesn't show on these instruments. She's a happy, hardworking housewife today, but all she needed was to be awakened to see herself as she was. Now if these numbers had of been wrong, and the conclusion that we drew about her case was that she could not have gotten out of bed, but she did get out of bed that same day, three days later she went home and been a hardworking housewife ever since. So I know one thing, if you make no mistake in these tests you can depend on most of them.

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Once in a while a person may come in a day before they're dying and nature has restored them almost back to perfect health temporarily, the next day they're dead. I have seen people bed-ridden for months and months and months, all of sudden they get up, feel good, dress, go out, take a walk, go back go to bed and be dead in a few hours. That's the last surge of strength before they pass, and I don't comprehend it but I have seen it time and time again. So what I'm saying is God's ways are not our ways and He made the rules of physics and He can change them any time He wants to for His glory, so I'm glad to serve and work with such a God as this, and let us all unite together in prayer and in faith, and in hope, and never tear anyone down. We've heard quite a few criticisms about what someone else charges but really what is that to you or me? It's none of my business and it's none of your business what somebody else charges.

If they charge too much they're not going to get the people unless they turn out the goods and I want to tell you this, the more we tend to somebody else's business the less time we have to tend to our own and I have never seen anybody make a profit on tending to somebody else's business until they got hired by that person. Does that make sense? Now what I'm trying to tell you is just take care of your own little neck of the woods and if you hear something about another tester put him on top of your prayer list and maybe somebody will put you on top of theirs. Isn't it wonderful to serve God, isn't it beautiful and if you ever get to the place that you live above reproach you'll be too good for this world and I just believe that Gabriel will send one of his fiery chariots to take you to heaven, give you an anionic body and away you will go. So, isn't it wonderful to have a God like that. That He knows us inside and out, that made us and it just thrills me, it just does something to me that I wish I could divide with you.

Father we thank you for this wonderful hour together, we thank you for fertilising our soul with thy Holy Spirit, we thank you for the renewal of hope increasing our faith and letting us love others as you have loved us. Father, as we go away whether or not we remember one thing that we learned about math or physics, biology, that as remember how you loveth and give us the wisdom we need to handle every situation. Send us the people that need an encouragement, send us the people that need to be taught thy precepts and thy laws, teach us to be patient, to answer questions quickly, to serve thee as you want us to serve thee. Father we thank you for Jesus who taught us it could be done and He said that we would do even greater things. We don't know about doing greater things Father but you do, and we're willing to do what you say. So thankyou for Jesus, thankyou for sending him and leaving his footprints that we might follow. We thank you for the bible, for the wonderful health message and help us to teach this message and to take it to the ends of the Earth. Unite us in the strength and let Jesus be our great commander and we shall give you the praise throughout eternity and all the people said Amen.

Course 4, Day 1 - Introduction

OK, the point of it is that this is not a simple row to hoe, but look at some of the people, and look at what they're doing and you can finally get to the point where if you do a little study you'll be surprised what you can do with some of these people because they respond super, super, but there's even times when they will go completely apart if you feed them vegetable juice. How many of you have someone who you've given green drink and they just felt like that they bottom ended, that they were so fatigued they could hardly move.

Well this week I'll tell you what went wrong but you've got to remember now that there's only so much time in each week and this is the first time that I've made a major break from Doctor Reams in

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the fact that I have suggested this week that I think that it's time enough to cover certain of these things in an effort to give you people a better overall understanding of what you're bucking up against, and that perhaps this will impress you that you need to really spend your time on the books.

Last night I talked to a couple of the testers that were out in the heated pool (must have skins on them like a lobster as they were walking around in it up to their necks and it was 108^0 F), but anyway, one of the things that came up was that a particular gentleman has combined a couple of nutritional approaches and evaluation approaches with his Reams program and he's really satisfied that he is beginning to develop a better understanding, and I have always said to continue reading, continue observing, to continue putting things together and to continue evolving this and if you find something super good let me know about it, I'd be happy to know about it as well.

Now there's a lot of additional things that we are going to be planning on and one of them is that I have requested an expansion, and I mean a drastic expansion, in the number of supplementations available. There's about 8 or 10 supplementations that really are just as important as algavim, or just as important as calcium lactate, or something else and this week why you begin to pick up on the fact that some of these are pretty important and the point of it is that I have expressed to Bob Hoskins is:

- that I think that he should do something, manufacturing wise, to immediately become more competitive price wise, and
- that if he's going to handle a program which is going to take supplementation, even if he's just jobbing it, to have that supplementation that's necessary because a lot of people right now are not using some of the things that they could be using that's perfectly available down at the local health food store because they either don't understand it or they're feeling, "well, gee, Doc doesn't do this", or, "Doc doesn't that".

Well the point is that Doc himself mentions that we're going to take this much, much further than he did because we have a greater collective mind. Now some of you have spent anywhere from US$200 to US$2000, not counting expenses, supposedly to go somewhere and learn how to figure energy, OK and you were given the idea on one of the classes that if you added the saliva and the urine pH together and then took the average and applied it to a chart that you would know what the energy was, however it turns out that if you have an acid reading around 5.6 or so, and they also have an alkaline reading around 7.6 or something like that and you add them together they have perfect energy according to that chart which doesn't make sense.

So anyway some of you are bound to be getting other letters purporting to tell you that they know how to figure the energy and everything else. You can wait patiently and see the program through here for a while or go as you wish, I've never told any of you that you could not attend any other seminars, that's stupid, that's your free right, and it's one of your few rights you've got left in this country, but anyway the point is that for those of you who are in doubt, I have the energy equations.

Doc did not give them to me, we spent many thousands of dollars, all out of my pocket and it was not reimbursed to me by IAL or anyone else, I own them and so I can control them, I can do what I want with them, they're mine, but anyway we found them, we know where they're at, we got all of the information we needed, we turned a team of mathematicians loose and the mathematicians did some work on their little fun computers and we have the formulation, not only for the male

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but for the female and we have more than one way in which we can figure it, in other words, a 76 year old man with his energy quotient for his age should be say 36% total, why we have it. It's all figured out, it's all graphed for you so that you can know where he should be max and then you can turn right around with figures and find out where he is now. So that you see the two relative areas. Anyway we do in fact have these computations and they look hideous. You know three and four brackets around them and all different kinds of factors, but believe me after we've gone through them why it's pretty simple, it's basically pretty simple and it's no wonder that Doc could figure it in his head because it's not that hard.

Anyway as Doc is going to be planning these additional courses and things but do not fret that if that's the one factor that you're looking for that it will not be available because no matter what would happen to me the teaching crew will also have it and if anything happens to Doc why I've got it. So, do not fear that if that's the thing that you've been waiting for that you will not get it.

Now you'll get it depending on how things go, remember what I just told you about this class, it's going to be the challenge as to whether or not the testers are just making fools of themselves in certain areas or whether or not they're functioning as a just and upright person and really effectively dealing with these people, now that's what I spent about 15 minutes explaining in the first part of this class and that's going to be when this stuff happens is going to be based on how effectively we as a group function and how well we stay above and how well we stay away from the flim flam and the side show activities and how effectively we do what we're supposed to be doing and that is functioning as nutritional consultants.

If it looks like that the whole crowd is really monitoring themselves and doing a great job and helping one another and various other things, then I see no reason why that it can't be very quickly. But if we've got a situation where we have to literally teach each step of the way, that we can't depend on a sizeable percentage of the people to go out and get it, and study, and pick up on things, for instance if we have to explain to you what a B vitamin is when you can pick up any number of books for US1.95 cents and read about it.

But if it comes to the point that if we have to explain it step by step by step then it's going to take longer because we're going to have to get to the point where you understand what you're working with because you're really working with the energy from within a cell, so actually what you're doing is, as you're working from a given point in a cell, that cell will initiate life.

Most people think that a cell splits, but it doesn't, if cells that were being replaced inside your bowel actually divided every 24 hours as they're claimed to be, within a matter of about 5 or 6 weeks you'd have a 200 lb gut, because for every one sloughing off wouldn't there be two replaced? See it doesn't work that way and this has been obvious for years in biochemistry but they can still, in classic situations, cause cells to divide to propagate so they assume this works throughout the system. Like they say the Central Nervous System's cells do not regenerate, well that's foolish, they do, it's just that it takes too long for us to notice any great benefit from it but association tracks in the brain actually pick up additional functions.

One person who was tamping a charge in a hole had a crow bar blow through his head, right out the top and yet he spent the rest of his life gradually regaining neural function to the point that he functioned. There was only one aberrant change in him, before the accident he was a very simple, calm, home body and after the accident he became quite a carouser, so evidently it was a lobotomy

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in reverse, but anyway the point is, is that these cells have an energy core within them, a stole, and for a hundred pound person there's about four pounds of this, and that's what Doc's going to be figuring on.

This is the man himself, good morning.

Course 4, Day 1

Welcome to the class. It's great to be here. In fact it's even great to be alive. It's great to wake up in the morning and watch God perform His miracles and I have one thing to tell you about God's miracles, they're all performed with love. All of God's miracles are done through Love.

Now we have two divisions in our minds, the conscious and the subconscious mind. The subconscious mind is our inward radio, if you want to call it that, that keeps us in communion with our Heavenly Father. The conscious mind is the one that gives us power to act, to do things, to plan things, to say things, but the sub conscious mind is the one that we can commune with our Heavenly Father and without it our minds would be blank. Now animals do not have that part of their mind, they have a part that's called instinct but it's a part of their conscious mind and action, but human beings are given that privilege of a conscious and sub conscious mind and remember this, it takes two people to do evil, one cannot do it alone. It always takes two. Never one, it always takes two, and whenever a human mind contrives to say evil, or act evil, or do evil or to do anything but to show love they short circuit out the sub conscious mind that keeps you in tune with your Heavenly Father and consequently the first sign is you lose your communication and then you begin to think wrongly and then your thoughts begin to effect your digestive system and you begin to hate yourself and then you begin to justify your actions and you begin to condemn others in order to make yourself a little whiter than they are. Why? Because that line between you and your Heavenly Father is short circuited. So, just don't let a short circuit get in there, fix it. How do you fix it? When there's a short circuit how do you fix it? Well, you're going to find that in the 5th Chapter of Matthew, it tells you how to repair the line between you and your Heavenly Father, did you know that? Did you know that there's a biological and Theological way of fixing the line that keeps you in communication with your Heavenly Father, it's in the 5th Chapter of Matthew, it's the Beatitudes.

You know one of the first outward appearances of a short circuit in the sub conscious mind that keeps you in touch with your Heavenly Father is you lose the joy of life. You get to where you don't sing any more, happy people sing, and you find people that are singing. You know there's different kinds of songs, I'm talking about the songs that promote happiness and joy, peace that surpasseth understanding.

There are also songs that can bring about sadness, there are songs that can interfere with digestion, there are songs that can create fear. In fact I was a bed patient in a hospital with nurses around the clock recently and in the room next to me a pastor came in and he sang to a member of his church that was in there, "In the Sweet, By and By", well, she cried. So I told the nurses, I said, "I want you to have that Pastor and his singing group come into my room, I want to talk to him."

So, the nurses went over and requested that he come in. When he came in he said "what would you like us to sing?", I said, "first, I've got ought against you, and the bible said if you have ought

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against anybody you tell them face to face, and I'm telling you, you come in here and you're supposed to make people happy and you sang, "In the Sweet, By and By".
He said, "They love it, they cry".
I said, "They cry because you scared hell out of them. Now when you come in here you sing happy songs, leave them filled with joy, not tears of fear, not fears of death, don't sing those kind of songs".

He said, "you know I'd never thought of it before."
I said, "Well I'm teaching you right now. Don't do that again", and I told him about tests that we had run on the numbers and the people of the clinics in which we sang those funeral songs and the next day the numbers went down, and the next two or three days we sang the happy songs and the numbers went back up. So music can have a great effect in your life and so it is in keeping in tune with the Heavenly Father through the sub conscious mind. The sub conscious mind can do no evil, remember that, it's only the conscious mind, and it takes two to do it.

Now, let's look at this 5th Chapter of Matthew and we'll see what it says here, it says "Blessed" and the word "blessed" means happy. "Happy are the poor in spirit, for theirs is the Kingdom of God. Now who are the poor in spirit? The poor in spirit doesn't mean they're deficient, it means:

- they're humble people. They're people who make God, God. They're people who try not to bring God down to their size.
- they're people who realise that, "as often as you do it unto the least of one of these you can do it unto me",
- they're people that are willing to be servants to others,
- they're people that know the difference between constructive and destructive criticisms, there's only two kinds of criticism, and most criticism is destructive, not all of it, but most of it is. Constructive criticism has three phases that makes it very distinctly clear that it is constructive, and constructive criticism does these three things, it first tells you a plan to improve the situation, clear and plain what that person thinks improves it. Now if you stop there then that's destructive criticism. Now that's destructive criticism, but that's the first phase of constructive criticism. The second one is that you use, provide the manpower or the woman power to do the job with and the third you come up with the finances to pay the manpower, and then it's constructive criticism. Then you get things done, then you're of one accord, then you're in tune with the Heavenly Father.

God gives you an assignment but He also gives you strength to do it. You may not think so but if you'll start he'll give you the strength, and not only that he'll give you the victory providing you'll give Him the glory. Now that's what it means to be "Poor in Spirit". To be willing to give credit to God, to be willing to help the helpless, to be willing to love the unlovable. Anybody can love the lovable but it takes a real saint of God in tune with his Heavenly Father and the King of Kings, the Messiah, in order to really accomplish anything, to really love them, and you'll never win a person to the Messiah by criticising them or ripping them down. The only way is to lift them up and as you lift them up you go up, but as you push anybody down you'll go down with them.

Listen, I'm going to reread that one, "Happy are the poor in spirit for theirs is the Kingdom of God". If you do these things and if you become a servant of others in the name of the Lord Jesus Christ, or the name of the Messiah, whatever you want to call him, then you're happy, there's no short circuit between the sub conscious mind and Deity.

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"Happy are they that mourn, for they shall be comforted". Now, in the old King James English the word "mourn" meant a desire for improvement, today it means to cry or to weep. This is what we think of:

- Happy are those that have a desire for improvement,
- Happy are those that are constantly trying to make today a little bit better than yesterday.
- Happy are those that are willing to help carry someone else's burden, in other words, to weep with those that weep, I mean empathy, to feed the hungry, to give a word of cheer or just to smile. Happy are those that do those things.

It also means happy are those that recognise their own weaknesses, our own lack of knowledge, our own lack of ability, to understand and to comprehend desire for improvement, in other words, sanctification is living a little bit better today than I was yesterday, sanctification. Holiness is absolute obedience, and this is what it's talking about. Learning to be absolutely obedient and I believe it's necessary to learn to be absolutely obedient to at least one person on Earth before you can learn to be absolutely obedient to God. It took the United States Army to teach me absolute obedience, and they taught me in 24 hours. I'd just been drafted in as a buck private and I didn't ask for any privileges, put in uniform and sworn in and assigned to a corporal that only knew about 200 words of English and 190 of those could not be repeated in respectable company, and he assigned us to get out and pick up cigarette butts, and there I was, a physicist and ran my own business for almost 14 years and got in the army to win a war and then they put me out picking up cigarette butts when I'd been calling all the numbers before, telling them what to do and what not to do.

I'm telling you it was a hard, bitter pill to take, but I said this, "I should not have to pick up cigarette butts, I don't smoke".
Well that did it to him, he said, "you use the bathrooms, the latrine, you can clean that for the next 24 hours". I got the point clear and plain. The army had their way of doing it and from there on I was going to do it.

You know, I don't think that latrine had been cleaned, thoroughly cleaned, since the day it was brand new. There was 36 showers, there was 64 lavatories and I have forgotten the number of commodes, and they were still in use, and I cleaned that latrine for the next 24 hours, the cleanest it had been ever cleaned, and I mean I really cleaned it, and you know what happened, the next day the commanding general happened to be making an inspection after I'd been gone about two hours, he said, "who cleaned this latrine?", and he was given my name and I was assigned to headquarters just like Joseph.

So God has His way of teaching us lessons of absolute obedience, and then I learned at headquarters that the commanding generals and the commanding colonels and the majors demanded absolute obedience and I could see why, but this is one thing it's talking about here, happy are they that mourn, for improvement, happy are they that study, happy are those that apply themselves.

The next verse says, "Blessed are the meek; for they shall inherit the Earth". The meek. You know in the beginning there was dinosaurs and rabbits. The dinosaurs fought and destroyed themselves and the rabbits are still here, they ran. Now this isn't necessarily what the word meekness means but it means that when somebody says something that you think is unkind, you can get even with them, you can put them on top of your prayer list and they can't get off. There's no way, and that's the way to get even with your enemies, put them on top of your prayer list.

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Blessed are the meek, blessed are they that pray for others, the patient, blessed are those people that have patience. You know patience is one of the most difficult things in the world to learn, some of you heard me say this before, but repetition is always used by two groups of people, one is by a teacher so old he can't remember what he says and then the other is a teacher that wishes to impress on their minds the thoughts and remembers what he says and is using repetition to help you remember it. So I think I fit in both classes. So the people that are really and sincerely meek are willing to be talked about and still go ahead and do your duty without feeling hate, you're willing to let God take over there and God says "vengeance is mine, I will repay", you don't have to fight your enemies, you don't have to fight. If you were arrested for being a Christian is there enough evidence to convict you? Is there? If you haven't been arrested for being a Christian why haven't you? These are just things to think about. Meek, in other words, it's more important to obey God than it is to obey Man whenever it's in conflict, but it's right for us to obey God as far a it's within us. The meek, that's willing to do anything for anyone, anytime, any hour.

There are people that feel like other folks are imposing upon them, well, they're not meek. They feel too good. Pride. Blessed are the people that don't have pride. Vanity, false pride, now there's two kinds of pride, there's a good kind of pride and a bad kind of pride. Now false pride is what it's speaking about. In other words false pride is keeping up with the Joneses, but the other pride is "I'm clean" and, "it's a service when a pastor asks you to do something" you say, "why sure I'd be happy to do it", instead of saying, "let George do it". In other words you're of service to yourself and to the Kingdom of God. Blessed are the meek, for they shall inherit the Earth. They shall inherit the Earth. You know the bank of Heaven can't be broken and whenever you start to serving God in absolute obedience Satan is going to set all the Hounds of Hell that he can on you, to bark at you, to discourage you. He's going to tell you if you serve the Lord I've got a jail over there I'm going to put you in, and if you believe him he has won a battle without firing a shot, so what I'm trying to say is blessed are the meek for they shall inherit the Earth, and if you ever get arrested for being a Christian, even though you're falsely accused, start a revival meeting, it's a wonderful place to have one, and believe me the people are willing to listen because they have come to the end of the road, they're empty and they're ready to be filled, so that's what Paul and Cyrus did when they got put in jail, even the jailers got converted and you didn't hear them moaning about it, or doing this or that or the other, in other words, they used their talents for the Glory of God wherever they were. Happy, those people were happy in jail, did you know that? Did you know you could be happy in jail if you're innocent, even though you're falsely accused. These passages are written for you and I today. It sounds like they were just written yesterday.

"Blessed are they which do hunger and thirst after righteousness sake for they shall be filled". That's you people, coming here to learn a little bit more about the laws of health that's written in the Bible. You've already been told, and I have already told some of you, that the finest health book that there is, is the bible, and most people don't read it. They don't read the bible, it's the best health book that's ever been written and you don't read it. So, knowledge plus meekness plus humility equals wisdom from God. In other words He can turn your very mistakes that you make into blessings and you know I love criticism, I thoroughly enjoy it for two reasons:

- one is I know the person's living, I know they're conscious, I know they're not comatose, I know they're improving and that they care, I know that they're fighting for their life, that's one reason that I know that I love criticism.
- The other reason is I know I'm accomplishing something. If I was doing absolutely nothing at all then they wouldn't have anything to criticise me about. So consequently when I

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> find somebody doing absolutely nothing I volunteer to help them. So you can't please everybody so I love criticism regardless of whether it's constructive or destructive, it doesn't matter to me because it's a sure sign that something is being accomplished.

This is what he's saying here, "Happy are the Meek", in other words I realise I make a lot of mistakes but also by my mistakes I can realise that the Lord then turns them into blessings and He also gives me problems that let's me know that I'm weak and he gives me problems that I couldn't handle unless it was for Him, and when He gives me a problem I do not worry about it because worry is the Devil's prayer, and when He gives me a problem I know he's just cuddling me up a little closer to Him, showing me that He's ready to do something great for me, and when people criticise me I know that God is getting ready to do something great and so therefore I'm happy about it. So learn to be happy when you're criticised because it's a sure sign that you're doing something whether it's right or wrong, and you know a hundred years from now we won't even know the difference.

"Blessed are the merciful, for they shall obtain mercy". I think that that is a very, very great statement. Blessed are the merciful. Blessed are they that forget all of the bad things that ever happened to them in their whole life. If you remember every bad thing that's happened to you in your whole life then you're miserable, but if you forget them you have shown mercy to the other people. Absolute forgiveness is absolute forgetfulness, so when you have forgotten it then you're so empty that you can be filled with happiness. Is there anything difficult about that.

This is what Jesus said, these are not my words, these are the words of the Messiah himself. "Blessed are the pure in heart", happy are the pure in heart for they shall see God. The pure in heart are those that are absolutely obedient. Moses only disobeyed God that we know of just one time, he was told to speak to the rock, instead of that he struck the rock and for that He was not allowed to go into the Land of Canaan, into the Promised Land, so God demands absolute obedience and the more obedient we are to every rule that God has laid down for us, the happier we are and the more God will place responsibility upon you and the greater your stewardship.

If you get busy enough working for God, truly working for God, and let others with compassionate love, and love them so much, until you cannot see anything wrong with them, at all, you can't see any of their faults or any of their mistakes, that's the kind of love that God has for us yet in absolute rebellion the person takes himself away from God but God doesn't take himself away from you, from the person, in other words one person said, "you can love the sinner without loving his sin". That's another way of expressing it.

Happy are they that are pure in heart for they shall see God. Unless we become as a little child we cannot enter the Kingdom. These are the words of Jesus. This is keeping our sub conscious mind in tune with the powers that can make us happy. God wants you to be happy. Happiness is the purpose that love brings about. Did you ever know people that were truly, really in love that weren't happy. No, they're very happy, they may have their disagreements but it's kinda like the little boy that was hitting himself on the head with a hammer, it feels so good when he stopped. You know it's nice to have differences of opinion because that's the way we grow. Also, if we all had the same opinion nothing would be accomplished. You know one thing I resolved when I got married was never to argue with my wife, never, and I think that got me in more hot water than if I had of argued with my wife, or she thought I was in hot water at least. But whenever I goofed, which I did numbers of times, I would say thank you for teaching me, if it were not for you I don't think I could make it through the Pearly Gates. Well she couldn't stay angry with me you know, because she was trying

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to get a point across, I was not living up to the King that she though she married, in other words I'd become a vagabond in her sight and she was trying to get me to improve, she was whittling on my weak points and as long as we're whittling on somebody's weak points, especially our own, there's great hope for us, but the moment we become so filled with self righteousness, which all of our righteousness is as filthy rags, then we have closed our mind to the power of God to use us for His glory and we lose our happiness.

Blessed are the peacemakers for they shall be called the children of God, the peacemakers. You know it's wonderful to be a peacemaker, happy are the peacemakers.

I knew a man one time that if he ever heard anyone speak an unkind word about someone, he would keep whittling them until he got them to at least say one kind word about this other person. He'd say well isn't there anything good about them? Can't you find one thing good about them? Finally he'd get them to say, "well, he does do so and so".

Then he'd go to that man and said, "you know what so and so said about you? He paid you a very high compliment, and then he told him what he said".
And, he said, "that rat said that about me? And then he'd keep whittling him until he found something that the man would say nice about him and then he would go tell the other one, "you know what he said about you?"

And the first thing you know you had these people were friends again. The peacemakers. Blessed are the peacemakers, happy are the peacemakers for they shall see God. Isn't that great. Isn't it wonderful to be a peacemaker. Can you be a peacemaker and have destructive criticism?

Blessed are they which are persecuted for righteousness' sake, for theirs is the Kingdom of Heaven. Happy are they that are persecuted for righteousness' sake. Are you happy when you're being persecuted? You ought to be, I am, I'm never so happy as when I'm arrested. The happiest moments I think I've spent since I was married was in jail because I was walking in the steps of my saviour. If He went to the cross for me it was a delight to go to jail for Him.

You know, the day Jesus was crucified was the happiest day of His life in one respect because that day He knew that He had won the victory over Satan, but the thing that saddened His heart was the lowness, the degradation, the hate the people had in their hearts when he had spent His life trying to teach them love, trying to teach them kindness, trying to teach them mercy, trying to teach them forgiveness. The hate they had in their hearts broke His heart. The fact that He had won the victory over Satan was the happiest day of His life but the fact that He had so failed to redeem the world broke His heart. You know the people who can hurt you most is the people that's within your own family, your own loved ones, your own children. Satan will work through your own kin folk many times to break your heart, but that is time to put them on the prayer list, that's time to take the short circuit out of the sub conscious mind and tune into God and let Him turn the things that you would like to see made right back into the straight and narrow path, to love the unlovable.

Blessed are ye when men shall revile you and persecute you and shall say all manner of evil against you, falsely, for my sake. Rejoice and be exceedingly glad for great is your reward in Heaven for so persecuted they the prophets which were before you.

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Now the first sermon that Jesus ever preached that we have any record of is in the 5th Chapter of Matthew, in which He gave us the recipe for happiness, and people are not happy today, they're busy, they're in a rat race, they're criticising, they're finding fault and whenever people are not building people up constructively then you're not busy enough. Busy people do not have time to find fault. Busy people do not have time to get on a detour. Busy people don't have time to hunt the mote in their brother's eye. Busy people don't have to keep up with the Joneses. Busy people for God have to be absolutely obedient. Busy people are fearless people, that means they have plenty of calciums, busy people are lovable people and they draw a crowd, people love to be in their presence and they're not complainers, they're helpers.

What are you going to do? Are you going to be happy from here on? Are you going to be someone to lift people up or you going to be somebody push someone down? And let me tell you something friends and don't you forget this, you're no bigger than the person you fight with, you're no bigger mentally. So, you don't have to fight with anyone, God will take care of that, but pray for them, pray for them till the light shines through. Pray for them for the glory of God and one of the questions when you stand before the great white throne of God the first question I believe that will be asked you, "where are your friends?", "How many did you bring with you?"
"I was too busy criticising folks to bring anybody with me, it was all I could do to get here myself, Lord". Well it's great to even be there, but it's greater to have a host of friends with you. You can earn dollars, you can own great properties, you can own great things of this Earth, but you can't take one of them with you but your friends you can have forever, perpetually, throughout eternity. No one can take those from you, no one. No one can take them from you. The happiness that you generate here is going to last throughout eternity and if you do not generate happiness here I just don't know what's going to happen to you because I'm not a judge and I'm delighted that you people care enough to keep studying, to keep studying, to keep studying and keep studying. I want to also recommend to you something that I do myself, I average at least 10 hours a week studying these principles that you are learning in school here, in this class. I'm only in the first grade to where this thing's going to go to and if you're not spending at least ten hours on it you're not going to get very much out of it, and this class this week was arranged against some of my better, deeper principles, in trying to take two classes at one time when it's almost impossible to get what's in one, and digest it and be able to use it.

Class 1 you learn the principle of what these classes are about, Class Two you learn Ranges and Zones, in Class Three you learn the changes that take place between, in withdrawals from respective ranges towards the perfect range, and you're also introduced to logarithms and told to study those for at least three months or four months before you even attempt to try to comprehend what logarithms are. Logarithms is very simple thing to understand, it's very easy thing to understand. If you stay in geometrical math but when you move logarithms into relative math in which there's no zeros, it can drive you right up a tree, I mean there's no zeros in relative math. In other words, a zero is nothing. Always has been, always will be in relative math, it doesn't mean a thing, so you leave it clear out.

For instance if you had 1025 and you wanted to convert that to a log you'd say just 125, drop out the zero because it hasn't added a thing to it. So, now why do we have logarithms? And I've been asked this a number of times about these courses, why do we have to go in all of that? Well in Courses 2 and 3 you are given the results of a lot of math, in other words you're told if the numbers are so and so the person's food is digesting too slow or too fast or they're in a heart attack zone or not in a heart attack zone and so forth but in the other classes you learn why those numbers are there.

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Now, you're also told in Class 1 there was 2600 differentials. Now if everyone of you lived 3000 years and spent 8 hours a day in class you still would not have covered all of the problems that would be covered in this, so what we do is to teach you to think through on these simple problems and then as you come to the complex problems you can think it through yourself.

Life is not long enough for us to learn all of the 2600 differential problems so therefore we learn a principle. Now we've given you the principles on a few problems but now then we're going to teach you why that is so. We're going to teach you how one single cell is made. If you don't understand how one single cell is made by ionization, and ionization is how things are put together and how they're taken apart regardless of whether it's biological or not biological, you were told this in the first course, then how can you ever learn what energy is, in other words, energy puts them together and energy takes them apart. You've also in the second class was introduced to the atomic chart. You were also told to memorize certain of those elements and to understand the patterns of the electron in orbit and it's also a change in electron is a change in physical properties which is a change in element, in your elementary stage, but it's also true in your compound stage too. So to try to put all this together in two classes, I couldn't do it in five days. If you want to try it I have no objection but I'm telling you, you ought to for your own benefit if you have not taken Class Three to take Three, but I would give it at least three months or more studying it, plan to master that part of it and put it into use before I would attempt Class Four. Now I'm not telling you that you can't do it, I'm advising you what's best mentally. It isn't that it can't be taught, the fact is, it isn't what you know that counts, for instance, you can go and buy the finest set of carpenter's tools there are but it doesn't make you a carpenter, you can go down and buy the best set of mechanical tools that a mechanic could buy, everything that any mechanic would ever use, but it doesn't make you a mechanic. So it isn't how much you've got, or how much you know, it's how much you know that you can use, how much you can think that really counts and one of the greatest problems that the testers are having on the field right now is this, they have not memorized the rules of the first course, and the ones that had the second course and, I want you to learn to think, think it through. I am delighted today that in our schools in the first grade they're teaching new math. In fact as far as I know I wrote the first paper on new math that was ever written, way back there 50 years ago when it split the whole colleges in this country and other countries wide open I even suggested that they start the first grade on calculus instead of arithmetic, because in arithmetic you memorize everything in calculus you reason everything. In other words instead of saying 3 plus 2 equals 5 in the second grade, this would be a second grade problem, you would say 3 plus 2 equals ten minus five. Then they understand, you still got the same answer. Now in first grade you say 1 plus 1 equals 3 minus 1. Got the same answer. In other words you've reasoned it through. So, this is one thing that arithmetic has never taught people to do, is to think, and they'll do anything in the world but think, "please don't make me think" and we're trying to teach you to think and some of you are rebelling it like an unbroken mule.

Now, learn to think people, learn to take these principles and to put them together, now I know that through Course 1, 2 and 3 it's memory work but in course number 4 you start learning how a cell is made and in the 5th Course you'll have to take an examination on the first four.

This will not keep you from sitting in on Class 5. From Class 5 you take an examination on the first 4 because we want to know where we failed to get the point across to you or why you failed, and if you don't pass that test it means you don't get a certificate at the end of that course because you have not gotten it and you can get it whether you've never opened a chemistry book, whether you've ever opened a math book, if you'll apply yourself and take this as we give it to you, you can use it,

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and you can understand why, but if you don't do it you are the loser, and you criticise me and I love it and I put you on top of my prayer list, I keep you there, I'll help you and no matter what you do I'll still help you and I'll still love you, at least I know I'm accomplishing something. This is my message to you this morning. God wants you to be happy.

Luther Burbank discovered how to pollinate plants and the tomato that we eat today, the modern tomato came about when, in 1852, he pollinated two wild tomatoes, one poisonous and one of them so bitter you couldn't eat it and they called it a Rutgers, that was the University of Southern Agriculture or some of the principles at least, what little was offered. And then they called the next tomato he invented the "Globe" because it had a dark top and a different color on the bottom and as it ripened it was all the same color.

So he was persecuted by the preachers because he said "I created a new plant", and then he said "Ignorance is the greatest enemy progress ever had". He was jailed for using the word "create" because the preachers said only God creates. Well he said, "give me a better word, I use the only word I know, give me a better word". So many times our problem is in communication, understanding, comprehension, application, and a short circuit in our sub conscious mind to our Heavenly Father.

Thank you Father, bless this group this day, open their minds and their hearts to understand, to comprehend and to use the math, the principles that are in the Bible, and we thank you Father that you are a God of mathematics, that you know our number. You know our frequency down to the milli micron, we cannot be lost from thee, even though our lives do not warrant the purification by fire. We ask you Father to come in with the Holy Spirit, soften our hearts, teach us Thy precepts. We need so much Father, we're so small but you're so great, our faith is so weak, our understanding so short, we grow too old, soon old and too late smart, help us that we may be able to be filled with Thy spirit of understanding and to be filled with wisdom from on high, help us to love the unlovable, help us to be happy, and most of all, help us to live a life of service, this we ask in the name of the Messiah, the King of Kings, the lion of Judah, the bright and morning star, Amen.

Course 4, Day 2

I'm going to give you some verses of Scripture this morning and I would suggest that you mark your Bibles, for these verses will be encouraging to you from time to time. One of them is found in Second Chronicles, the 14th Chapter, Verses 12 and 13. Now some of you have heard me read this before, but you might have said where were they, I lost it, I don't know where it is. So I'm reading it again, and said, "Asa in the thirty and ninth year of his reign was diseased in his feet ..," Evidently, it could have been gout, or it could have been diabetes. Very probably it was diabetes because the King ate a lot of sweets in those days, ".. until his disease was exceedingly great, yet in his disease he sought not to the Lord but to the physicians." God wanted him to go to Him for healing yet he went to the physicians. The next verse says, "And Asa slept with his fathers."

Turning your bible to the book of Revelation now, the last book in the Bible, and the last chapter in the Bible, we're going to find some very interesting things here about drugs. Four times in the book of Revelations I believe, maybe more, it mentions the word "sorcerers" and if you will go back to the Greek in your Young's Concordance, or another concordance which has the Greek, you'll find that word comes from the word "pharmacopoeia" or "pharmacia". If it's the Greek it's pharmacia, is that correct you students of Greek? Now the book of Revelation is the only place in the entire bible

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that the word "sorcerer" means "drugs". Throughout the other times in the bible the word sorcerer means "fortune teller" or "psychic", and I'm not against psychics I'm just telling you the meaning of the word, or "miracle performer", or "soothsayer" and so forth. But look it up and you will find many different meanings in different books of the bible for the word sorcerer, but in the book of Revelation it means drugs.

In Revelation 22:15, "...for without are dogs and sorcerers and whoremongers and murderers and adulterers and idolaters and whoever loveth and maketh a lie". Now this is the people that are without the Kingdom of God who did not make it into the kingdom.

In Revelation 21:8, ".. but the fearful and unbelieving and the abominable and murderers and whoremongers and sorcerers and idolaters and all liars shall have their part in the lake which burneth with fire and brimstone which is the second death". Sorcerers again, drug salesmen, and everyman shall be held responsible for his own acts.

In Revelation 18:23, ".. and the light of a candle shall shine no more at all in thee ..". In other words the Holy Spirit will no longer be dwelling with those on Earth.
".. and the voice of the bridegroom and of the bride shall be heard no more at all in thee, for thy merchants were the great men of the Earth and by their sorcerers were all nations deceived ..". For by the sale of drugs were all nations deceived and we see that happening right now, and even in this country they're talking about legalising the use of drugs so anyone can buy them across the counter.

These are verses that John the Revelator set down when he was exiled from Israel to to the Isle of Patmos. All I got was exiled out of Georgia. So we've got something in common, however they tried to boil him in oil and the oil wouldn't boil but they just roasted me in the newspaper. So, you know it's great to be walking in the footsteps of men like John. I'm not comparing myself with him I just know of something that he went through.

In Revelation 9:21 it says this, "Neither repenteth they of their murderers, nor of their sorcerers, nor of their fornication, nor of their thefts ..", they did not repent because of their sale of drugs and so forth.

In the Gospels, Luke 11:46 and 52. Jesus was speaking and here's what he said in verse 46. "and Jesus said, 'woe unto you lawyers, woe unto you also ye lawyers, for ye lade men with burdens grievous to be borne and ye yourselves touch not the burdens with one of your fingers."

In verse 52, "Woe unto you, lawyers ! For you have taken away the key of knowledge: ye entered not in yourselves, and them that were entering in ye hindered."

This is what Jesus said to the lawyers, in other words, you have made laws so confused until it's impossible to know what our rights are. You have made life unbearable for us, and this is what he is saying here to the lawyers. Now today we have a choice to serve God or to obey some of the laws of man. We're supposed to obey the laws of man as far as it is within us without those laws conflicting with the law of God.

Just this month I had a meeting with my attorney over in Roanoke, Virginia, as I was arrested last September and falsely accused of practising medicine without a license, and the case has not yet

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come up but was supposed to come up on the 27th of July this year, and I suppose that the lawyer met with the County Solicitor and he said, "if Doctor Reams will pay a US$1000 fine under protest, or 'nulla contenderi' we will drop the case as he's not practising in Virginia any more". Well I refused to compromise with Satan because I would have jeopardised everyone of you. Now you cannot compromise with Satan, you either got to be on one side or the other.

There are certain things that you can agree to that will not stand in the way of your overall program and it will not be contrary to the laws of God and still be within the law but there are times when you cannot compromise with evil, and to condone evil, or to be the member of an organisation whose foundation is not in God is evil, and any rule or any law that is made to protect a union is a bad law and should not be tolerated.

Last year in Virginia I was offered a license without examination to practice medicine and I refused to accept it, and the reason I refused to accept it was that they would have given it to me one week and taken it away from me the next week, or they could have and then I would have been under the penalty of the law. So far I'm not under the penalty of the law.

In Revelation 12:10 you're going to find a very interesting verse there, Revelation 12:10, but I'll have to read the 7th, 8th, 9th and 10th to get the picture though, "And there was a war in Heaven: Michael and the angels fought against the dragon; and the dragon fought and his angels, and prevailed not, neither was there place found any more in Heaven (for them). And the great dragon was cast out, the old serpent called the Devil, and Satan, which deceiveth the whole world: he was cast out into the Earth and his angels were cast out with him. And I heard a loud voice saying in Heaven, now is come salvation and strength and the Kingdom of our God and the power of Christ, or the Messiah, for the accuser of our brethren is cast down." Satan is accuser of the brethren, and when you hear someone accusing someone else who is their father? You decide that, you don't have to tell me I just ask the question. So Satan is accuser of the brethren.

Now, in the Book of Romans 2:1 and 2. Paul is writing to the Church in Rome and he said this, "therefore thou art inexcusable O Man, whosoever thou art that judgest another for wherein thou judgest another thou condemnest thyself; for thou that judgest does the same things." In other words he's saying you can't see an error in someone else, or a fault, unless you possess that error.

Now in Matthew 7:1 to 5 Jesus said something very, very similar to that and this is the words of Jesus in the Sermon on the Mount, "Judge not that ye be not judged for with what judgement ye judge ye shall be judged, and with what measure you mete it shall be measured to you again, and why beholdest thou the mote that is in thy brother's eye, but considereth not the beam that is in thine own eye, or how wilt thou say to thy brother let me pull out the mote out of thine eye and behold a beam is in thine own eye." It's kind of like the lady that always complained about the dirty laundry her neighbour had hanging on her clothes line, but one day she had her windows washed and she wondered what happened to her neighbour because her clothes were so clean.

In Verse 5 it says, "Thou hypocrite, first cast out the beam out of thine own eye and then shall thou see clearly to cast out the mote out of thy brother's eye." Then you won't want to, you won't have to, because you can pray him through, you have cleared the channel then to help him. You'll never win a soul to Christ by speaking evil of him, you'll never improve a person by speaking evil of them.

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When I read those two verses many years ago I dared not any more look for anything evil in anyone, because if I did I would be looking into the mirror of my own mistakes, and I would prefer people to tell me what they think they are, and then I love criticism because every time that they start criticising me I know they like me, they're trying to get me into Heaven, and sometimes I think Satan does more to get folks into Heaven than some of the church members because he exposes their shortcomings.

So what I'm saying is "God is Love", and the more that you love people the more love will come back to you and the less you have of unkind things to say about people the busier you will be, and one thing I'm going to suggest to you as testers that in the sale of vitamins and minerals if you will make an agreement with your health food store to handle all the vitamins and minerals and to send you people that need care the first thing you know you'll have 50 people a week and anyone that has more than 50 people a week really just has too many, 10 a day will keep you pretty busy, that is at first a little later more, but I would limit the counselling to 15 minutes, don't tell them everything you know, just tell them what to do and where to get the materials and the health food store will send you more people than you can make from the profits of the sale of vitamins and minerals. Now, if the health food store doesn't handle them that's a cat of a different color but make it available, don't recommend something that's not available to people. So what I'm trying to say is, try to do as much good to as many people as you possibly can. Now, in the sale of minerals and vitamins, there's times when you're away from home and somebody drives up and they can't get them and there's times at midnight after you have been working hard all day that they'll come and want to know to get this or that or the other.

Another thing I am counselling you to do is that if the husband gets so busy, or the wife gets so busy that she can't come in herself and bring the specimen, if they're so busy then don't let anybody else bring it. In other words if they don't bring it themself just don't pay any attention to it. Just refuse to do it. If their health is not important enough for them to come during your office hours then forget about it. If they're in such a hurry to get to the cemetery you can't stop them, and not only that, but if the wife has finally nagged the husband to send in a sample in order to get her to shut up her mouth he's not going to do anything about it anyway.

So the thing about it is unless he thinks enough of his own health to come and be counselled directly, face to face, don't bother about it, and the same way about the child in school. In other words insist that you see the patient. Insist that they come and stick to it and don't send word by the husband or by the wife or brother-in-law or mother- in-law or uncle or aunt to send somebody, don't send it, tell it directly face to face to the person that whatever you want them to know because as sure as you were born by the time they've got there they've changed it like they want it, they've heard terms they are not sure about and therefore they'll twist it and by the time it gets to them it will not be recognisable. I'm telling you things to do to build up a practice and build up confidence, in other words, they are not accommodating you by coming, not at all. They're not doing you a favor by coming, they're doing themselves a favor.

Now many times I had people call me up, "well doctor if you can't see me when I want to be seen then I'll go to somebody else" I said that's what I advise you to do, exactly. In other words they wanted me to cancel somebody else's appointment and take them. I have also said at times, "if you'll come and want to sit for a few hours I will try to work you in, but I'll do my best to get you as soon as I can", but what I'm trying to tell you is this, you work for them but after all in your business you set the hours and the appointments and if you will follow these rules very quickly

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you will be booked up a few weeks in advance. Of course there's always emergencies that you can handle.

Now here's another thing that will happen, people will call you up a month later about their report. Now don't try to counsel anyone on their report that's over two weeks old because their body chemistry has changed, or it might have changed, or it may have changed and therefore unless they come back and get a test ".. well I haven't had time to start on it"
"well, I'm just sorry I don't know whether your body chemistry has changed or not."
"I just now got a chance to start on it and haven't started on and I forgot what you said, would you mind telling me over."
Now what they're trying to do is to get out of paying you for another call and want to take up two or three hours on your telephone, so the thing to do is to just say I'm sorry, if the reading is over two weeks old, it's too old for me to give you any counselling on whatsoever. So have a principle and a set of rules.

A little later these rules are going to come out in a paper to you that'll give guidance from week to week or month to month orwhenever the paper comes out. It's going to make suggestions to you on how to operate your business so as to establish confidence in the people.

Now if a person needs to go to a retreat do not give them a diet sheet. Do not give them a diet sheet and don't let them talk you into it because their body chemistry's going to change in a day or two and not only that but a lot of them fudge, a lot of them fudge and do things they ought not to do. We just had a young man with cancer just below the right joint of his right shoulder, almost the size of a grapefruit, and all through the day he would do what he was told but at night he'd go over an get an ice cream and pop and drink it, and thought we didn't know the difference. Though he could flush it out before the next morning. Now this happens.

Also one time we had a case of advanced collagen disease and the person was a colored woman, about 30 years old, married with some children and she had been a wonderful maid and the person that she'd worked for for a number of years was paying her way over there. Anyway her appearance was so bad, so terrible, and she looked more like an animal than a human, in fact her appearance was so bad we could not even let her come out at the table or among the people during the meals.

So for the first two weeks we kept her confined to her room because of her appearance, but the first day she was supposed to drink her lemonade and water, 4 oz of the lemonade on the hour and the water on the half hour and she was plainly capable of doing it, I mean she was not a bedridden patient by any means, and I called her in that evening and I said, "listen, I told you to drink your lemonade on the hour and your water on the half hour, I don't want to tell you this again".

Now I tried to be as kindly as I can but I'm firm, and anyway the next day I called her in in the evening and I said, "I told you yesterday to drink your lemonade on the hour and your water on the half hour, and I don't know what I'm going to do to impress it on your mind that you've got to do this and not fail. Now this is the last time I'm going to tell you and if you don't do it tomorrow I'm going to send you home.

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The next day I called her in and I said, "call your husband and tell him to come and get you because I'm tired of fooling with you, and I'm not going to bother with you any more, if you're just determined to die you go home and die, because I can't help you if don't do what I said".

She begin to cry hysterically for about five minutes and she cried and she said Doctor, "why are you sending me home?"
I said, "because you're pouring your lemonade down the toilet and not drinking it."
And she said, "doctor if you just won't send me home I'll drink every drop of it tonight if you'll just give me one more chance."
So I did. Instead of being on a fast three days she was on one 6 days because then she started to drink it correctly and in two weeks you should have seen the difference. She began to look like a human being and she could come out among the people but she said this, "don't never pour your lemonade down the toilet 'cause the doctor can see right through the door."

Now what I'm trying to tell you is this, when people don't respond they're not fooling anybody, you or the numbers or anything else, and if they say they are then send them to a retreat because these numbers will change if they'll do what they say, providing there's not a brain tumor that interferes, or damage to the vagus nerve, and if you have any suspicion of that send them to a retreat because they need help.

About 5% of all the people that you test, if you're testing very many people, you'll find needs to be in a retreat, but they come in waves. I tested as high as 60 or 70 in a day, I don't mean an 8 hour day, I mean a 20 hour day when I had somebody testing and just reading I'm giving them 5 minutes each, approximately 5 minutes each and I would go 2 or 3 days and not a one need go to the retreat, and the next day a bunch of them need to go, they come in waves. For instance, leukaemia patients, you may go for three or four months without hitting one and then hit two or three within two or three days, in fact I was hitting a leukaemia patient about every two months three years ago in testing and then one day I hit three in one day, a wave of them, I didn't hit another one for about three months again. So these things come in waves. I can't explain to you why but they do, and two of them were in the same family, and one of them was in another family, not even related to each other.

So what I'm trying to tell you is this, have a set of rules to go by and live by it, and always keep your cool, never argue with your patient because you're no bigger than the person you argue with, or debate with and so forth.

If you've got the numbers to go by we should have them on the computer before another month, it looks very much like it now if the terminals are delivered on time, they're bought and paid for, and it's going to be a great help to you, a great help to you and we'll get them to you as fast as is humanly possible, they will be on a lease basis because we have to lease them because it's illegal to sell them to you under the new ruling made last year on instruments used for the benefit of human life, but as Western Union sends all kinds of messages across the Nation they'd have their own equipment and therefore if they can send it therefore we can, so it's making it a lot more expensive for us, in fact less expensive for you in the long run because the time you pay them out the equipment will be obsolete and need new equipment, so there's advantages and disadvantages to both sides.

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Be patient, and if you can't push somebody up don't push them down and you will find that if you will use these words regardless of what people say to you, "I will help you", "I will help you", "I will do my best to help you", God will do the rest. "I will help you" regardless of what they say or accuse you of say "I will help you". Whenever a policeman arrests me I says, "I will help you to obey the law as you have to obey it". When I'm put in jail I say to the jailer "I will help you do your job", "I will help you do your duty". There's no one that you can't help, or at least offer your help to. Some people won't let you help them, but anyway you can offer to help them, so what I'm trying to say is let your life be a living sermon, everything you say and everything you do is a sermon, somebody is listening, somebody is walking in your footsteps, and some of the greatest sermons that's ever preached are preached without saying a word. Somebody is watching you, somebody is using you as their example so be careful what you say.

Thankyou Father for this morning devotion, help us to understand more of Thy precepts, help us to lift up others, help us to help others, give us the wisdom we need when we need it.

Give us the time that we can study these things that we are learning in the class until we can become so well informed in them till we do them automatically, help us to understand all of the rules, to dig them out, to find out what we can use over and over again, and send us the people that we can help, and give us the ability to understand these mighty precepts that You have made this universe upon, and Father we ask you to give us the strength for the assignment that You have given us, give us the victory and we'll give you the glory throughout eternity, in the name of your lovely son Jesus, our king, our redeemer, our maker and our guide, Amen.

Course 4, Day 3

Corn has ears but it does not hear, vines have runners but no feet.

Once upon a time there was a pansy, a beautiful little pansy, growing by the side of a sidewalk. One beautiful Spring morning up sprang a little bud on that pansy and all of it's beauty and glory blossomed into a beautiful pansy looking at the sun. And the sidewalk said to the Pansy, "how can you be so beautiful when everybody treads on you and mashes your leaves in the ground, and stomps on you, how can you be so beautiful?"
And the little pansy said, "The more people walk on me the more beautiful I become." And the sidewalk said, "well I don't, the more people that walk on me the harder I get."

You know we can be what we want to be and we're going to be what we look at most. Our face is the mirror of our soul, and the eyes are the windows of the soul. What are you looking for in life? The best or the worst. What are you looking for? What is your goal in life? You know some people are so heavenly minded until they're no earthly good. So what are you really looking for in life? Are you here to make somebody else's load lighter, is that your goal? Are you here to do something to leave your footprints on the sands of time? Are you here just because you're here? Really what is your goal in life? Take stock, really what is your goal? What are you working towards? What is your aim? And set yourself a goal. You may set it way out yonder, but set it in stages, so that every so often you can pass a mile post in life, that you can accomplish something, and say, "well done" to yourself, that "I did what I intended to" and "I met this goal on time".

So, what I'm asking you today, I'm challenging you to set a goal for yourself, and reach it. Just what do you expect? And there's one sign of an educated person, they never blame others. There's also a

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sign of a lovable person they will help you by answering a question or giving you a smile or lifting you up. Just think deeply, I'm not asking for an answer from each of you, and think deeply, "just what do I wish to accomplish", and "how am I going to go about it?"

You know children need help and they complain a lot about "they can't do this", and "they can't do that", and they need encouragement and when one says that we can't do this or we can't do that, try to encourage them that they can do it. At least how do you know until you try. You've got to try, you've got to dare. When you try to do something you think you can't do then you're on faith, or presumption. It's a very fine line between faith and presumption, very fine, and I think that's what Jesus was talking about when he said that wolves come in sheep's clothing. I think he was talking about faith and presumption. It's very difficult to tell one from the other at the moment, but a little later you can because faith brings a reward and presumption brings grief. There's a very fine line between a genius and a moron, very fine line. There's only one way to tell the difference between the genius and a moron, and that is, the genius will leave his footprints on the sands of time and the moron won't. So sometime it's hard to evaluate people in their lifetime whether they're good or bad.

For instance, Newton was criticised, taken to court, had to revoke many of the laws of physics that he made, to say that they were untrue in order to keep from going to jail, and yet today those very rules are the basic rules of light and some of them are laws of aerodynamics. So, if you really want to become educated there's only one person to blame and that is yourself.

In other words, if you have the tenacity to say, "if anybody else can do it I can too" there's great hope for you. But if you go around complaining about this or that or something else you are refusing to accept the opportunity that God has given you to whittle an obstacle into a stepping stone to rise to higher planes. In other words there's three reasons for that:

- "you're too lazy"
- "you're in too big a hurry" or
- "you're just too ornery" or "you just don't want to do it."

So, God gives you difficult problems for your faith, and work at it to rise to higher planes. Now are you going to climb the ladder of life or are you going to stay at the bottom of the ladder, and the higher you climb the more dangerous it gets, and the more shaky it gets, but remember this, the higher you climb, and should you fall, the higher you'll bounce. You don't have to stay down, you can rise again. So if you fail, so what? A hundred years from now you won't know the difference. It's better to try and fail than not to try at all. It's better to love and lose than not to love at all. It's better to attempt to do something than not to try to attempt it.

So what I'm telling you this morning is a philosophy of life that's necessary to climb to higher heights. Sure it's going to take everything you've got, it's going to even take the marrow of your bones to do it. Do you know that when a bird flies he has to even draw on the energy from the marrow of his bones in order to fly.

That's the reason his life is so short. A mocking bird, not quite three years, if he lives his life out in full. So, how much, or how well, or how determined are you to conquer every obstacle. Now every time you fail to conquer an obstacle you're going to make one great, big circle and come right back to it, you're lost in the wilderness of ignorance, or laziness, and this time you have a chance to go over it, or, if you refuse you'll make another circle and come right back to it. And again your life will just be one circle after another, like being lost in the forest of doubt, or forest of trees.

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When I was a young man we had a ranch and there was a lot of wide open country then, there wasn't any supermarkets to see the light of, and there was open range and I'd been lost in the forest many times but I always had a horse that I could say, "go home" and he would, and sooner or later I'd come to something I recognised and then I could turn back in the direction I wanted. I just wonder if that horse thinks I'm a liar, because I told him to go home then wouldn't let him. I was just trying to find something that I recognised, I was making circles but the horse knew which way home was but I didn't know. Now the horse had horse sense but I wasn't old enough to have it yet, so that's one reason some people never have horse sense, they never get old enough. Now some of them have it very young, some don't have it at 80. I'm not criticising, I'm trying to help you grow up.

During World War II over on the Isle of Madang the Japanese tried to bomb us one night then a bomb didn't go off, a 500 lb bomb struck at a slant and didn't explode. The next morning the Chemical Warfare Service men were called out and there was, I believe, 19 of us altogether in this battalion as the men hadn't been fully distributed into various units, and they were asked, "any man that will take the detonator out of that bomb take one step forward", and all 19 men stepped one step forward. Then they looked down the line and my name started with an R and I was at the end of the line, they said, "Reams you're it, the first shall be last and the last shall be first."

I made a preparation to take that detonator out of that bomb that morning. The clock was still clicking, and just before I went to take it out I reported to my colonel and said, "I'm ready to take that detonator out of the bomb",
and he said, "Reams, can you take that detonator out?" and I said, "I'll try."
He said, "Reams, you'll do it or die."

Now when you get that kind of a spirit you can conquer, that's the seed of faith, that I will do it or die. If anybody else can do it I can too, and this is what it takes to really climb the ladder of life. If anybody else can do it I can too.

If I have to get a private teacher, or if I have to ask a million questions, if I have to expose my ignorance every minute of my life, whatever it takes, I will conquer in the name of the Lord Jesus Christ, I will give Him the glory and He will open the windows of Heaven of knowledge for you to wisdom. How to use what you've got, how to use it and use it wisely.

If you will spend your time each day, or take so many minutes, at least an hour or an hour and a half a day, and work at things that you hate, that you dislike, the first thing you know you'll begin to like them and understand them. People hate the thing they don't know anything about and the thing they know least about is sometimes the thing they express their opinions most about, because the less you know the easier it is to solve the problem in your own mind, now this kind of a person is called an armchair general, in other words, they can see that this should be done and that should be done, they know what's wrong with the President, they know what's wrong with Congress, they know what's wrong with the Nation and yet they don't even vote. They're not willing to stand up and be counted and when God calls and gives you an opportunity how many times have you said, "let someone else do it".

How many times have you made an excuse when your Pastor asked you to do something, or your Sabbath School teacher, or your superintendent. Somebody made a simple request how many times

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have you said, "let someone else do it". Talk of a thing that can't be done and you'll do it. Work at it. Give it everything you've got.

You say, "well I don't have time". You know a Pastor told me one time when he wanted something done he got the busiest man in the Church to do it and he always had time. Do you allot your time? Do you plan your time? Do you really have time to do what you want to do? I know that there are times that it's impossible to do all that people expect of you but that's not very important, the thing that is important is what do you expect of yourself. What is your goal?

For instance, there's about 10, 000 telephone calls a week that come in and it's impossible for me to answer the telephone to all the calls. Mail comes by the bagful. It's impossible for me to answer all the mail so I have to have secretaries to answer it. I try to answer every letter I receive but I have been accused of not answering letters because I never received them. In fact a year ago this last August, I received some mail that was mailed on January the 2nd, and the person had called me up about a month later after January and really was terribly excited because I had not answered the letter, because he really needed an answer, but I didn't know anything about it so I gave him the answer on the telephone, but the thing about it is many times we do not know, or get the message through that's supposed to get through and many times today the letter's not returned to us, so we do not know whether it went through or not. Somewhere it becomes lost.

I'm not complaining at all but if you had to handle all those utterly millions of letters and us being human it's just naturally some of it is going to get misplaced. Why I've even sent a check out a time or two and forgot to endorse it, I didn't intend to, I'm just human, just like everyone else. I've received checks that the person forgot to endorse the check, just forgot to endorse it. Send it back. So what I'm trying to tell you, you have problems, other people have problems but when we start to help each other solve their problems life will become brighter for us. This beauty of life will come back into us and we're going to learn quite a lot this morning about mind over matter and matter over mind. Mind over matter and matter over mind and one of the things that I'm challenging you in this class to do is to see everything you look at. Do you notice the flowers beside the walk? Do you notice the beauty in them? Do you really see everything you look at? I want you to start, I want the seed that we planted yesterday in seeing the person in the numbers and vice versa, I want you to begin to see everything you look at not only in people, and forget their mistakes unless you can help them. For instance, the shoemaker notices people's shoes, but the dressmaker notices the dresses, the tailor looks at the suit you wear, but try to see the shoes, the dress and the suit. Try to put the things together and try to find something nice to say to everyone.

You know, what is nice to us is not nice to a plant, for instance you can put manures on a plant and it loves it, but we don't like it. We live in a different world and I'm amazed at how many people think we're plants. We're not plants, we're human beings, we need polishing, we're diamonds. Did you ever hear a diamond being polished? It's the grittiest sound you ever heard, it's worse than gritting your teeth. It almost makes the flesh crawl off of your back. So when I hear people complaining I know that the Lord is polishing them, trying to make a diamond out of them. It makes me happy so therefore I like complaints and also I know that that person is still breathing and living. I know he's getting well or he wouldn't be complaining.

One of the things that I learned as an officer in the military services was as long as the men were bitching about everything they were happy, but when they quit bitching you better look out, you got trouble on your hands. They're ready to fight their officers or anybody else, it's time to attack then.

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It's time to find something to get them busy and get their mind off of their problem and get them headed in the right direction, and get them back under a stern command again. So, God expects us to obey his commands, and his commands are for our benefit. His problems are to help us grow.

There's a book of essays that has been a great blessing to me, I have really enjoyed those essays because they showed me a picture of my life and how to improve it. I give you the name of the book, it's the Bible. Read it ! Read it and you will see again and again yourself in the mirror of what you read. In life you'll find what you look for. If you're looking for something to complain about you'll find it, if you're looking for a stepping stone to rise to higher planes you'll find it. If you're looking for diamonds you'll find them, if you're looking for gold you'll find it, although it may be in the heart of a friend, but you will find what you look for and my grandfather said to me once upon a time he said, "son, if you ever lose anything you look for it where you lost it", and if you lose the joy and the happiness of your life, or you're not happy, look for happiness where you lost it. And if you lack something you'll never get it by complaining, you'll get it by digging, searching for truth. Stand high and be ready to be counted and the more people criticise you the more you're accomplishing. You can't please everybody and you can very soon get to the place that all advertising is good advertising.

Suppose that the President of the United States got mad because somebody said something that wasn't nice about him and he quit. Just because one person said something about him and he quit. Suppose that when they complained about Jesus, he said, "if that's the way you feel about me I'm going to go back to Heaven and let you go to Hell." Is that what he did? No. Someone asked me some time ago what I thought about Mr. Carter as President of the United States. I said, "you really want to know what I think about him?"
Said, "yes".
I said, "my President is as good as yours."
Now, whenever you begin to look at the overall broadness and the beauty of life there's a joy within your soul that bubbles over that you cannot hide and even plants have a way of talking to you, in fact I brought a potato to class this morning, just an ordinary potato, the red potato. Well that potato's telling me two or three things in his own potato language, he's telling me that his eyes are sunken in the potato. If you took him to an oculist he'd say he needs glasses. See what I'm saying. In other words it's the wrong diagnosis because he's going by appearances, squint eyed. If you take him to a neurologist he'd say he's nervous, he's squint eyed. If you took him to a historian why he'd say he's an Indian because his eyes are deep in his forehead, sunken. You get the idea, the opinion. Now what is the real truth? The truth is that this potato come out of ground that was either deficient in manganese or phosphates. Now the deeper the eyes are sunken in a potato the more deficient the manganese, and the manganese can't get into the potato unless it's in phosphate form, just like it does in our bodies, phosphate of manganese. So, if the potatoes we eat are deficient in manganese, and the lettuce, and the beans, and the cucumbers, and everything, and the watermelon has a lot of white seed in it, it hasn't matured, it's deficient in manganese, then we have a mineral deficiency which is going to effect our reproductive organs and the delta cells will accumulate. Here's what that potato said, "now if you eat me I'm going to do something to you." You see how this potato talks to you? You have to understand the language that this potato's trying to tell you, also he said "I'm not very sweet, I'm a sourpuss because the less the sugar the less the mineral." Isn't that wonderful how a potato can talk to you.

Did you ever know that? Did you ever stop to think that there's a reason for everything. So, cause and effect is what our whole course is about, cause and effect, and this is what we're going to be

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studying more about today is the cause and effect. There's one cause I'm going to mention though, and one reason that people do so much griping, they're constipated. Really I'm telling you the truth, they feel bad, they don't feel good, and I don't mean that as an insult at all, I don't mean that as an insult but it's very good to be charming and loving when you're constipated, and the food's digesting too slow and you don't have enough energy. Actually what you're doing is fighting for your life but people don't understand that and they also then get back at you and you got two people that's constipated, so you got them square.

So therefore you're no bigger than the person you fight with and you can't see the fault in others unless you possess it yourself.

The Scripture bears out step by step the logic in the beauty of life. Isn't it wonderful that God showed us the way of love that conquers everything. That conquers all, that is supreme, that is not bound by dogmas, it's not bound by anything except our ability to contain it, divide with it.

Love is something like energy, you can't store it, you've got to use it. You can't store energy but for a very short time. For instance if anybody just went to bed and stayed in bed when there's nothing wrong with them their muscles would atrophy and they get to where they couldn't walk, weakness would set in. So the only way to stay strong is to keep exercising, providing your energy's high enough not to destroy your reserve energy. In other words, don't burn up more energy with exercise than you take in, but you can't store it. Also you can't store love, only that which you divide can you keep and only the money that you give away can you keep. You can only keep that which you give away and carry it throughout eternity. So the more that you help others the more God will help you. The more you divide your knowledge with others the more wisdom God will give to you.

When I was a young engineer in agriculture about the only people that came for help were those with the sheriff at the door, foreclosure on the hand that couldn't turn or twist, and all they were hunting was somebody to lay the blame on. They thought if they couldn't do it, it couldn't be done but we would get them on their feet again financially and you know only about 1 in a 100of those people would come back and say "thank you", even though they paid us. You know the 10 lepers that Jesus healed only 1 come back and said "thank you". Just one. Well, He had a very high score compared to what I have, a very high score, but he deserved more.

So actually in life we get what we deserve, and if you deserve the best God will give you the best. You will get what you deserve to polish you, to make you beautiful. To make you shine like the Sun. To move you into the light of the Glory of God, and why resist it? Why resist it? And one thought came to me when I was at my father's funeral, was that I thought back over the years of the many things that we had tried to do and that we had accomplished. We had set a goal and we had met them as a family unit. I thought of what a wonderful dad he'd been to me when I was a boy growing up and how patient and kind he always was to me and I thought about the failures that we have had which was very few and to those failures I simply said, "so what difference does it make now, what difference does it make?" So if we fail, so what? Start over again and then don't make the same mistake twice, start over again, so what? If somebody says an unkind word about you, so what? It doesn't make any difference. So, we're going to learn more about this morning "matter over mind" and some people thinks it's mind over matter, but we'll find out this morning to see really which it is.

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Father we thank you this morning for this glorious touch of love that you have given us, and help us to be more loving than ever, help us understand the riches of thy glory. Help us to be fed from manner on high and to drink from the fountain that shall never run dry, but also have enough of the oil of thy love and enough of thy beauty that we can share it to the end to the earth. Thankyou for giving me friends, Father. They are my most precious treasure and may every one of them and many more that I've never met be divinely inspired because the Holy Spirit is here this morning feeding these people and they're feeding them from manna on high and they will never again be the same after they leave here. Help them climb the ladder of life, help them to be eagles, to fly above the potsherd, the carrion eaters, help them to be everything that Jesus wanted them to be. Help them to be like the Messiah and be ready for His coming and we shall give you the glory throughout eternity, this we ask in the name of your lovely Son, and our most handsome king, Amen.

Course 5, Day 1, Introduction and Devotion

Welcome to the fifth class, and it's only the 3rd day of the week. Welcome. I'm going to make an announcement in this class, no tape recorders. There will be no tape recorders in this class at all. I have a reason for it, I'm not trying to be unfair, but we've got about 20 people out there that have become very brilliant, so we're going to do everything we can to keep the rest of these classes from getting into their hands. We can't keep them from wallowing in the mire but we'll try to keep the mire away from them. Now this is not mire until you misquote, until you tear down, or until you counterfeit. So this is why we're asking that you do not use your tape recorders, and we're serious about it, we don't want to be mean about it, but we just do not want what we say twisted to the point that it can do damage.

Now if you complain about the cost of the tapes then shame on you for complaining about a few dollars and you can't even take them to Heaven. If you could take them to Heaven I'd donate you the difference, or if you're so poor and so broke that you can't afford it then I'll help you out personally. Now you're required by God to be good stewards and I'm making you a good steward in helping you, I'm not pushing you down, I'm pushing you up, but if you haven't got the faith to believe that God can supply your needs then, my brother, I just don't know. I'm teaching you to have more faith. I'm not angry, I'm just ...., you know, you have not because you ask not.

Let me tell you something you people while we're here, and this is a part of our devotion, do you know that at least 25% of our charity business is preachers and their families, did you realise that? Is preachers and their families, they're so poor I'm ashamed of them, not that they're human beings, they need help and we don't mind helping them, they're just as deserving as anybody else and we also have some free loaders and they're just as sick as anybody else, they're not preachers, we help them regardless of what they are, but for a preacher to get out preaching the gospel and his Father that he serves is so poor that he won't give him enough to live on is a disgrace to Christianity.

Now some people thinks that they can't be religious and not be poor, well the devil tells you that, don't you believe a word of it. Don't you believe a word of it because God is the best payboss on Earth, and your paycheck is your report card of how well God is pleased with you and the quicker you accept these things that I'm giving you the faster that you're going to be a better steward for God, and I'm not scolding, I'm giving you meat, and if by the 5th Course you can't take meat I don't know about you. So you've been fed on milk so long until if you get a little bit of meat of the spirit

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it frightens you, but Jesus taught meat, and it's there. He also talked to babes and it's there, but by now you ought to become real men of God and women of God.

There are people that are forever making excuses, "I can't do it because of this ", "I can't do it because of that", "I can't do it because of this."

Now there are times that you are attacked on so many fronts at the same time it does cause delayed action, but when we say, "have thine own way Lord", there's a reason for it, but we're not angels, we're not gods, we're just soldiers on the battlefront, and I was a soldier on a battlefront, and one of the things that every soldier on the battlefront always feels like, "I never have enough ammunition". This is a general feeling of all the soldiers on the battlefront, or "if I just have a few more rounds of ammunition, if I just had a few more hand grenades, if I just had a few more of this or that". You never have enough out there on the battlefront, but, nevertheless the battle will be won. It doesn't mean the soldiers on the battlefront are poor because that's one place that you can have six dollars in your pocket and be a multi millionaire, there's no way to spend it. Money is only good for what you can do with it.

Someone asked me the other day, "you said that the power of Satan ended with the value of the dollar but that's where God's power began", and then you also said, "we should ask God for money to accomplish the job that He has given us to do", and we should.
He says, "doesn't the money then belong to Satan?"
I said, "sure it does, but is there any harm in getting it away from him and using it for the glory of God? Not at all, not at all".
This is Satan's dominion, the Governments of the world are under Satan and therefore they need our prayers, they need our guidance, this does not mean there are not some good men in our Government, there are some good men in our Government and I thank God for those men, but we also have some that are not, and regardless of what problem the Government has, they cannot please everybody, they're not gods over there, and therefore we need to pray for them till the light breaks through.

Pray for people. You know I made up a resolution many, many, many years ago that if any man or woman in business ever went bankrupt, or went broke (whether they went bankrupt or not) it would not be because I owed them one penny. I will not owe them one cent. In other words, it's my business to push everybody upward, everybody upwards, help everybody, not to tear them down but to push them upward, and tearing them down only tears yourself down. So, if anybody ever goes bankrupt be sure that it's not what you owe them that caused them to go bankrupt because God will supply your needs for the glory of His Kingdom, and he will not divide his glory with anyone but there's times when God wants us to be very stern, very astute.

Some people expect preachers and lecturers to be mushy mouthed and soft and easy going, yellow spined jelly fish, but I'm going to tell you if you'll look in the Old Testament to the prophets of God they were very, very stern, and they told it like it was, "Unless you repent, Ninevah will be destroyed", and so forth. In other words, they said it like it was, so God wants you as men of God and as women of God, and as stewards of God to face up to reality. Face up, speak with authority, speak with enthusiasm, speak with joy, speak with firmness and let the world know whose side you're on.

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I know people that're sitting on the fence that really don't know which side they're on. When they're with you, you think they're on your side but the minute you turn your back they're back biting in every way possible, and yet when the other side's with them they are on their side of the fence. So they're straddling the fence and it's a pretty bad position to be in. In other words, God wants you to not be afraid to admit that you'll follow Him all the way. That you'll look people straight in the eye and say it like it is. If they become angry pray for them.

In other words, when you know that you know, you can be firm, but you can know one thing that you know, you know that you love God more than life itself and when you do that God will then begin to reveal to you His secrets, and His secrets are not revealed to the world but to the saints, the adult saints.

You know there's little saints, there's big saints, there's intermediate saints and there's adult saints and it is those people that gets the job done, that are the adult saints. So what I'm saying to you, if God is not supplying all your needs and all your wants you better examine and see if you are really serving the God you think you are.

"There is a way that seemeth right unto a man but the way thereof is destruction". You know when Saul was stoning Steven he thought he was infallible, he thought he was perfectly right, that he was receiving all the blessings and the pats on the backs of the priesthood, and of the legal authorities, and of the undertakers and of the doctors. Why he was just doing a wonderful job killing the people for the undertakers and naturally they'd be happy about it, but God called him one day on the road to Damascus, and a great light shone upon him and God said, "Saul, why are you persecuting me?" Then it was that Saul saw Jesus face to face, it was then that something happened in his life, he saw how wrong he was, and how sorry he felt for it and then he was an outcast, the people that had been patting him on the back didn't want him, and the Christians were afraid of him. It took him two years to convince the Christians that he really had changed, and then God changed his name from Saul to Paul, and he wrote most of the New Testament.

So, what I'm trying to say to you is grow up. Grow up and be a man of God, and one of the best ways in the world to do this is to be able to take the blame. Let the buck passing stop at you, be able to take the blame and also be able to continually study, "to show thyself approved unto God a workman that needeth not to be ashamed". That's one of the greatest commands in the whole bible is to continue studying about God's divine laws.

One thing I've said to some of the classes in the past is this, you probably have heard me say it, "you cannot break the laws of physics, you cannot break the laws of chemistry, you cannot break the laws of God, you can only break yourself on those laws. These laws are stable, they're unchangeable, and you cannot break them, you can only break yourself by trying".

So, ask God for what you need to carry out His will, not my will, not your will, but God's will. Find out what He wants you to do and do it with all your mind and all your might and all your being and everything you've got. I had a man in one of the meetings that we had, not a class, that he complained about being charged $50 for a test, he said it was too much, and he waited to the very last one to speak, and he made a fabulous speech on how sanctimonious he was, and then how greedy we were to charge $50 for a test, actually what he was asking was for us to pay for his charity, and believe me while he was talking the Lord filled me with a righteous indignation, and I said, "my friend listen, this same test at a hospital would cost you $150 and up, and up, and it's

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not unreasonable to ask $50 for a test". Now, if a person doesn't have the money, then if you have compassion enough to do it then you're doing it unto the Lord, but if you're asking us to pay your charity bill we're not going to do it. I'm not going to pay your charity bill or recommend that anybody else does. Now, this is one reason why we suggest that you charge $50, is so you can allow a certain percentage of it for charity cases. You need to allow a certain percentage. You're going to also need a certain percentage for the computer, and let me also say this to you and try to remember it, if you spend over 15 minutes counselling with anyone you have done them an injustice. You have done that person an injustice, because it's not your job to teach them this course whatever.

If they want to take the course let them come and take it but tell them exactly what to do, you may tell them what is causing them to lose energy, but tell them what to do to regain the energy, or to try to regain the energy. But if you spend over 15 minutes counselling a person you've done them an injustice.

You've also hurt yourself because many people thinks they have to have two hours, by that time they've told all they know and the person knows it and is not coming back any more. But if you will close your counselling right when they want to know more yet you've given them the instructions to follow until the next appointment you have done your duty, and this is your duty done well. So, do not spend too much time with any one individual, it's not your duty. So, what I'm trying to say is I'm trying to help you.

Now many times you only need three or four minutes, five minutes and occasionally, once in a while, you will have a person that has a memory problem that is not retaining it and you'll have to write it for them, so I'm talking about an average of 15 minutes, some you only need five minutes, and others you may need 25 minutes. So I'm talking about your average and try to keep it into that average and your knowledge of your subject will go up terrifically in the eyes of the public.

Also, require them to write their questions before they come to you after the first visit. Write the questions, now tell them next time you come here you have your questions written and I will answer some of them. A lot of them just like to visit and they will take up all your time with visiting over chit-chat that means nothing, and you're not glorifying God in that, and not only that but you're denying yourself, you're denying others and you're also lowering your abilities in the minds of the person that you're talking with.

So be busy for God, be busy and work for God, and many times never forget to pray with your person if he needs prayer.

Let the Holy Spirit lead, there is a time to pray with the patient or with your friend, or your client, and there's a time not to do it, but the thing to do is the Holy Spirit will guide you when, and when not to do it. So, give God the glory, He's the great physician and say, "I can't heal you but God can".

You'll have people call you up and say, "have you ever had this kind of a case", or "has Doctor Reams ever had this kind of a case", well, every day there's new names coming up for old maladies, and by old maladies I mean just a plain loss of energy. Just tell them quickly, "regardless of what you name it any malady is a loss of energy and there's not any kind of a case

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that we have not dealt with, name it what you may. Naming it doesn't cure it. In order to help you I'd have to have your numbers, and then we'll see whether or not your body responds".
You've told the whole story in just three or four sentences. The whole thing has been told in just three or four sentences, instead of staying on the telephone by the hour, you've answered it quickly and to the point.

So what I'm saying to you is become good stewards of God, temperance in all things including your time, your diet, your food, your counselling, in everything. Temperance in all things and I tell you this, God will begin to put more and more and more on you than you can carry, but, Satan will also have his part. God will not put more on you than you could carry if you obey these rules that I tell you, but if you don't obey them you'll find then that you cannot carry the load. When you turn out the goods the public will want you 24 hours a day around the clock. They will say to you, "now doctor, you take good care of yourself, but take care of me first, just one more, you just tell these other people to come on another day, but please take care of me first". So this is human nature, being human, so do not let the people kill you.

Remember that you're not put here to heal the world, you're put here to help those who wish to be helped and this is what God meant when he said, "heal the sick".

Heal the sick with whatever talent that He has given you and the reason today that there's so much illness is because our foods are so depleted in mineral until you can become over-fed and under-nourished. So, if you don't read your bible each day, and if you don't spend a few hours a day in communion with your Lord then you're going to become underfed spiritually and undernourished spiritually. So it's well to keep your lamp filled and the wicks trimmed and the shades clean and be ready to be a Minuteman for God.

In another couple or three years this work that you're doing is going to be in such great demand it's impossible to have enough testers to do it and enough counsellors and we're loaded pretty heavily now and it's going to become heavier and heavier and heavier. So what I want you to do is this, learn the rules, read your mail daily from Heaven and have a sweet countenance.

Do not push anyone down, push everyone up and give God the glory. Do not judge other people and try not get into the position where you have to judge their fruits either. Once in a while it will become necessary but most of the time try to stay out of the position in which you have to judge anyone's fruit.

So, grow up people, grow up, take the responsibility that God has given you and use it for his glory and the finest way to grow up is to give God the glory for everything. Give God the glory and be willing to take the assignment that He gives you and grow and grow and grow in the spirit.

You know sanctification is growing in the spirit, a little bit better today than I was yesterday, a little bit closer to God today than I was yesterday. Now you will find a person occasionally that just wants someone to confess to, listen to their confession, it may take a little over 15 minutes on that particular type of person but help them unload if possible. Also if you find a person, especially a senior citizen that is in great need of someone to talk to because they live alone, then make an evening social time away from your professional duties and let that person talk, talk, talk and that's a great way to help a lot of people. I'm not saying for you not to have social times but I'm telling you there's a time for business hours, there's a time for social hours, there's a time for recreation, there's

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a time to eat even if you do have appointments, but let me tell you one more thing too, I've never seen a top rate doctor that wasn't late, did you know that. The busier a person is the more apt they are to be late, but try to be on time, do your best, but busy people are often late, not for the first appointment in the morning but as the day comes on and the load becomes heavier and you have to work an extra one in between people, and one thing and another like this and by the end of the day you're running an hour late, so try to allow for that too. Try to allow for these unforseen things that will come up through the day, and if you will limit your testing to ten people in an 8 hour period you will have done a good day's work. Limit it to ten people, do not try to do 20, 30, 40, 50, 60, 70, 80, 90 but on your calendar limit it to 10 people a day and then that will give you time to breathe and give you time to think and give you time to study, you won't be worn out and you should spend at least two hours every day studying these notes, especially from here on, and 3 and 4 hours is not out of line because you're doing post graduate work, and unless you carefully allot your time you're going to find that you do not have time to get this in.

So work for God, work diligently, but don't wear yourself out too young. I'm delighted to have you in this class, I'm delighted that you're here to learn more and more. This is a hard class, the next class is just a little easier than this one because it's kind of a duplication of this class but a lot different, in other words, it begins with conception and goes through into adulthood, this one we're showing the chain link of events that take place in the micronage of organ structure and this morning we're going to have a review on logarithms.

Now in this class we're going to hit logarithms only on Friday, we will not be using logarithms very much till Friday, but then we'll begin to start into it, but then when we're starting the course of genetics you're going to be in logarithms up to your neck, so you better learn logarithms because this time we're learning the basic fundamentals of the differences in the organs and the softest and the hardest and the chemical composition of the various organs, on an average, and there's a great differential in it.

If these were absolutely accurate we could very quickly teach you this whole course easily, but the differentials, the difference in weight, the difference in height, the difference in age, the difference in color, the difference in race, the difference in the area in which you live all make a difference. So, in this class we're going to hit upon some of the basic, sound fundamentals of the chemistry and physics of the anatomy, and on Friday we're going to have log problems.

So, everything that's said in this class is going to be very important, the further you go the less jokes there are, the more you're down to business, the less time you have, but we're going to try to make it as enjoyable for you as possible, we hope you can see the Lord himself in what we're going to present.

I don't think any atheist could go through these classes and not be a Christian when he finishes. I don't think any atheists are here, or agnostics, but what I'm trying to say is when you see the beauty of how we're made it brings us down to our size.

So this morning the bible says, "seek to know the truth and the truth shall make you free" and only truth can make you free, and the more liberty you have in truth the freer you are, and if you're not free who's to blame? God wants you to be free, he has made the way for you to be free, and this is the part here of deliverance from wrong rules and wrong teaching, or a better way of teaching, or God's way of doing it.

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You know in the army they said that there was the right way to do something and the wrong way and the army way, so we're trying to learn God's way of doing things, and so many times His ways are not our ways, but as we get closer to Him we become more like Him, and that's our goal, is to be more like Him and the more like Him we are the more of an outcast we may become and the very fact that we are an outcast many times makes it possible for us to believe that there is such a thing as God, that He really cares, that He does have control, that He does rule the Universe even though He's given Satan temporary management of this planet Earth, He still says, "it's my footstool", so there's nothing God can't do for you and won't do for you if you'll only let Him do it.

One of the things that children are real good about and that is getting in your way, so if you're children of God you're getting in God's way when He could help you become men of God. So, if you can't become a man of God stay out of the way of men of God if you can, and if not, you let them be your teacher, and enjoy life. If you're not happy there's a reason for it. There's a time to be stern, there's a time to be joyful, there's a time to rejoice, there's a time to weep, and I'll tell you this there's never a time when you shouldn't love everybody. Love is the theme of the world, it's love that conquers when all other things fail. Love is action doing something beautiful. Love is service. Love is giving your all. Love is being spent whenever there's nothing else to spend. Love is pushing upward whenever there's not another gram of energy to push up, keep pushing anyway. Love is lifting your fellow man up regardless of what he says or does. God is love, how much of God is within you? I'll tell you how much there is, there is the exact same amount of the love of God in you that you have made room for. If I should ask you what's the weight of a battleship you might be confused, but the weight of that battleship with all of it's troops and armours and everything on ready to go to battle equals the weight of the water that it displaces, or it wouldn't float, it would sink.

So it is with the love of God within you, it is equal to the love of the amount of space within you that you have given God to occupy. So, the more you give of yourself the more space you make available for the love of God within you, the more serviceable you will be to Him and the more He can trust you.

You know I put my trust in men many times and I still will, the rest of my life I'll trust people, I will trust them until they prove themselves unworthy of my trust and then I will have to act accordingly, but he who does not trust anyone, this proverb says, cannot be trusted. He who cannot trust or does not trust anyone until he has proven himself untrustworthy cannot be trusted, should not be trusted but I want to tell you friends, you can trust God. You can trust God. Even among the twelve there was a Judas, there was a Judas and I'm sorry that so many people become corrupted by power, or by money, or by pride, or by any whim that happens to come along, and the reason for it is what they look for.

If you will look for Jesus you will find Him, you'll find Him in the heart of the saints, you'll find Him in the flower, you will find Him in the lily of the field, you'll find Him in the stars at night, but the greatest place to find Him is in your heart where you can commune as friend with friend.

May God bless you this morning, Father we thank you for this privilege of coming together and worshipping together, studying together, help us to understand the precepts that you have layed down for us and where we're weak we ask you to make us strong, where we are misunderstanding help us to understand. Help us to use these Divine truths, these laws of physics

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and math that you have made to glorify Thee, and may this message join the saints of all denominations, may it break down all barriers, may it prepare for Thy coming, and help us Father this day to be found working for Thee, doing Thy will and we shall give you the praise throughout eternity. This we ask in the name of your lovely Son Jesus, Amen.

Devotion by Visiting Pastor

Visiting Pastor.
Our kind loving Father in Heaven we come to thee at this time to thank thee for a wonderful and loving Saviour. We thank Thee Heavenly Father for Thy word which instructs us how to live on this earth so that when our time comes to depart from this earth we are ready to go with thee. We thank thee for Doctor Reams, and all that he has meant to Thy cause. **Heavenly Father we pray that Thou bless him today in a very special way as he mourns the loss of a wonderful mother whom he loved** so much, and the grandchildren and all those who are friends and loved ones of this dear mother we pray bless them today and may they look up to thee from whence their help and strength cometh, and may we rejoice in the fact that we know this dear sister was ready to go and that she will be with thee in Thy kingdom. We pray this all in the worthy name of Jesus, Amen.

Scripture Extract By Teacher JM

Scripture, Moses & Joshua.
I want to share just a little bit from Deuteronomy 31:2-3, where it says, ".. and Moses said to them, I am 120 years old today, I can no more go out and come in: also the Lord hath said unto me, Thou shalt not go over this Jordan. The Lord thy God, He will go over before thee and He will destroy these nations from before thee, and thou shalt possess them: and Joshua, he shall go over before thee, as the Lord hath said."

Who's our Moses? I don't think he's going to get with us to the Promised Land. I don't believe so but I think we've got a Joshua that's going to lead us forth, and what does the Lord say then through him, He says, "be strong and courageous, do not be afraid or tremble at them for the Lord your God is the one who goes with you. He will not fail you or forsake you." And Moses called to Joshua and said to him in the sight of all Israel, "be strong and courageous for you shall go with this people into the land which the Lord has sworn to the fathers to give them, and you shall give it to them as an inheritance, and the Lord is the one who goes ahead of you, He will be with you, he will not fail you or forsake you, do not fear or be dismayed.

Also verse 23 where Moses commissioned Joshua, the son of Nun and he said, " be strong and courageous for you shall bring the sons of Israel into the land which I swore to them and I will be with you." Now Moses wasn't going to be with Joshua in body just as our Moses will not be with us in body but I'm sure that his words being in our head, his particular voice that the Lord blessed him with, is going to stick in our head.

Deuteronomy 31:27-29, "For I - I know your rebelliousness and your stiff neck while I'm still alive and with you today. You have been rebellious against the Lord." Our rebellion is against the Lord, it's not against Reams and I know there's some things that we'd like to get together and to move on forward but we're going to get there, just don't be frightened by the giants, don't be frightened by the bugaboos out there, look for the milk and the honey, don't look for the giants.

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Then in the first chapter of Joshua it says, "no man will be able to stand before you all the days of your life, just as I have been with Moses I will be with you". This is what the Lord is saying to Joshua, "I will not fail you or forsake you, be strong and courageous for you shall give this people possession of the land which I swore to their fathers to give them, only be strong and very courageous, be careful to do according to all the Law which Moses my servant commanded you, do not turn, commit to the right or to the left so that you may have success wherever you go." We can't deviate from what he says even as far as the minerals go. When he says use those minerals then use them. I know MinCol is expensive, but I give it to everyone of my patients, I give it to everyone. "This book of the Law shall not depart from your mouth but you shall meditate on it day and night so that you may be careful to do according to all that is written in it, for then you will make your way prosperous and then you will have success."

And I think we've got a Joshua, I think he started in June of this year and this is August, 2 months. I've never seen anybody develop like that. Some of you out there were with Doctor Reams from the very start and it's taken us a while to get here but his mind is sharp, it's like Reams' mind, it's sharp, it goes forward. "Sande's" out there going like a mile a minute and I'm saying wait a second now we gotta go step at a time, step at a time, mathematics are built on step at a time, step at a time. So I think our new name for teacher "SB" is "Joshua".
Thank you Caleb, let's take a break.

Caleb.
(Hebrew keleb, "dog"), in the Old Testament (see Numbers 13, 14, 34; Joshua 14-15), member of the Israelite tribe of Judah. After Moses and Aaron had led the Israelites out of Egypt to the borders of Canaan, the promised land, Moses appointed Caleb and others, including Joshua, to reconnoitre the land. All but Caleb and Joshua brought back a false and discouraging report on the walled cities and warlike inhabitants of Canaan. On the basis of the false report, the Israelites refused to enter Canaan, defying their leaders and God. God, however, put down the revolt and ordained that no Israelite over the age of 20 who had spoken out against him should live to enter Canaan. He also caused the immediate death of all who had gone ahead to spy out the land of Canaan, excepting Caleb and Joshua. Before he died, Moses distributed the lands of Canaan among the tribes, and Joshua and Caleb led in their conquest.

Course 5, Day 3 Teacher JM

I'm going to share a little bit with you, our Joshua, or teacher “SB”, is going to share a little bit with you and then Doctor Reams, "Moses", is going to share a little bit with you, but again as we were talking about yesterday as going into the promised land we've got to look for the milk and honey and not for the giants in there, and I want us to look first at Ephesians. So let's look at Ephesians 6:10-18. When we go into that promised land we've got to go in prepared, we can't go in unprepared, we got to prepare ourself and the Lord always says, "prepare yourself and then go on in", so we're going to look a little bit at being prepared.

It says in verse 10, "finally be strong in the Lord and in the strength of His might" going on it says, "put on the full armour of God that you may be able to stand firm against the schemes of the devil". Now to me that says that that's stuff we have to do. Often times we want to do as Doc says or some other people have said but we should do what God wants us to do. In other words, He says, humble yourself or I'm going to humiliate you, anyway going on, "for our struggle then is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness,

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against the spiritual forces of wickedness in the Heavenly places. It's not against our brothers and sisters, there's a battle going on and it's in the heavens and part of that battle is in our minds. We'll get to that. Sugar I hate it, it's about the worst thing for your mind.

Going on, "therefore take up the full armour of God that you may be able to resist in the evil day and having done everything to stand firm", stay put where you're at sometimes. "Stand firm therefore, having girded your loins with truth ..", right now here's part of the armour, remember Paul is describing a Roman soldier, having girded your loins with truth, that's honesty. You got to be honest, you've got to call a spade a spade. You got to call it what it is, you can't lie. ".. having put on then the breastplate of righteousness;" what part of your body is the breastplate going to protect? The heart and lungs of course. It protects your heart, righteousness. God's after the attitude of your heart, he wants that broken and contrite heart, he wants that humble heart, he doesn't want that stern, stiff-neck heart like I had in January, "and then having shod your feet with the preparation of the gospel of peace".

Study to show thyself approved a workman unto God who needeth not to be ashamed but rightly divides the word of truth, that's part of our responsibility also, are we going to keep all those facts and fingertips in our mind, the word, it's the word we've got to study, get into the Greek. One thing I should say is that the Greek, when they wrote in the Greek and the Hebrew, the alphabet of the Greek and the Hebrew was also their numbering system. Do you realise that every single word in this book is mathematics, every single word is mathematics. Do you understand it when Moses tells us that God is a God of mathematics, you better believe him. Verse 16, ".. in addition to all then taking up that shield of faith with which you'll be able to extinguish all the flaming missiles of the evil one".

Now what's the opposite of fear? It's faith isn't it. Moving along here, "then take the helmet of salvation ..", and how does Faith come? Faith comes by hearing, and hearing by the word of God. See it all starts to tie in here, Praise the Lord. ".. take the helmet of salvation .. " and the helmet is going to protect the head, and the brain is in the head and the mind is in the brain. You wait and see folks, today we're going to find out what's in that mind. Where it's at.

We're going to learn the anatomy of the brain. Reams' anatomy, I think it's the Lord's anatomy. I know it's the Lord's anatomy. It's mathematics.

OK, that's all been defensive so far, and now one of the offensive weapons is the sword of the spirit which is the what? The word of God. Again it's our mouth when we speak, it's the word of God. What part of the body is not protected according to this description here? The back, and that's because we're always going forward, but also in the Roman times they fought back to back, you need two people. Let's get behind Reams and Rudd. Joshua, Caleb, we're coming up, we're hungry, we're askin', we're fightin', we're wanting to pump more information out but when you go out there you're going to need two. You and who else? God, but what about physical sense? How about that M.D.? Remember I'm a chiropractor telling you that? Don't forget that?

Then it also says, now the sword is like a short range weapon, it's for jabbing, it's for poking, but now we get to a long range weapon, verse 18, "with all prayer and petition pray at all times in the spirit, and with this in view be on the alert with all perseverance and petition for all the saints". One of the things for short range weapon that jabs things "it is written", "it is written", "it is written", "it is written", it's the word, always, "it is written such and such". When Satan was

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harassing Jesus what did he say? "It is written", it's in the word, but it's praying at all times, remember it says, "pray unceasingly".

Let's look to Second Corinthians, 10, verse 3. "For though we walk in the flesh we do not war according to the flesh, for the weapons of our warfare are not of the flesh, but divinely powerful for the destruction of forces". Satan builds fortresses in people's mind. You ever come up against somebody and all of a sudden they seem to be latched hold onto something, a thought, that you just can't get any way break through at all. Satan has built a fortress in that person's mind. How are we going to do it, how we going to get things done, we are destroying speculations and every lofty thing raised up against the knowledge of God.

It's thought, here again we're talking about mind and WE are taking every thought captive to the obedience of God. It's something that we have to do, and we are ready to punish all disobedience whenever you're obedience is complete.

Now let's look at Psalm Chapter 8 and then keep your finger in there, Psalm Chapter 8 verses 1 and 2 says this, "Oh Lord, our Lord, how majestic is thy name in all the earth .." the name of the Lord is one of our spiritual weapons, keep it in mind, ".. who hath displayed thy splendour above the heaven, from the mouth of infants and nursing babes
..", “Person LC”....., they're bring them out of the woodwork she mentioned it yesterday. ".. thou hast established strength because of thine adversaries to make the enemy and their revengeful, cease, or silence". Who's the enemy? Silence.

Alright, now keep your finger there and look to what Jesus said when he quoted that chapter in Matthew 21, 16, "and Jesus said unto him, yet have you never read out of the mouth of infants and nursing babes thou has prepared praise for thyself". Now look back to Psalm, it says, "thou has established strength", there's strength in praise. When you praise the Lord, you silence the Devil. What does he say? He says always, "have that praise on your lips. Always be praising me".

Let's look at Revelation 12:11 then and I'll be finished with this one, get ready Joshua, come on up here. Here we see in Revelation 12:11 where Michael and his angels were waging war against the Dragon and his angels and the dragon and his angels were not strong enough and there was no longer a place found for them in the heavens, and the great Dragon was thrown down, the Serpent of Old, who is called the Devil and Satan, who deceives the whole world. He was thrown down to the earth and his angels were thrown down with him. He's the deceiver, he's been there all this time, ".. and I heard a loud voices saying, now the salvation, the power and the kingdom of our God and the authority of his Christ have come, for the accuser of the brethren has been thrown down". Who accuses them before our God day and night.

Remember there is now therefore no condemnation to those who are in Christ Jesus. Who's accusing you, who? What self condemnation, what is that? That's Satan. He's the accuser of the brethren. We're going to do some battle here if we manage to keep within control. And what's verse 11 say, "and they overcame him because of the blood of the lamb, the word of their testimony and they did not love their life unto the death". Remember what I said about that remark, "Christians are dead men on furlough". So let me just remember when we Praise the Lord we silence the Devil, what are our weapons? The word of God, prayer, praise and the blood of the lamb and the word of our testimony.

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SB..

I want to read some verses out of Matthew 13, that fits right into what we've been doing, what we're going to do, where we're going.

First starting with the first verse Matthew 13, "on that day Jesus went out of the house and was sitting by the sea, and great multitudes gathered about him so that he got into the boat and sat down and the whole multitude was standing on the beach, and he spoke many things to them in parable saying, behold the sower went out to sow and as he sowed some seeds fell beside the road and the birds came and devoured them, and others fell upon rocky places where they had not much soil and immediately they sprang up because they had no depth of soil, but when the sun had risen they were scorched and because they had no root they withered away and others fell among the thorns and the thorns came up and choked them out, and others fell on the good soil and yielded a crop, some a hundred fold, some sixty and some thirty. He who has ears let him hear. And the disciples came and said to him, why do you speak to them in parables and he answered and said to them, to you it has been granted to know the mysteries of the Kingdom of Heaven, but to them it has not been granted, for whosoever has, to him shall be more be given, and he shall have an abundance: but whoever does not have, even what he has, shall be taken away from him. Therefore I speak to them in parables because while seeing they do not see, while hearing they do not hear, nor do they understand".

You know, Doc keeps talking about a "picture" doesn't he, and how many of us are hearing but we do not see the picture, how many of us are seeing but we do not see the picture, and he speaks in parable to us who do not understand. Yet under the Holy Spirit's guidance we will understand as the Holy Spirit guided him.

In their case the prophesy of Isaiah is being fulfilled which says "you shall keep on hearing but will not understand and again this was the Pharisees, and what were the Pharisees' problem? They were caught up in themselves weren't they. They weren't caught up in Jesus. ".. and you will keep on seeing but will not perceive, for the heart of this people has become dull and with their ears they scarcely hear and they have closed their eyes lest they should see with their eyes".

When we look do we really see the picture? Do we see everything we look at, as Doc says, and understand with their heart and turn again and I shall heal them. If we do turn and understand this healing power, you know I think one of the greatest deceptions that the Theory of Ionization could be turned into would be when we disregard the power of God in this whole thing and I think the testers who go out from here, who take the chemistry of the body and manipulate it without the power of God are going to be the tool of the Devil. I truly believe this.

But blessed are your eyes because you see and your ears because you hear, for truly I say to you that many prophets and righteous men desire to see what you see, and do not see it, and to hear what you hear and did not hear it.

Carey Reams

Thank you for this morning's devotion. It's very difficult for me to add anything to what has been said, it was said beautifully and I appreciate the kind remarks that they made. You know if it were not for my heavenly father I would be an orphan today. How helpless we are. With Him and

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with unity, we can do all things with prayer. Father may we be of one accord. Help us to walk and believe where Jesus walked, help us to understand thy mysteries and use them for thy glory. Help us to only say what Jesus would have us say, and to do only that which he would have us to do.

Help us to give until it hurts, until there's nothing else to give Father. May this be a place of refuge for the hopeless, the weak, the faint, let nothing stand in the way of thy will being done here and most of all Father keep us in unity wherever we are, let us hold each other's arms up until the Glory of Heaven shines through, until we become like thee, this we ask in the name of Jesus, Amen.

JM. Do you know the song, "How Great is our God, How Great is His Name? Will you help me?. Singing, "How great is our God,
How great is His name, How great is our God Forever the same
He rolled back the water of the mighty Red Sea
and he said I'll never leave you so put your trust in me.

Now that's what you'd sing at the funeral, now we got to step it up 'cause we're going into the promised land, OK. Singing, "How great is our God
How great is His name, How great is our God Forever the same
He rolled back the water of the mighty Red Sea
and he said I'll never leave you so put your trust in me.

How great is our God, How great is His name, How great is our God Forever the same
He rolled back the waters of the mighty Red Sea
and he said I'll never leave you so put your trust in me."

Praise the Lord

Course 5, Closing Statement

Carey Reams

I wanted to tell you now how much I've enjoyed teaching this class. I think it's been one of the most fun that I've had in the class and however I realise that it's been a very difficult class and not because of you, but because we have covered so much material here, you cannot realise at this moment how much we have really covered until you go back and begin working on it. But if you will spend two hours every day working on this material and even creating imaginary problems and solving them, thinking them through, you will have done yourself a great, great amount of benefit. One of the things that math teaches you is to think. Is to absolutely think. Now, I'm going to in a few moments apply some log math to something we have learned here in the class and we're going to express it in some terms that probably will confuse you, and if it doesn't I'm proud of you. And I'm proud of you if it does confuse you because it will give you a little idea of what is yet to come. So many of you begin to wonder:

- "Why do I have to memorize the atomic numbers?"
- "Why do I have to learn logarithms?"
- "Why do I have to have this chemistry?"
- "Why do I have to do this?"

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Well, if you don't know your subject, you don't know your subject, you don't know your subject, period. It's a part of it. How could you be a mechanic if you didn't know the parts of an automobile? Or what's wrong with them, or how worn out they are.

Now we're not like an automobile in that we just can't run out and buy a new part, we have to manufacture a new part and what we learned to do is:

- how to eat,
- how to rest,
- how to think to manufacture the new part.

But one of the things I would encourage you to do, to ask most people is, "do you attend church anywhere?"
"Why don't you get into church somewhere", or if you have a church that you like, if they say, "no", you might invite them to whatever denomination you go to, or if you have church services invite them to come in to take part, but try to get their mind off of themselves, and this is one of the major factors in getting well is to get your mind off of yourself because as long as you have your mind on yourself you are an island unto yourself, and this is the first factor in getting well, is to get your mind off of yourself.

Now, also ask people many times do you sing very much? Are you happy? Do you enjoy life? How long has it been since you sang? Or if they ask you how long has this condition existed, which every one of you if you've tested very many people, you've been asked that question, "well, how long since it's been since you just sang because you were happy?"

Illness is opposite of happiness, and also illness is a sign of weakness. In order to sing you need to be stronger, and the way to be stronger is to start singing. This is one of the ways, to start singing. Also if I were you I would discourage people from looking at too much television, or watching too much television, being sewed to the television set. They can take up art, they can take up painting, there are all kinds of workshop things that you can buy and learn to make and so many things that they can do in order to get their mind off themselves.

So, as you begin to get their mind off of themselves then they will begin to look at others and find others worse than they are and if they find others worse than they are then they'll have a compassion and a desire to do something about it and begin to help them.

In other words, do not think that diet is everything, diet is not everything, it's only just one factor, it's just one part.

So they need encouragement, they need help, they need love, they need kindness and never become emotionally involved with anybody. Do not become upset even though they become emotionally excited. Keep your cool. Keep cool, be the master of yourself in order to be the master of others and if you find it difficult then cancel your appointments and run a test on yourself, and take the right kind of calcium. Find out what's wrong but you should resolve so deeply within yourself that no man, no woman, no one, nobody can ever cause you to lose your composure, that you will not bow down or let them know what size you are. Keep your cool.

Now there are a very few exceptions to that rule, but still keep your cool even if you have to put on an act that will make Clark Gable ashamed of himself. Make them think sometimes that you are

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angry when you're really not angry, you're just trying to get it through to their head. For instance, there's a type of person when you start to talk to them if they are not hearing a word you're say, just a thought here, yonder and there and thinking up a rebuttal. It's going in one ear and out the other. Now, that kind of a person after two or three times you can dig into them with both teeth and maybe if you can get their attention long enough they will remember a part of what you say, but this is a time to put on an act but don't let it wrinkle your feathers, don't let it upset you.

You're doing it under absolute control, but you want them to believe that you're mad enough to swallow them whole. This is what you want them to believe because in so doing you are getting their attention and of course they're going to get angrier and angrier and angrier but after a few days they'll come back, or even that day, and say I'm sorry I lost my cool, I'm sorry I made you angry. And then when you say, "honey you didn't make me angry, I wasn't angry at all, I was as cool as a cucumber, all I had to do was to get it through your head and I wasn't making a success and being my normal self so I put on a little act, all for your benefit, and I didn't charge you anything extra, and I finally got through", but, whenever they come back and apologise you know that they heard what you said.

So, use your own self control for your self mastery, do not spend more than 15 minutes with any one counselling, average, or you are unfair to them and unfair to yourself if you do. Try to limit your patients if at all possible, the new ones, to 10 a day plus taking care of whatever is in your own household or your own retreat. Now that's a handful by itself. But don't overload yourself. Also try to arrange it where you have at least one day a week rest. Rest, you're not a machine and you're not made to get everybody on earth well. You are to use your talent to the best of your ability.

Now sometimes when you have a family of 4 or 5 or 6 you can handle that whole family in thirty minutes, it takes you a little bit longer but handle them quickly, handle them calmly, efficiently and it's not your duty to teach them The Biological Theory of Ionization. It's your duty to tell them what they need to do to gain energy. Just that. Now, many times I've said to people that expected a complete course in The Biological Theory of Ionization at the first visit, I just said, "I'm sorry, you'll have to take the course to get those questions answered, I don't have time, I'm here to tell you what to do."
"If that's the way you feel I'll leave".
I said, "goodbye". That's the people in the retreat, I said "goodbye, if you're in that big a hurry to go to the cemetery I can't stop you." You know they change their mind instantly. They change their mind really instantly. There are people that come to see you that they think they're doing you a favor. They really are.

You never forget that you work for the patient. Never forget that the patient employs you. But never forget that even though they employ you to do something that they cannot do you still owe them courtesy to the Nth degree.

Did you ever take your car to a mechanic and you thought he overcharged you? And you lost your cool. You know what happened? The next time you took your car there he raised the price on you because he knew that he had to give you extra hours to hear your speech. In other words, if you think you've overcharged take your pill and swallow it and forget it. If necessary get another mechanic. But after it's already done there's not much you can do about it. Now, I've had my car sometimes paid for it three times in the same garage to fix the same thing and it still wasn't fixed. You know what happened? I took it to another mechanic, and paid him three times. You know what

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happened? Took it to another mechanic and paid him three times. I never lost my cool but I traded the automobile. You get the idea? Don't lose your cool. Keep your cool and be happy.

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PART 12

RULES

Introduction

These tests are accurate and you must follow the rules. These rules are the principles that simplify the whole theory of food chemistry and how it applies to each individual, what makes it click, what makes it work and what stops it from working. These are the very basic principles of working on a diet or on foods to fit just one person.

Just as you cannot break the laws of physics, and you cannot break the laws of mathematics so you cannot break the laws of God, all you can do is break yourself on them. You may get away with it for a short length of time but they'll catch up with you, they'll find you out and the reason we're ill is because we don't follow the rules.

It's easier to be well than it is to be sick but we do everything the hard way and that's why we're ill, we break all the rules and who gains by it? The doctor and the undertaker and some people sure do love that undertaker. They just can't wait and they want to be sure he's paid so they buy burial insurance, they're going to be sure that he's paid. There's nothing wrong with burial insurance, but you'd do better to put the money in the bank and draw interest on it rather than let an insurance do it, that makes a lot more sense to me.

Remember it's very easy to be well, it's the easiest thing in the world to be healthy but to be sick you've got to work at it. You've got to break all the rules, do everything backwards like a doodlebug and then go to a doctor to have him to straighten out your thinking, to straighten out your diet.

Now if you don't want to obey the rules of health then I can't help you, if you just want a little drug that'll make you well instantly I don't have it. If you're not satisfied with the instructions I give you then I'm sure that there's somebody else that can tell you what you want to hear, but I'm going to tell you like it is.

Remember, there's no way to ever master this without memorising the rules, you've got to memorize the facts and rules, know them like you know your ABC's and your numbers. Know them day and night, inside and out, up and down backward and forward. Do you suppose the classes could be taught if the rules were not memorized? If the instructors have to memorize the rules then the student needs to do the same and the reason for the success of many testers is that they have memorized the rules. There's no substitute for it, you've got to memorize the rules.

Grow up, be organised, be in order, be faithful, read your Bible, live the Golden Rule, follow the rules of health, teach those rules, obey those rules, and I see no reason why the greatest years of your life are not beginning today.

"This is the Rule and There's No Exception, Remember the Rule ..." Perfect.

The "Perfect" equation is

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$$1.5 \qquad \frac{6.40}{6.40} \qquad 6-7\mathrm{C} \qquad 0.04\mathrm{M} \qquad \frac{3}{3}$$

In this equation any change in one number means a change in all numbers, and unless all numbers are perfect, no number is perfect. If one number is not perfect then no numbers are perfect and the whole thing is out.

One of the main rules is "no number stands by itself." You cannot look at one number and build a case on one number, you can for a short time and then you have to tie it into other parts of the equation.

Part I - General

Opposites Don't Attract.
The rule where opposites attract came in around the 3rd or 4th grade and they were wrong, opposites repel, like attracts.

Part II - Anatomical, Physical

Abortion.
Unwanted, uncalled for and undesirable abortions are caused because of low blood sugar, and a sugar reading of 1.0 is the point at which it must not drop below or it will abort.

Baby.
Good healthy babies don't cry.

Blood Chemistry.
The average blood chemistry over any 24 hour period will equal the average urine readings over any 24 hour period.

Cell, Hardness.
The harder the substance the larger the cell. There's one cell in a diamond and the brain cell is the smallest cell in the body.

Cell, Intelligence.
The larger the cell of the brain the less intelligence and here again we come back to Boyle's Law of energy and the speed of the electron. The larger the cell the faster the electron has to travel to get around it in a certain length of time, but the smaller the cell the electron may travel faster because the distance it has to travel is so much less.

Children & Meat.
Most children cannot digest meats until they are about 12 years old because their gastric juice is not strong enough.

Children & Nuts.

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Children cannot digest nuts before they're 8 years old because their gastric juice is too dilute. The exceptions are boiled peanuts, coconut and pinolia nut. Those 3 they can digest but they have to be pressure cooked until they're soft.

Cravings.
It's very easy for anybody to be healthy, but to be sick you've got to work at it, you've got to break all the rules, you've got to be very choosey about your foods, "I don't like this", "I don't like that" and then you get to the place where your body chemistry will crave the thing that you do NOT need and that it has too much of. This is what you'll crave most.

Differences.
Two people can have the exact same parents, can eat the exact same foods off the exact same table and have two entirely different chemistry problems because of their genetic structure and genetic differences. Now this is not as true with identical twins as it is with ordinary brothers and sisters because there's generally less difference with identical twins.

Drugs.
Drugs have never cured any disease and never will, but they sometimes let people die in peace, without pain.

Elements and Organs.
Supply the element for the organ and the organ will keep you young for many, many years.

Emotions.
If there are plenty, or almost enough of calciums, then any loss of energy shown by an increase in the total undigested protein can be caused by emotional causes:

a. hate,
b. revenge,
c. worry, or
d. not living the golden rule.

In other words, emotional things can be the beginning of your liver not accepting enough calciums which may be the beginning of ulcers, which again is the liver not accepting enough calciums. That may appear to be a contradiction but the result is a mineral deficiency which is the cause of all diseases and there's no exception to that rule, but your mental attitude can be one of the causes as to why the mineral deficiency exists, and this will show up at the earliest stage in all of the numbers as a loss of energy.

Eye Sight.
A sugar reading near to borderline diabetic means their eyesight will be effected sooner or later.

Gastric Juice.
Saliva and gastric juice are anionic.

Hydrochloric Acid.
A baby has a very dilute hydrochloric acid and it has to be fed on milk and very light food.

Kind.

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Every "kind" has its specific "life" frequency, sometimes called the Q frequency.

Lips and Energy.
When people are losing more energy than they take in, unless they are extremely well disciplined, they have a tendency not to keep their lips closed. This is the first visible, noticeable sign that people are burning up more energy than they are taking in. It may only be a fraction of a point but this is a trait that only self disciplined people can cover up. This is a fact that you have to remember. Did you ever notice people that looked perfectly healthy that keep their lips slightly apart? It's because it's less fatiguing to them, it's just a little bit more comfortable, and it's nature following the line of least resistance.

Mouth Open.
A child that holds his mouth wide open has a potassium deficiency as well as a vitamin C deficiency. Have you seen children that hold their mouth like they were saying "O". This also applies in adults if they are very ignorant, or very uneducated, or very uncouth or mentally weak.

Pregnancy.
Just because a woman's pregnant don't throw away the rules.

Part III - Laboratory Practices

Chemical Reactions.
Everything that appears to be so in a test tube in the laboratory is not so in the biological realm. It's different, and whenever you begin to put these things together into these patterns you understand this.

Clean Your Equipment.
As you work with your instruments and equipment keep them absolutely clean.

Laboratory.
Never leave a bottle open, if you take a substance out of a bottle 10,000 times in one day, close it every time you've finished with it.

Pipettes.
When conducting the analysis never drop your pipettes into the urinary sample, put them down easy for it cracks the tip and may break the end off and consequently the drop is not the standard size drop and it gives you a wrong reading.

Part IV - Test and Numbers

pH.
You've got the two pH extremes, 0 and 14, that bring about resistance and somewhere between them is your line and measure of resistance, so we call 7 neutral.

pH, Differences.
The greater the difference in the saliva and the urine pH the greater the heavy mineral deficiency. The difference in pH 6.50 and pH 6.30 is enough to indicate the very early stages of a mineral deficiency.

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pH, High.
The greater the specific gravity of the mineral the less likely the body is to extract it with a dilute gastric juice. In other words, the more dilute the gastric juice the less mineral anyone can get out of their food, and the less mineral they get out of their food the less energy they get on the frequency that they need, and consequently the very energy that they need is passing out of their system undigested.

Now to get more energy from the food nature holds it in the digestive tract for a longer period in the hope that bacteria or something will break the food down into particles fine enough that it can then be energy of a frequency which your body can accept.

Manipulating Numbers.
You can't just get one number in the right place and tell the people we'll get another number in the right place, then another number in the right place, it doesn't work like that. You're dealing with biological life and almost anything can happen.

Numbers - Deviation.
Any number that deviates from it's perfect means a loss of energy.

Numbers - Fluctuations.
The more the numbers fluctuate the lower the energy rating. The higher the energy rating the less the numbers fluctuate. Numbers that change very quickly mean a low, or lower, energy rating.

Range D/E.
The only time you jump into Range D/E is if you have a double acid pH reading, both urine and saliva are below 6.4 and it's about as far away as you can get from perfect. This is the last step you can take before you step off the cliff, there are no more steps.

Saliva and Liver Bile.
The pH of the saliva equals that of the liver bile. That's pretty close to constant and absolute most of the time.

Part V - Diet, Foods, Minerals, Vitamins

Alcohol.
Alcohol is the greatest enemy calcium ever had.

Calcium.
Calcium is needed more by weight and volume than any other mineral and second is phosphate. The body uses more of those two by weight and volume than all the rest put together. Take care of those two minerals and you won't have to worry about the others. Now if those two are normal and you eat foods with the minerals in them that you need for perfect health, the liver will get it out and if it isn't it won't.

Calcium and Phosphate.

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A general rule of thumb in dealing with all biological life is if you will take care of the calciums and the phosphates in the diet you won't have very much trouble with the rest of the elements, providing you start early in life. The later you start in life the more difficult it is to synchronize the ratios of elements, and the reason for that is because of the variable of the elements in different people, it's a very difficult thing.

Carbohydrate & Specific Gravity.
Remember these rules:

a. the more food you produce per acre the higher the specific gravity, and
b. the higher the specific gravity the higher the carbohydrates content.

In other words, the higher the sugar content the higher the specific gravity the higher the specific gravity the greater the yield per acre and knowing these things are essential in understanding foods and food nutrition.

Comfrey.
Also remember one no-no about low blood sugar, never give comfrey, or comfrey tea because it lowers the sugar faster than anything else, but on all high blood sugars use it plentifully.

Cravings.
The body will crave the foods to keep it in the Range in which it is. It will resist change and it is the forcing of that change, the working against that resistance, that causes the reactions during withdrawal.

Dolomite.
Dolomite calcium is not available to your system now or in the future in the form of a natural dolomite. Dolomite is a catalyst to cause the undigested proteins to be thrown out of your system in order to prevent a heart attack. You do not use it as a form of calcium for your body at all. It will drop the undigested protein in soluble forms, that's the ureas.

Energy.
We do not live off of the food we eat, we live off the energy that is manufactured in our system from the foods that we eat.

Food.
Try to remember that there's no such thing as a balanced food, or a balanced diet, or a balanced body chemistry. There isn't any such thing. When your numbers are moving towards perfect you are gaining energy and when all of them are moving away from perfect you are losing energy, just as simple as that and it's not even necessary to know how little or how much, it's not important. What is important is, "are you gaining or are you losing?"

Lemonade.
The rule for lemon water is 1:9, lemon juice : water. Sweetener is added according to the sugar number.

Magnesium.
Magnesium is the greatest enemy nitrogen, or protein, ever had. Magnesium releases nitrogen that is why people who have tried to lose weight by continuously taking magnesium really lose weight until

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they are seriously dead. It kills them and people have been known to die because they'd rather be dead than fat and they took enough magnesium over a period of time to kill them.

What actually killed them was the lack of protein which softens the muscles, makes them flabby, makes them atrophy and the age group most susceptible to flabby muscles is senior citizens because it requires more energy to replace each cell.

Magnesium sulfate is Epsom Salts, Magnesium Oxide of Calcium is dolomite. Dolomite is used instead of magnesium sulphate because it's not a purgative to most people, but sometimes you'll find a person for whom dolomite becomes a purgative.

MinCol.
The rule that keeps mothers from losing their teeth, and to give the baby strong teeth and bones is:

a. Pregnant women take 2 x 2 Mincol during the entire pregnancy and lactation period.

Mineral Deficiency.
A mineral deficiency is the cause of all diseases and there's no exception to that rule, but your mental attitude can be one of the causes of why the mineral deficiency exists. Remember any decrease in mineral is a loss of energy and any loss of energy is a decrease in mineral.

Nitrogen & Protein
is the same thing, only multiplied by a factor 6.4 such that:

a. Protein = Nitrogen x 6.4

For instance, if you have a breakfast cereal with 6% nitrogen then the protein value is about 38.5%. If you have a cereal with a 64% protein in it, the nitrogen factor is 10% because 64 protein divided by 6.4 comes up 10.

No-No's.
There's a no-no on your K-Min and your dewormer and don't forget it:

a. do not give dewormer to pregnant animals,
b. do not give K-Min to pregnant women or animals.

Now the Kyanite does not hurt horses and cattle but on guinea pigs that I have done research on it kills the young and if you keep it up the second pregnancy kills the young and the mother so it's just a risk that you do not take. Do not give K-Min to pregnant animals or dewormer to people. That's a no-no.

Phosphates.
The rule for phosphates is the higher the sugar content in the vegetables, the higher the mineral content, and the higher the mineral content, first is calcium and second would be phosphorus. Phosphorus is the catalyst for CHO.

Potassium.
The rule to work by is that the lower the potassium level the higher the probability of tumors anywhere in the body. Remember, the rule is that if you are low on potassium you are tumor prone, and that's throughout the whole body and not just the brain.

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Soil Elements, 80 / 20 Rule.
It is true that some foods have more potassium in them than others, some of them have more calcium than others but remember this, the three substances that must come from the soil are Calcium, Potassium, and Phosphates. God does not supply those elements and remember that if you will supply those elements then God will supply 80% of all the plant food necessary to produce a plant.

The rule is that if man will supply 20% of the plant food necessary to produce a plant, then God will supply 80%. The average American farmer today supplies less than 5%, so therefore he's broke and owes his soul to the bank.

Sugar.
You'll sometimes be asked about white sugar, one kilo of white sugar a year won't hurt you. In other words don't be down on that which you're not up on.

Validity of Rules.
At the end of the training courses there is a banquet, just to show people a good time, a climax and the truth. It's very good to know that the rules are true and accurate. It's perfectly alright to break the rules occasionally in order to know that they're accurate, but be careful, just break them a little bit and it can be a lot of fun to break a rule occasionally.

Vitamins & Minerals, A Crutch.
Even with all the good they do vitamins at best are only crutches, but if you can get your body to strengthen the gastric juices you're going to need a lot less vitamins and minerals and this is why I discourage testers from selling vitamins and minerals because they get 40% and it's so easy to sell an extra bottle that the people don't need. If you send them to the health food store you'd only write what they need. Yield not to temptation for yielding is sin.

Vitamins & Minerals, When To Take.
Remember this rule and don't forget it:

a. take your minerals with meals, and
b. take your vitamins between meals.

There's no exception to that rule if you want to get the maximum benefit from your vitamins and minerals because your vitamins start to become a part of you when they touch your tongue, but the minerals have got to be digested in your stomach.

You don't take the vitamins with meals because the gastric juice is flooding so heavy at the time of digestion that they often change the form of your vitamins and if you take your minerals between meals they're much more difficult to digest and the liver'll start digesting the minerals just like they do foods and then flush.

So if you can put your vitamins in the stomach in a capsule form or chew your vitamins, unless it's an oil, if it's in oil form the capsule will break and you've got a quick explosion so to speak then it'll just give you barely enough of gastric juice to take care of that but if you put minerals in your stomach they're quite heavy and the digestive process will start similar to that of eating a meal. Have even your Vitamin A&D oil capsules between meals.

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Use a great variety of vitamins, and even with vitamin C it's better for you to take and alternate your vitamin C's so that you don't get again the body into a rut with one.

Vitamin C.
There are a number of different rules that apply to vitamin C:

a. The rule for no illness is 4500 mcg of vitamin C per gram of blood, and if they had that their numbers would be perfect.
b. Vitamin C is the actual binder itself, the glue that makes the molecules stay put. It holds and binds them together.
c. Never give Vitamin C to anyone with a pH of 6.40 or less, your body does not accept it and you're wasting your money, your time and your effort and you're aggravating your condition. I'm speaking about Vitamin C, tablets or liquid, regardless of what source they come from.

Vitamin D.
Vitamin D makes calcium available.

Water.
Total fluid income for water and lemonade is half the body weight converted to ounces. For a child with a high sugar, say near 6.0, then use approximately 60% of the calculated amount for water. Now if the sugar is about 9 or 10 then I would use the regular amount till it went down to about 5.50 to 6.0, but use common judgement, common horse sense and go by the numbers.

Pregnancy & Vinegar.
There's an old rule that pregnant women crave vinegar, but not all do. Women who have a low calcium and are pregnant do not crave vinegar, or pickles. But women who have an alkaline system crave vinegar and pickles and acid things because it helps them get more energy out of their food.

Specific Gravity.
The greater the soluble mineral content in the soil the more food that is produced per acre, and the higher it's specific gravity. The higher the specific gravity of our foods the higher the carbohydrates content and the greater the potential energy. In other words, a high mineral content gives a greater yield and the higher the specific gravity of the molecule of any food the higher the sugar content and the greater is the potential energy.

Sugar Levels.
The urinary sugar over any 24 hour period equals the blood sugar for the same period. The constant is identical, if that wasn't true life could not exist.

Uniting Sperm and Ovum.
There is a rule by which the ovum and sperm are joined together and it's in the milli-milli-micronage realm. In other words the ovum and sperm have got to be compatible down to the milli-milli-micron, and no two of those sperm are alike and unless they fit milli-milli micron to mill-milli micron they will not join. This is what makes identity, identity.

Part VI - Physics, Mathematics and Energy

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Ageing.
The rule of energy that determines ageing is this, ageing is the length of time it takes nature to make one cell and how much energy is required:

a. at 20, it takes X amount of energy divided by time,
b. at 40, it takes 2X divided by time,
c. at 60, 3X divided by time, and
d. when they're 80, 4X divided by time.

There are people at 80 that only uses 2X amount of energy divided by time, in other words the process of ageing slows down and you can do much to slow down the process of ageing

Atomic Number.
The higher the atomic number of the mineral the harder it is for the body to draw that mineral from the foods.

Carbon.
Where you find carbon there you find water:
a. in all biological life. People, animals, plants.
b. in all structural materials. Steel, iron.
c. everything else. Soil, rocks, topsoil (has more carbon than other soils).

Remove the carbon and you also remove the water because carbon is the governor for water in everything, and don't you forget that rule. For instance, if you heat pig iron you'll see the steam rising from it? It's the carbons being released from the iron that made it harder and harder and harder.

Electrolytes, Protein.
Now within the relativity of the body, fats have proteins in them and protein is an electrolyte in all phases of the body metabolism, including fat metabolism, protein metabolism, carbohydrate metabolism. Don't forget that, that's one of the rules.

Energy Equations.
Everything God does He does through the laws of energy. All energy is not alike and the three equations that apply are the basic principles of energy and is Einstein's Theory of Energy:
a. E1 (heat) $= mc^2$,
b. E2 (electrical) = m + E1, or E2 = m + mc^2
c. m (matter) = E1 + E2

E1 (heat). Burn matter and you get heat energy. Matter burned is heat energy and electricity goes off at the same time.
E2 (electricity). When yoy create friction between matter and heat you get electrical energy. m (matter). Matter equals heat energy + electrical energy.

These are the entire basic principles which are used and form the basic foundation of the calculation of energy.

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The mathematical equation for the energy that you live on today is E1 and E2, and the E1 and E2 start penetrating out through the system and get caught up by magnetism, by the process of ionization.

Energy Loss and Illness.
Here's some rules to remember about energy:

a. The first day that the energy loss is greater than the energy taken in is the first day of illness, and
b. The more ranges a person's body chemistry is in, and the further away from perfect, generally the lower the energy, generally. Now they might have just goofed or done some crazy thing, or changed their diet suddenly or become extremely emotionally upset and those things can throw these numbers in temporary confusion, and that's why we have to say generally.

Frequency.
It's the interaction of the cations and anions following the rules and laws of physics which forms a frequency which then gives cause and effect. When you know the frequency then you can know the diet, mathematically speaking, because by mathematics alone you can calculate and figure what the diet should be.

Line of Least Resistance.
Now remember the one rule, nature does not like to fight it's way around, it goes by the line of least resistance.

Quick Cure.
A quick change in body chemistry by force does not result in a quick cure, or recovery.

Relative Math.
That 1^6 power is not actually a 10^6 power because in relative math you do not deal with zeros, please remember that rule, don't forget it.

Reserve Energy.
If your numbers are perfect, meaning your Reserve energy is perfect at 100%, you can break all the rules for quite a while and get away with it, but remember this too, if your numbers were perfect then you'd naturally tend to do the things to keep them perfect. Put another way, if your Reserve Energy is perfect then your diet will not effect your numbers, you'll be able to break all the rules and still your diet won't change the test results. In other words, if your diet can change these numbers you need help with your dietary program, because if your Reserve Energy is at 100% it will not change these numbers from perfect.

If your Reserve Energy was calculated at 100% and your diet changed your numbers then this whole system would be a hoax and a rip off, and there wouldn't be any such thing as perfect and you couldn't maintain perfect but there are people aged 80, 90, 100 and upwards that have absolutely perfect numbers all the way across, and that's the reason they're 100 or more.

If their numbers were not perfect then they wouldn't have lived that long. In other words, two things apply:

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a. the lower your energy rating the more ill effects that your diet has on your numbers, and
b. the more those numbers jump around the lower your reserve energy.

The loss of Reserve Energy is directly related to the number of milligrams of energy per gram of blood, a constant.

Scripture & Longevity.
The bible, in Exodus 20:12, says "honour thy father and thy mother: that thy days may be long upon the earth which the Lord thy God giveth thee."

There are a lot of people that break every rule of health yet live to be 100 and the only reason for them being able to do so seems to be they claim this one promise, they honour their father and their mother and God made that promise both to sinners and saints alike, "honour thy father and thy mother that thy days may be long upon the earth which the Lord thy God giveth thee." There is no biological reason for them to live so long but this is a theological reason.

Our instruments only measure the biological influence but they also show the times when the biological phenomena stops and the theological takes over. So where these instruments leave off God's power begins, and takes hold, and accomplishes things. Miracles do happen and the instruments accurately show it.

Specific Gravity.
The greater the number of anions and cations within an atom the greater the specific gravity, or the greater the weight.

Temperature and Pressure.
All atoms under the same temperature and pressure are the same size. If that were not true you could not establish any table of weights.

Part VII - Loose Rules or Guidelines

The following may or may not be rules without exception but in the worst case they are generally true:

Anionic Foods.
This may not be a rule, but remember, all foods are cationic with the exception of lemonade (lemon juice, water, sweetener). The lemon seems to be the only anionic food in nature, and that is from testing over $^1/_4$ million different species and over 16,000 different kinds of things that people could eat. Being anionic it is a natural hydrochloric acid.

Cod Liver Oil.
Cod liver oil is very good providing you got a urine pH that's not too low. For instance pH 6.00 or below wouldn't necessarily be recommended because, as a general rule, it's very easy for them to take a chronic case of diarrhoea, so you just have to be kinda careful there, if it doesn't you're just fine.

Colonic.

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They need a colonic whenever the urine pH gets up above 6.80. A rule of thumb might be the higher the number and the longer the period of time they will need colonics to help the bowel clean itself and get the tone restructured to the bowel tissue.

Fasting

Some rules and regulations for fasting are:

a. People with a low blood sugar should not go on a fast without supervision or without guidance, it's dangerous. Some people who should not go on a fast put themselves on one and kill themselves.

b. Do not put people on a 3 day lemonade and water fast unless you can test them at least twice a day for the first week because you may be taking a great risk. If you put someone on a fast then tell them what to expect.

c. As a general rule of thumb, any time you lose energy from fasting that day you should stop fasting. If you're losing energy from fasting, and over one day is not so bad, then discontinue the fast because it's doing more damage than it is good.

d. Whatever number of days they are on the fast use that same number of days to break the fast. For instance if you have a person that's way overweight and they're on a 3 day fast, then 3 days of real light diet like the first day, and then 3 more days of fasting then you take 6 days to break that fast, 2 days of the first day, 2 days of the second day, and 2 days of the third day.

Sugar Fluctuations.

Don't forget this rule, it's not perfect but it's very good. The sugar lowers through the day and rises through the night, except during pregnancy. Many times in a perfect pregnancy it does the same thing, lowers through the day and rises through the night. Now this is common and there are very few exceptions to the rule, perhaps less than one tenth of one percent that it will lower through the day and also lower through the night and those people can have spasms or go into seizures at night. The people with sugar levels that lower through the night can go into seizures.

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PART 13

NUMBER INTERPRETATION AND SPECIFIC STUDENT-TEST RESULTS

1. General Introduction

General Introduction
Age, Height, Weight.
Starting Point
Problem Solving, First Question
General Learning.
Ranges and Zones, General.
Same Range, Same Picture.
Description of Person, Various

2. Withdrawal or No Picture

Withdrawal
Withdrawal
Withdrawal
Potassium Deficiency or Withdrawal No Picture
No Picture

3. General Interpretations

Baby, Boy, Man.
Bill Bailey - by John Black

4. Specific Cases

Arizona Salmonella, 126 Case.
Arizona Salmonella.
Baby.
Baby With Colitis
Baby With Colitis and Parasites.
Brain Tumor.
Brain Tumor.
Brain Tumor, Potassium Deficiency.
Brain Tumor, Dead Sea Tumor.
Brain Tumor, 220 Case
Potassium Deficiency
Potassium Deficiency
Potassium Deficient.
Calcium Low Calcium
Collagen Disease. Colonics
Congestion Around the Heart.
Delta Cells

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Emotional.
Emphysema
Emphysema
Energy Loss
Gas
Giant
Happy But Tired.
Hard of Hearing
Healing Process.
Heart Troubles, Tiredness, Worms.
Boy 12, Tired, Heart Stress.
Hodgkin's Disease, Cancer of the Lymph Glands.
Imminent Death
Maladies
Manganese Deficiency.
Misery.
Negro.
Negro Girl
Nervousness and Collagen Case
No Specific Problem, 70 Year Old Man
Parasites.
Parasites and Collagen Case
Patient Cooperation
Pregnant, Carbohydrates.
Retreat Case with Explanations
Supplements
Young Girl, Tired
Tiredness, Nervousness, Diarrhoea, Gas.
Tuna Fish Allergy, Reverse Working (Picture to Numbers)
Weight Problem, Error.
No Information Given On These Numbers

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Introduction to Number Readings General Introduction.

Rule.
Unless all numbers are perfect no number is perfect. If one number is not perfect then it means no numbers are perfect. Please remember that, all numbers are perfect or no numbers are perfect.

The formula for the "perfect" human body chemistry is:

$$1.5 \qquad \frac{6.40}{6.40} \qquad 6-7\mathrm{C} \qquad 0.04\mathrm{M} \qquad \frac{3}{3}$$

This is the perfect equation and there is absolutely nothing wrong with this person. Now the salt can be either 6C or 7C.

Now with these equations it is normal to leave out the "C" and the "M".

Now we'll assume a 7C, and I'm going to change two little things right here, I'm going to take the .04M and make it 4M.

$$1.5 \qquad \frac{6.40}{6.40} \qquad 7 \qquad 4 \qquad \frac{3}{3}$$

It was perfect before, but now then it's not perfect. This formula is not perfect, the guy's actually in pretty bad shape. You'll probably never see one like that in your whole life, because when you change that one number it changes the other numbers too. The ureas may no longer true, so any change in any one number is a change in all numbers. We better change the numbers back or else we'll lose him.

$$1.5 \qquad \frac{6.40}{6.40} \qquad 7\mathrm{C} \qquad 0.04 \qquad \frac{3}{3}$$

There, now he's well again. Before he was nearly dead, now he's well again. These numbers can be amusing to you but they are real. Now let's just change one more number, just a little change. Make this nitrate number a 1, but when we make that a 1, the debris has to be a 4.

$$1.5 \qquad \frac{6.40}{6.40} \qquad 7 \qquad 4 \qquad \frac{1}{3}$$

Now then what's wrong? The guy's dying with a brain tumor, he's beyond hope. It probably wouldn't be like that but I'm just showing you how a change in one number will change all numbers. With these numbers there are many things wrong, for instance, with the 1 over 3 it would also mean a low blood sugar with the total carbohydrates at 1.5, but the main problem is the brain tumor. This has enabled you to zero in on it.

Now let's just change this a little bit more, make some more changes to see what we come up with. We'll replace the 1 with the 3, but we'll put a 7.5 in place of the 1.5 brix carbohydrates. Now look what's happened.

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$$7.5 \quad \frac{6.40}{6.40} \quad 7 \quad 0.04 \quad \frac{3}{3}$$

This person is a diabetic, 7.5 is a diabetic, but when you have this reading then you're going to have some eye readings out to the left too, it's variable. In all probability, if you had a 7.5 sugar you would also have a 4M and the ureas wouldn't be a 3 over 3, I'm just taking it one number at a time to show you.

We'll make it perfect again in order to help you understand these things in the singular here. Now I'll make another here, I'll change the urine pH from 6.4 to an 8.4.

$$1.5 \quad \frac{8.40}{6.40} \quad 7 \quad 0.04 \quad \frac{3}{3}$$

Now what's wrong? That guy's transverse colon is so stopped up it'd make a smoked sausage ashamed of himself. Boy has he really got a problem, he can't go. Just by changing one number you see what it does.

Now let's just move that pH down from 8.4 to we'll say a 5.4.

$$1.5 \quad \frac{5.40}{6.40} \quad 7 \quad 0.04 \quad \frac{3}{3}$$

Now the guy's got diarrhoea. We sure got him fixed in a hurry, he must have read the morning newspaper, OK. Now, let's change these numbers one more time, only we're going to have to change two numbers, you can't change one number here. Let's change this urine pH to 4.80 and we'll put a minus out there, which means a little less than. The guy's dying, but if that was 4.80 there it would change the saliva pH, this would be about 5.40 or less.

$$1.5 \quad \frac{4.80}{5.40} \quad 7 \quad 0.04 \quad \frac{3}{3}$$

The guy would be really dying. What I'm doing here is to show you how a change in one number changes all numbers. For this case there isn't a picture, I'm just taking single numbers to show you how a change in one thing would be a change in all things. We're playing around a bit here but nevertheless the numbers I have given you would denote what I have told you.

Let's change another number now we don't want the guy to die so we'll change these real quickly because we don't want a funeral on our hands. We'll move the urine pH to 7.40 and the saliva to 6.40 and we'll make the sugar 5.40,

$$5.4 \quad \frac{7.40}{6.40} \quad 7 \quad 4 \quad \frac{3}{3}$$

Now, you've got someone that has headaches because he has low blood sugar and the sugar number fluctuates, it goes downwards, and as it drops quickly they have headaches. If it should drop slowly they don't have headaches, if it goes down quickly they do, so this would denote headaches. For there to be headaches here the urine pH factor has to be in an alkaline range.

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In addition, if this was a woman somewhere between 16 and 45 it would also means that she'd have menstrual cramps, or trouble with her menstrual period. For an unmarried girl, a virgin, it would mean swollen ovaries. This is what this kind of reading would mean.

Age, Height and Weight Numbers.

When I refer to the numbers I mean ALL the numbers, the equation itself, the eye numbers, as well as AGE, HEIGHT and WEIGHT and so forth.

Age is 40 years old, Height is 5' 2", Weight is 100 lb.

You've got to keep all these factors in mind AND draw conclusions from them. You'll not be able to see the picture until you keep ALL the facts in your mind at the same time.

When looking at those three factors, AGE automatically brings to mind the "X" factor, and here it's 2X. It takes twice the amount of energy and twice the amount of mineral at age 40 than it did at age 20. Keep that tucked away in the corner of your mind. If he were 60 it would take 3X, and if he were 80 it would take 4X.

Now HEIGHT. Your height is determined from your bone structure.

Now WEIGHT. There's a difference between muscle tissue and fat tissue and that's where weight comes in. The difference between muscle tissue and fat tissue is that they have different density because of the gases and oils that are trapped within them. Fat has more gas and oil trapped in it so therefore it will float. Muscle tissue is 400% heavier than fat.

So when we had the age at 40 we made a comment about the X factor, when we see their height we're thinking about their bone structure, and when we see the weight we're thinking about the ratio of fat and muscle, the density.

If they're a 100 lb person and they're in perfect health what we're taking as an average is that 75% of that person's weight is water. 75% of the 100 lb is water. Now it's a variable, but we're using that as an average which then leaves 25% as mineral. So there's 75% water and 25% of the total body weight is equal to the mineral weight.

If you take that 100 lb person and cremate them and weigh the remains you will have 1.6 lb of ash remaining. The rest was lost in four forms:

- Heat,
- Electricity,
- Steam, and
- Smoke.

the ratio then is that there's a 98.4% loss regardless of weight. Now, if we assume this person was in the last stages of cancer and if the weight was the same then it wouldn't make any difference, there'd still be a 98.4 ratio.

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This is the proof that we're dealing only with the mineral and not the moisture. Oxygen is known as the element of time and oxidation gives off the moisture. Where there is no oxygen there is no time.

Starting Point

To start with you should always recognise the "perfect" equation.

$$1.5 \qquad \frac{6.40}{6.40} \qquad 6 \text{ to } 7 \qquad 0.04 \qquad \frac{3}{3}$$

Now, when you look at any set of numbers, you have a client and you come up with an equation, there really are two questions that you should ask:

- First, "What is the perfect equation?", and
- Second, "How far is this one from perfect?"

That's where you start. Now you might say, "everybody does that". Not really, we've known some testers that the minute they see an equation they jump right into it and only later do they stop and say, "I never really thought what perfect was".

In the second part, "how far from perfect" Doc includes the age, height and weight as part of the problem and then there are some other meaningful answers that you get by questioning the client. We'll come to that a little bit later. But it is important to ask those two questions in your own mind.

One question that you should always ask of a client, just of a matter of course so you don't ever find yourself forgetting it, and that is, regardless of the sugar reading, "are you on any sugar controlling medications of any kind?"

In fact many testers even ask that in 2 or 3 ways, you ask it that way, and then later you ask them are you on any drugs of any kind such as insulin, orinase and so forth. You prod their thinking and of course you make a record of it. It's better to ask them and have them tell you "no", almost like "no I'm not, dummy !", but it's better for you to ask than to find out later that your reading is not a true reading.

Problem Solving, First Question

When you start to solve a problem the first things you think of are:

- "What's perfect?" and
- "How far from perfect is it?"

If you subtract perfect from the test equation it tells you how far away from perfect you are and that's really what you want to know. Ordinarily I don't do this on paper because I think it in my mind so rapidly until before I could write the number I have the whole thing in my mind.

Person, 60, 5' 7", 150 lb

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4M \qquad \frac{8}{12}$$

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and subtracting perfect

$$1.5 \qquad \frac{6.40}{6.40} \qquad 7 \qquad 0.04 \qquad \frac{3}{3}$$

Result:

$$+4.5 \qquad \frac{+1.60}{+1.10} \qquad +34 \qquad +4 \qquad \frac{+5}{+9}$$

Seeing those numbers I then know I've got quite a long way to go with this patient.

General Learning.
20, 5' 10", 150, male

$$1.9 \qquad \frac{6.20}{5.40} \qquad 35 \qquad 4 \qquad \frac{12}{11}$$

Energy 40

Now, what are you going to do? Are you going to send him to a retreat or not? That's the first thing I want to know about it. First thing is how far from perfect are they? The next thing does he need to go to a retreat or doesn't he. What would be the problem there? Where would be his major problem?

His main problem here is high delta cells in the liver, now, would you send him to a retreat?

You may, or you may try to correct it yourself. Although his salts and cholesterol are high and he's deficient in vitamin C, he needs rest, rest, rest. His body is out of rhythm, he doesn't have any special time to do anything. Now rhythm is very, very important, it's important to have a bath at a certain time, a bowel movement at a certain time, to drink water at a certain intervals, to eat at certain intervals, to go to bed at certain intervals, with very, very few exceptions.

Now in this particular case the sugar is at 1.9 and you know it's not normally there, so it fluctuates. Now, he came to you for a particular reason, so with that sugar number you might ask, "do you have headaches?", if he says, "no", then although he gets pretty tired that's not his main reason to see you.

The next question that you'd ask is "Do you have diarrhoea or colitis?" Now if there is pain in the abdomen it's colitis if there's no pain it's just plain old fashioned diarrhoea, and the cause of diarrhoea is the body's too acid, the food is digesting too rapidly, and there's another cause for it too, parasites, anaerobic bacteria and so another question you might ask then, "does the stool have a very bad odor?"
"Yeah." He'd say, "yes, that's why I'm here."

Now, you might try in a case like this to correct it at home because he's only 20. If he was 50 I send him to the retreat because the healing factor is different, his body would be more set in its ways. But with this man at home I would:

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- Not put him on a fast.
- Would put him on lemonade and water.
- Would take him off of all wheat products, off of all meats, off of all animal milk.
- Would put him on cheddar cheese.
- He could have corn flakes, or any of the dry cereals that didn't contain wheat.
- I would give him complete rest for 2 weeks, and
- I would test him at least every 4 days for 2 or 3 tests to see if you are getting the desired result.

For the first 3 or 4 days, or first two tests, I wouldn't give him any mineral to take at all, just the dietary recommendations and the water and the lemonade. Now, you want to test him about every 4 days because you want the salt and urea to come down but you also want the sugar to stay up. So he gets a different sweetener in his lemonade every day.

With the high ureas at 23 you can still use the lemonade here, and actually at 25 is where I would be careful about using lemonade. Now, there's one predominating factor about the cell structure in this particular case and that is the cells are staying in too long.

There's another problem that's involved here, another reason why he has diarrhoea that you haven't told me yet. In addition to not having enough calcium and vitamin D he's not getting enough oxygen. Remember your order, oxygen, he had not drank enough water, then when the pH goes down your oxygen content goes down, as your oxygen content goes down then there's a reason for it. If the cells of the lungs are not kept active, and the blood does not unload the oxygen and it won't, it only carries so much and no more, then there's a lack of oxygen. So when you supply the calcium sometimes the body doesn't respond quickly and sometimes it takes a week in such a matter in order for it to take in the oxygen again that it should.

Now with the energy ranges:

- Range A would be 75 to 100
- Range B would be 50 to 75
- Range C would be 25 to 50
- Range D is below 25.

Now this fellow is in Range C, and his energy is exactly 40.

Suppose this man went to a doctor and told the doctor, "I have diarrhoea" then the doctor could give him about a dozen drugs for his medication, but none of them as good as cheddar cheese, and corn. With this case there's to be:

- no boiled milk,
- no yoghurt,
- no cottage cheese,
- no raw nuts,
- no black pepper.

Now, at 40 energy rating I would suggest that you take him off of all raw nuts, in fact after the energy level drops below 40 most everybody is off of raw nuts and black pepper besides the other no-no's because they're irritating to the bowel. So these are just ordinary, common, horse-sense questions and you think them through.

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All you want is to stop the diarrhoea and you're going to find people that's been this way six and eight and ten years. You use cheddar cheese and corn and you can get milk of bismuth, or pepto bismol. Pepto Bismol is on sale in most any health food store or most any grocery store. Have them take a tablespoon of Pepto Bismol half an hour before eating and half an hour after eating and while you're not going to get a quick response, it is a help.

There's one more visible thing that you'd notice about this fellow which we haven't mentioned yet and it's not wrinkles in the forehead, at age 20 the wrinkles would be barely noticeable. The thing you'd notice about his facial expression is the worry or fear there, you'd notice a little bit of fear, he's in the valley of indecision, he doesn't know what's wrong, he can't get rid of it and he's just gone and got a half idea that he's going to die right when he's ready to live. He's got that tension look about him which is the fear that you're actually seeing. Now there's things there that show me that it's fear, and one is the low calcium, because calcium deficiencies bring about fear. Also there's another thing about this fellow that is not common for a man of his age and that is, except by the grace of God this man is irritable, because he's nervous and he's weak. He's weak and he's fighting for his life. He doesn't mean to fight people but he's fighting for his life.

Now, there's some more things that happens to this fellow that he may complain about. He may have burning urine but he's not likely to complain about that but under the left shoulder blade he says, "I have an aching there". Now the specific gravity of calcium is 40, and while the liver is on both sides of the body the highest point, which is also the thinnest and least dense part is under the left shoulder blade from where it slants downward to the right, and that is where your calcium deficiency shows first.

That's where cirrhosis of the liver starts first, that's where the malfunctioning of the liver starts first, that's where alcoholic beverages has its first effect upon the liver is up on the part under the left shoulder blade. In this case the liver is even off color to look at it.

Incidentally, this person is also building cholesterol but they do not have gall stones, not with that urine pH at 6.20. For gall stones to be present you'd have to raise the urine pH right up. Gallstones are not acid or alkaline stones like kidney stones, they're a silicone stone.

Also there's minor deterioration or demineralisation in his fingernails. There is the beginning of a bone deterioration, also there's cavities in his teeth, pimples on his face, acne, and so forth. Now I know there's acne there because there's more poisons inside than can get out through the normal channel so it's got to come out through the skin, and acne is caused by a deficiency of vitamin A and vitamin C. So, you've got a vitamin C deficiency therefore you've got a minor case of acne here.

Also to get more delicate into it, he has another minor problem, but rather noticeable, and that is about his feet. There's a benzene deficiency here, in other words, if he stands on his feet very long his feet hurt and you read that from the vitamin C deficiency.

A vitamin C deficiency means a benzene deficiency, which means that the flesh is not sticking to the bone tightly enough and it actually attaches itself very tight at the joint, also he'd have one more thing that you could ask him that he'd say yes to, "do you have sinus?" You have a sinus

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problem from a vitamin C deficiency and benzene deficiency, vitamin A deficiency and vitamin D deficiency. A, C, D and benzene.

Ranges and Zones, General.

You have studied Ranges and Zones in Class Two and Three but the range that will give you most trouble is Range

A. That's not perfect but "perfect" is in the first range. Now Range 1, roughly speaking would be:

$$1 \text{ to } 2 \qquad \frac{6.00 - 6.80}{6.00 - 6.80} \qquad 4 - 12 \qquad 0 - 1 \qquad \text{to } 14$$

and then within Range 1 is "Perfect"

$$1.5 \qquad \frac{6.40}{6.40} \qquad 6 - 7 \qquad 0.04 \qquad \frac{3}{3}$$

Now I'm going to change one number here. The only number I'm going to change is this top number right here which we'll make a 6.50.

$$1.5 \qquad \frac{6.50}{6.40} \qquad 6 - 7 \qquad 0.04 \qquad \frac{3}{3}$$

With these numbers there would be certain symptoms that'll show up. In other words, there would be certain visible symptoms that you would see in this change that you would begin to notice if you look close for them.

There is the beginning of an energy loss and the first visible symptom you would see with these numbers is about the mouth, in particular the tongue, specifically, the center of the tongue way on the back would begin to show a very minor coat, roughness there, just beginning. It's a very first beginning. Now it'll show in other places too, like the fingernails. The fingernails won't be ridged, just the opposite, they'll become brittle, or tear easy, or there would be white spots in the fingernails. These are very, very early signs of things going wrong in your system that you would see.

Why do we have fingernails? What is the nail composed of? Nails are composed of a type of phosphate that we can't use in the bone, and nature throws them out and it's the way that nature prepares it. God put them on there but the type of phosphate that's in our finger nails is the part that's an excessive amount that's not used in our bones. Now, before nature begins to lose very much energy it will begin to draw a little bit of the phosphate of calcium out of the fingernails not for the bones, but for the muscle. In other words, it'll begin to pull it out of the fingernails and then when it does not get enough from there it'll pull it from the bone.

Let's change another number now, sugar is between 1.2 and 4.5

$$1.2 \text{ or } 4.5 \qquad \frac{6.50}{6.40} \qquad 6 - 7 \qquad 0.04 \qquad \frac{3}{3}$$

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Now, some visible signs are going to start appearing, the early stages, when they first begin to lose their energy. The tongue would be a little bit more coated than before and cavities would begin to appear in the teeth. Now, at the first change (6.50) there wouldn't be any complaints, but now some complaints begin. They would have headaches because the sugar would be dropping too fast, they'd have low blood sugar and they would be more tired because when the sugar level dropped too low you're just real tired all of a sudden, like a snap of your finger.

Now if this carbohydrate condition here existed very long, say 6 weeks to 2 months, then it would change the urea. The urea would go up and it would probably go up to say 6 over 8 if it lasted that long.

$$1.2 \text{ or } 4.5 \qquad \frac{6.50}{6.40} \qquad 6 - 7 \qquad 0.04 \qquad \frac{6}{8}$$

Why would it go up? It would go up because of the undigested proteins and the proteins would not be digesting because of the lack of calcium. A calcium deficiency would occur.

Now, let's suppose that the sugar is at 1.2 and also that this is a woman and she is 6 months pregnant.

$$1.2 \qquad \frac{6.50}{6.40} \qquad 6 - 7 \qquad 0.04 \qquad \frac{6}{8}$$

six months pregnant

Now what's going to happen if she stays like this for a couple of weeks? There'll be premature labor pains, and if there is premature labor pains then the quickest way to stop them is with about 4 oz of Maniechewicz Medium Dry Grape wine. Now I'm very particular about this particular wine because some wines are not fermented, are not purified wines, they're made more or less by force, synthetically, by adding alcohol to fruit juices and they call it wine and when you do that you've only manufacturing coffin tacks.

Now what would happen now if the sugar dropped down to we'll say 0.6 for, say, 48 hours?

$$0.6 \qquad \frac{6.50}{6.40} \qquad 6 - 7 \qquad 0.04 \qquad \frac{6}{8}$$

The foetus would die because of the lack of oxygen. So you see what I'm trying to tell you is that the nearer perfect numbers are the more accurate you're going to have to be in your test to correct it because the slightest mistake when you're nearer perfect will become exaggerated.

Now, on this 6.20 to 6.60 the kind of calcium you would recommend would be one Cal Lactate and one Cal II. In other words you're creating more resistance right inside the digestive tract while the food is digesting. Now take the mineral with the food, about the middle of the meal instead of before it or after it and when you have this condition you'll get a lot more benefit out of it because it will explode and mix with the food and won't create so much gas. If you give minerals after the meal then they create a lot more gas.

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Now, this 0.6 sugar is not in range 1, I just moved it out to show the change in zone here to show you what would happen. Now, an ideal sugar number for pregnancy, from anywhere from the fourth month on, providing the body wasn't absolutely perfect, would be up to about 2.0, try not get above 2.0 if you can help it but don't be concerned though if it's 2.2 but that depends on how far out the numbers are. Now I say try not to go above 2.2 on carbohydrate because then it'll get to the point that something will happen, and the physical action that will take place within the body is the pancreas will go to kick in, or flushing, and it'll be spasmodic, and therefore it could drop too low, and if it drops too low then premature labor pains start.

Now, suppose for instance that during this pregnancy she has a lot of worms. What you would not do about it is give K Min. Don't use K Min during pregnancies.

Let's suppose they had

$$3.8 \qquad \frac{6.00}{6.10} \qquad 18 \qquad 2 \qquad \frac{12}{8}$$

Time of Conception

The more the pregnancy goes along, whether you do anything or not, these numbers almost correct themself and almost go to perfect, by themself. So pregnancy is a very healthy thing, providing you have enough mineral for both the mother and the foetus.

It might be interesting to discuss right here, according to the bible, a foetus doesn't become a living soul until it breathes one breath of air. They do not become a living soul until they breathe one breath of air. However, as a doctor and teacher I would not suggest that anyone ever do anything to interfere with a normal pregnancy, only in cases where there was danger to the mother or mother's life, or the child would be a possibility of infection. There's only one exception that I would make to that and that is in the case of a mentally deranged person that had been raped. I would make an exception in that case because I would feel that it would be better to do this than to bring a soul into the world that's mentally deranged, that is, a moron.

I can say this after many, many, many years of study that I have never seen a mentally deranged person where the mental derangement began at conception, that did not produce a mentally deranged child. There may be some exceptions but I have not seen it. I haven't seen everything yet.

Rapid decay in the teeth is caused because they don't have enough of phosphate of calciums, and the only place they can get it is from MinCol. There's no other supplement on the market today that is purified and clean that really will work like MinCol. I don't know of any other and it's been on the market since 1934.

If a person were really demineralised they'd take about two twice a day, would be the maximum for a senior citizen, or somebody with awful soft bones or somebody with bone cancer or something on that order. In other words, if you took a dozen it wouldn't do any more good. Now there are some exceptions, like for bone cancer, or a senior citizen in a hospital where they are recuperating with a broken bone we often give two three times a day, but the average run of the mill where they take their capsules and go home without going into a retreat take two twice a day.

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We also have another problem I'd like to show you.

$$1.4 \qquad \frac{6.40}{6.30} \qquad 6 \qquad 1 \qquad \frac{14}{14}$$

Now here you have all this is in range 1, but the ureas is way out in range 5.

This is a first test and the picture shows there's not enough water. They'd eaten too much meats and not enough vegetables, and they're not drinking enough water. This is a water problem. Now the liver is dissolving the salt down, the sugar just a teeny bit low but they are in the zone for a fatal heart attack.

All we got to change to make a "no picture" is to put 4 over 6. Now there's no picture.

$$1.4 \qquad \frac{6.40}{6.30} \qquad 6 \qquad 1 \qquad \frac{4}{6}$$

There's a change taking place in the body chemistry, in other words, it's in withdrawal. With a 1 M it's in withdrawal, even with a 4 M it'd still be in withdrawal, they still wouldn't have a picture. And if the salt was a 10 there still wouldn't be a picture, or if the pH went down to 6.10 there still would be no picture. I meant there's quite a range there in which there'd be no picture. It shows your body's in a state of withdrawal, in other words, it's moving from one range to another.

For there to be a picture with that urea number then the other numbers would have to change, say

$$7 \text{ or } 8 \qquad \frac{5.20}{6.00 \text{ or } 7.00} \qquad 30 \qquad 4 \qquad \frac{4}{6}$$

This is a 220 case because with that 7.0 sugar there's not enough insulin coming out of that pancreas and if there's not enough insulin there's not enough vitamin C, because insulin makes vitamin C available to your system. So you have a vitamin C deficiency and you have a potassium deficiency. So a vitamin C and a potassium equals something less than 12. Now, let's simplify the numbers, look at this,

$$7.0 \qquad \frac{5.20}{6.00} \qquad 30 \qquad 4 \qquad \frac{4}{6}$$

There is a change here, now they're extremely calcium deficient and the greater the calcium deficiency the greater the overall mineral deficiency, and the greater the overall mineral deficiency the greater the delta cell count. The cause of delta cells is a lack of mineral, or lack of energy. They should be replaced so rapidly till you wouldn't even lose them.

You can tell a delta cell from another cell in these tests because the test shows a loss of energy and delta cells occur with a loss of energy. The greater the loss of energy the greater the delta cells.

When they had the previous pH it was a calcium deficiency, but keep in mind there's six kinds of calcium, before they had too much calcium oxide, and lacked five other kinds. With this latest test

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they lack six other kinds. Now, this is a retreat case but the calciums they need are Cal II, lime water, vitamin D (50, 000 units or 10, 000 twice a day), but it is a prescription item. If you lay in the sunshine for an hour and a half you got more than that, provided you don't get sunburned. Suppose you drink two quarts of milk you got more than that. You do not give vitamin D when it's above 6.40, only give it when it's below 5.20, either number. It doesn't matter whether the 5.20 is in the urine or saliva.

Let's take another problem not in Range 1.

$$5.5 \qquad \frac{6.10}{6.80} \qquad 12 \qquad 4 \qquad \frac{12}{3}$$

Now, what have you got in energy rating, either male or female here. Most of these you see is in range 1, but there's one number that's not in range 1. This person would take a cold very easily in winter because they are deficient in vitamin C, why? Because the sugar number is elevated and there is a link between vitamin C and insulin. Insulin makes vitamin C available. Now the insulin you take will not make vitamin C available but the insulin that's manufactured by your pancreas will make vitamin C available.

Now, we'll say that this person is:
30, 5' 8", 180, male

$$5.5 \qquad \frac{6.10}{6.80} \qquad 12 \qquad 4 \qquad \frac{12}{3}$$

What would you do? Is this a retreat case? This is a borderline case, a 50/50 call where it may go either way.

The big problem is the pancreas not manufacturing enough insulin and they would have been like this for at least 2 years or more in order for the calciums, the 6.10 and 6.80, to not supply the glycogen to the pancreas for the manufacturing of sufficient insulin.

If you tried this at home you could get into that flushing and dumping problem, they'd have a kind of a rough time and you'd want them off work for a week, no driving a car or anything like that, but if it were me I would try this one at home. You need to test the sugar because it could go down in a hurry or it could go down slowly. Now, let's move the sugar to 5.49.

30, 5' 8", 180, male

$$5.49 \qquad \frac{6.10}{6.80} \qquad 12 \qquad 4 \qquad \frac{12}{3}$$

Now it'd be perfectly safe to try this at home. What happens between 5.49 and 5.50 in the body chemistry? The 5.49 and under goes up and down in a hurry and the 5.50 and up doesn't. The 5.50 has a tendency to go up and then drop back to 5.50, and then go up and drop back to 5.50, but the 5.49 has a habit of going right on down to 0.8 or
0.6. In other words it fluctuates.

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Same Range, Same Picture.

male or female no pregnancy
58, 5' 9", 148 lb,

$$1.0 \quad \frac{7.80}{6.40} \quad 20 \quad 4 \quad \frac{7}{10}$$

energy 25.5

male or female no pregnancy
58, 5' 9", 148 lb,

$$4.9 \quad \frac{6.30}{7.60} \quad 34 \quad 4 \quad \frac{4}{11}$$

energy 25.5

These numbers may be for 2 different individuals, if the tests were run the same day it would be two different individuals.
Don't try to solve it because this isn't why the problem is on the board, now notice, the picture in both is exactly the same because these tests are in the exact same range. A change within range does not change the picture and unless there is a change in range there is no change in picture.

All I'm trying to show you is you can have different numbers in the same pattern, the pattern is the same in both. In both people the pattern is identical and so these two people are suffering from the same malady. The picture is not perfectly the same but the malady is exactly the same thing. The reserve energy rating on both of them is 25, but to be exact it'd be 25.5, but 25 is near enough, or you could say 26, either one would be correct.

Now here we have a problem that's existed for quite a long time and if numbers stay like this long enough certain things will happen.
I said to you early in this course that the beginning of maladies begin with the nerves of the vagus system.

- You know you've got low blood sugar.
- You know that they need colonic therapy.

- You know that the salt's too high and that there is cholesterol building up.
- You know that the ureas are enough to make them tired.

In the top test the urine pH shows they've got too much calcium oxide and in the bottom test it shows that there is not quite enough on this particular day.

With an energy of 25 it means that these numbers fluctuate rather rapidly, they're very unstable.

Now a lack of calcium in the liver means a dilute gastric juice and this condition has existed for some time but not to the point that you would consider it critical because the patient is not yet losing any

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appreciable amount of weight as the weight is still with normal limits but the condition that we're going to show here is done by picture.

In this case, whether it's a male or female, there is carcinoma in either the prostate area or the uterus/vagina and ovary area. What is there about this equation that tells me that? Well manganese is the element of life, it has an atomic number of 54 and therefore it requires a stronger gastric juice to extract it from the food you eat and to absorb the right amount to keep that person healthy. The deficiency in manganese is the cause of a breaking down of the prostate gland and that area, also the uterus/vagina and ovary area.

Now sometime it's just in the ovary area, sometimes it's in the uterus, sometimes it's in the vagina, sometimes it's in all three, but in this case it's in all three of them because there is an overall degeneration. This person is looking like about 15 years older than what they are, in other words they don't look 58 they look about 71 or 72.

Let's look further at this equation, it means also that they're not eating enough fresh green raw vegetables and if they ate more, the juices of those would change those numbers quite a lot. In other words, if they ate more fresh green raw vegetables the pancreas would be more stable in its manufacture of glucose from the liver to stabilise the energy pattern. Also it means that they're eating too much of a narrow diet.

Now you can have a vegetarian diet with those numbers or you can have a person who eats meats and vegetables with those numbers, because their body is not digesting proteins.

The solvent that the liver assimilates to break down a protein in dilute form and to absorb it would be magnesium so although there's magnesium in our foods the liver is not getting it out in sufficient amounts and therefore the ureas remains where they are. There is a premature ageing, growing old too fast.

Now, there's a little difference in the pattern here, just a little. In the top test the lower colon would be slightly enlarged, larger than the one in the bottom numbers, in other words the colon is extended, it's losing some of it's flexibility, now what number shows that? The saline reading of 34 shows that it also has a tendency of being higher. Now you say, "I thought that the higher the saline that the larger the colon" not necessarily because the greater the ionization, in other words, in this top case the saline was unstable and so there was a more perfect ionization in the bottom case than in the top. The messages were going through clearer in the bottom test than they were in the top test. But if it had been exaggerated, even 5 points higher, then there would have been a breaking down or wearing down of the nerve sinew itself, in other words like sending too much electricity through a wire then the nerve sinew begins to break down and becomes frayed like a thread. Cause and effect.

Now both of these would have headaches if this sugar level drops quickly, the energy level means it fluctuates and both of them would be lightheaded and dizzy and either one of them could be subject to motion sickness.
Both of them would have a tendency towards irritability.

Both of them are deficient in mineral content and in this case you could give vitamins an awful long time with very little benefit but temporary relief.

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What they need most is a heavy mineral supplement and I would recommend:

- 2 algavim capsules three times a day, very rich in minerals.
- 2 MinCol capsules twice a day for six months, and then 2 a day for 42 years.
- These kind of a numbers should be tested every day for a few days.
- Put them on lemonade and water with a different sweetener each day you.

You would not put this person on a fast, it wouldn't be necessary, it would be better if you did put them on a fast but only if they were within an hour or two where they could be tested every day. But unless you could put them in a clinic or a retreat do not put them on a fast unless you can test them everyday and twice a day is better.

They need a lot of encouragement and care and they need to be waited on, mostly because a change in diet makes them feel bad and they don't understand the changes that are taking place in their body chemistry, also the ureas are changing and it causes what they think is palpitations of the heart. Actually the heart is beating too hard each time and then it begins to beat softer it gives the impression that it's fluttering, it isn't, it just begins to beat a little softer and they think it's fluttering. They might say, "my heart is fluttering" and when you put the stethoscope on to listen, it isn't fluttering. With some people you can pick it up in the pulse, but if the artery is too small you can't.

On this kind of a reading you would give the top test one calcium lactate and the bottom one you'd give cal II, but you may put them on it today and 3 days from today you'd change it, "doctor you just told me 3 days ago to take so and so"
"that's right I did, but your body chemistry is changing, that's what you're here for. We know where the numbers are supposed to be and we may change everyday, this doesn't mean .."
"but doctor, I paid ten dollars for that bottle of stuff"
"that's all right, just hang onto it, you may need it again in three days, what we're trying to do is to get your body chemistry into a pattern we know.

We want all this to go towards perfect, we want the carbohydrate number at 1.5, we want the pH's at 6.40 over 6.40 and stay there, and we want the salts between 6 and 7 and we want the albumin at 0.04 and we want the ureas at 3 over 3, is what we want. This is the goal that we're working towards and we're going to give you a diet. Now just because we get one number where we want it doesn't mean that that's perfect there at all, because unless all numbers are perfect no numbers are perfect."

It will take about 8 months to bring these numbers into a good range if they do everything they're told because it takes about 8 months to rebuild a liver.

Now after studying the problem there's thousands of ways you can solve it and that depends on the season of the year, the vegetables that are available and so forth. The thing to do is to know what you need to solve the problem, but in every case this person needs lots of fruit early in the day, the big meal in the middle of the day and light food at supper time, meat only twice a week, lemonade and water for at least a year, and suppose they'd been drinking the lemonade and water for a year, the numbers are doing excellently, they've overdone it at times and they broke the rules a few times but they're doing really well.

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Should we give lime water with the bottom case? No, I wouldn't add lime water till it's down to 6 or below, then I'd add the lime water.

Description of Person, Various

40, 5' 2", 190, Female

$$0.8 \quad \frac{7.30}{7.60} \quad 36 \quad 4 \quad \frac{7}{12}$$

Now you're not trying to diagnose or analyze this case, you're trying to describe the person. The first thing that you would actually, symptomatically notice mostly about this person would be the neurosis, the nervousness, the irritability, not from the calcium but from the low blood sugar. In other words you can be just as nervous with low blood sugar as you can with a low pH.

Now you have a 36C and there's something else right here that you wouldn't see but you would know was there, unless you were a leg watcher, and that is varicose veins.

Now she also has a vitamin C deficiency meaning that there would be stretch marks on her body. The urea being what it is it would mean that she's very tired all the time, lacking energy.

Now with numbers like these she would have hot and cold flashes, meaning in menopause because the carbohydrates are too low to supply enough glycogen to the pancreas to manufacture alcohol and thyroxine. This is the reason she's overweight here, a lack of thyroxine, and hot and cold flashes is caused because of lack of alcohol and her pancreas is manufacturing too much insulin.

You would correct this by sending her to the retreat because of the low blood sugar. Now the reason I say this one should be in the retreat is that she could very easily go into a coma. It's very difficult now and I'll tell you why, some days that fat in her system will break very rapidly causing the sugar to run too high and drop too fast and have severe headaches and other days it won't hardly drop at all. This kind of a case needs 21 days in a retreat

Now, let's change one number and it's going to change her personality completely,

40, 5' 2", 190, Female

$$0.8 \quad \frac{5.30}{7.60} \quad 36 \quad 4 \quad \frac{7}{12}$$

Not only is her complexion now very white but this change has caused a complete change in personality. Not only is she irritable, as before, but there is also a lot of anxiety. There's something else you'll notice about this person, or you can ask the question, but you can just about count on it here, ask her does she cry a lot. She is emotionally disturbed and she does cry a lot, and you can see the husband's head go up and down, "yeah".

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She's surprised, but the husband's head goes up and down, yes, because nervous. She's so nervous she just cannot hardly contain herself. Now there's another reason why she's overweight here, what would that be now?

Now with a low sugar and urea no higher than it is she'd probably have a loose bowel, not a diarrhoea, not a watery bowel, but it would be a little loose.

The food is digesting too fast and therefore she is not getting enough mineral out of her food. Now, at the retreat, to correct this condition you do not let the sugar go lower so give him lemonade and water with a different sweetener every day, sweeteners like honey, Karo syrup, brown sugar, maple syrup, sorghum syrup, molasses and a whole great list of them but in this case you do not use the cyclamates because cyclamate would drop the sugar still lower and what she needs is a carbohydrate to balance the insulin.

Now the medical theory of no sweets for low blood sugar is the finest rule I know to keep a patient in a doctor's office. In other words, if the pancreas manufactures too much insulin then you should use a sweetening to counteract it, but, you don't know which sweetening is causing the pancreas to flush. There are a lot of people allergic to honey and it causes the pancreas to manufacture too much insulin, and in some of them potatoes cause the pancreas to manufacture too much insulin. So by using a different sweetener each day, and you know what the sweetener is, then you can tell very quickly which one is causing the pancreas to manufacture too much insulin, and causing the blood sugar to drop too low.

Now what you would do in the change in the diet is that she could have fruit for breakfast because they need more carbohydrate for breakfast. The person with a high blood sugar problem could not have fruit for breakfast.

We'll change the reading to:

40, 5' 2", 190 lb

$$0.8 \qquad \frac{5.30}{5.10} \qquad 36 \qquad 4 \qquad \frac{7}{12}$$

Energy 20

Now there's a conflict in here, and the conflict is in the weight. That weight of 190 lb wouldn't be there, it would be about 90 pounds if the condition had lasted very long. You can tell because the food's not digesting at all and the sugar's too low, the cholesterol is way up and there's no energy out here, they're tired all the time and now they're quite thin, they're weak.

They wouldn't have a white color, their skin would be a yellowish, or tannish color indicating the liver. The gastric juice is too dilute and here in the retreat I'd recommend calcium gluconate, two capsules, three or four times a day because she's very deficient in calcium and also put her on lime water, even when she's on a fast. You would only put her on a fast if she was in a retreat where you could test her every hour but you may not keep her on it for three days, go by the numbers.

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Now suppose that the urea dropped down to we'll say 0 over 2, on the second day and she still had a 4M and the other numbers were the same, what you'd do is break her fast. Take her off the fast, start giving her some light broths and still keep her on the fast but give her light vegetable broth, and skim milk, things of that nature but very, very light and try to get this urea to move upward. Now suppose it stays that way for four days and you can't get it up to 12, she's still in withdrawal 4 days later but maybe you've got it up to we'll say 2 over 4 now, you got it up to 6, you'd give her a small banana a day, not algavim yet.

The sugar will still be fluctuating around and then in three or four days the urea comes up a little more which shows that her body is responding somewhat a little low, but the very fact that this urea changed shows that the body's trying to respond so in a couple of more days she's getting broth, she's still on the lemonade and water, in this case 3 oz of lemon juice in 29 oz of water, 32 oz of lemonade a day then you start on the banana and the potassium picks up then we'll say to 15, and you'll notice then that this calciums begin to climb up and you'll notice that the sugar then will get above 1.

In other words, what I'm trying to show you here as long as these numbers, the sugar and pH's (representing the "energy in"), are coming toward the perfect equation they're gaining energy.

But suppose the second day that she was in there and you had her on a fast, strictly the lemonade and water for the first day, and it dropped to 2 over 4 and the urine pH dropped to 5.0 what's happening here is you're losing a patient and you'd better do something real fast because you really got a problem on your hand.

This is acidosis. You still have here an energy of about 20, and you still got 4 or 5 days to calculate on which way you can change it, but the third day then they go into nausea and vomiting green bile, and immediately, the same hour that they go to vomiting green bile this top number, the urine pH, begins to rise and it may jump up to 5.60 within a couple of hours time, but the bottom number will possibly only raise from 5.10 to maybe 5.20, it may or may not, and then immediately this sugar number will come up to about 1.0 something like this and in the meantime the salt would come down to possibly 10 and you'll see this urea number still quite low but then the body has started to respond and then you can just study the increase of energy as it moves upward.

What we did, she was put on broth and a banana to increase the potassium, and she's still on the lemonade and water. What happened is the lemonade, being a natural hydrochloric acid, caused the liver to start manufacturing it's own hydrochloric acid. In other words, the body responded.

Now, in the case where the pH's went lower on the fast, say 5.0 over 5.10, and we started to lose her, we would still do exactly the same thing, and what you're seeing is a case where the body responded, and a case where it didn't respond. If she didn't respond immediately then continue doing what you're doing and by the fourth day you can tell because the energy would be dropping at a rather slow rate at this number, 5.30, but you get it down below 5.10 you better be careful. I've had them right on 4.0 and they're still living after 10 years.

In general terms the lower the energy the greater the risk there is, even if the patient looks pretty good. In this kind of a case you wouldn't use baking soda here because it would create so much gas that it would put too much pressure on the heart.

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If the person vomited or upchucked the green bile and got rid of those toxins then the energy level would immediately start to rise, even though the patient temporarily feels bad for a few minutes and thinks it's their last minute on earth and their flesh has got pins and needles, feeling like it's crawling off of the bones. The energy would rise because new cells are being manufactured, the body's beginning to accept the mineral that it needed to replace the cells. The chemistry was going the wrong way to start with because the mineral was not available to the person, the body could not accept it.

After about eight days we see the following test results:

40, 5' 2", 90, female

$$1.8 \qquad \frac{5.90}{5.60} \qquad 8 \qquad 4 \qquad \frac{7}{5}$$

The ureas are at 12 but she's so weak there, she's over the three day fast and she's on light diet still because she can't take heavy food, but let's suppose at this particular time she has an appearance of extreme weakness at times and almost blacks out. Now what is happening is the sugar is dropping for a few seconds at a time, even though it doesn't show in the specimen reading and sometimes they go into convulsions or they go into a seizure.

Now what you do if they are in a seizure, or convulsion, is you put a little honey or maple syrup or sweetener on their tongue, even though it causes their pancreas to flush too much at other times it'll pull them out of it, or even if you have to use a little white sugar if there's nothing else available.

After she comes out of the convulsion her legs begin to swell, her arms begin to swell, her feet begin to swell and her face begins to swell and now you've got kidney failure on your hands. If that happens then cut the water for a day or two and give her watermelon seed tea in the winter and watermelon juice in the summer. Also sassafras tea and a little bit of coffee, Brazilian Tea, not very strong where you can see the bottom of the cup, is a diuretic.

Aloe Vera gel would help some but it would not take the swelling down very much very quickly, and you need to bring it down real quickly here. If you had haemorrhoidal condition or ulcers or something in the digestive tract then aloe vera would be a great help to you quickly, but if it were not then you would have a problem on your hands of getting this water out of the system. This is nothing to be frightened about and it happens in many, many cases. So get the water down.

One possible problem you have here with that high salt is phlebitis setting in. Do not bring that salt down too quickly. Phlebitis is the blood vessels not healing evenly and healing irregularly, healing in one spot faster than another leaving an enlarged spot in which blood coagulates. Now in this case I would recommend, when there's a swelling, to take 1000 units of vitamin E twice a day between meals, this helps to bring the swelling down very rapidly. One thing you'd never do in this case is give alfalfa, or alfalfa tea, or alfalfa sprouts because that has a tendency to thicken the blood and to increase the swelling.

We'll describe this person when she came in and let's look at the symptoms now. Alright when she came in she weighed 90 lb and the most notable thing you'd see about this person is that they'd appear very haggard, looking many years older than she is. In other words, premature ageing. Also

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her teeth would seem to be too large, they'd appear to be protruding a little bit because of the loss of weight. Did you ever notice that in a person that was below their normal weight their teeth seem to be pushing outward a little, have you ever paid attention to it? Then another thing you would notice about this person would be the color of the skin, it would be a yellowish color before the withdrawal and after the withdrawal it would turn too white meaning the liver lacked iron. Good sources of iron are Ferro tonic, blackstrap molasses, raisins and beet juice, but you don't give beet juice when they got diarrhoea, because it is a laxative.

Now, we'll say in two weeks her numbers have levelled off for three consecutive days and she's ready to go home. If the sugar stays above 1.0 and below 2.0 for three consecutive days, and the urea stays above 12, and the pH is above 5.40 she's then ready to go home and continue her diet. Now we'll say she's been here altogether three weeks, is she well? No, she's not because at 40 it takes 2X divided by time energy to make one cell. It takes twice as long as it does for somebody at twenty. So at twenty years old if someone had those numbers they would be well in about five months, four to six months, but a person at 40 would be about eight to ten months in getting well. It takes longer and that is providing they did what they were told and don't fudge and don't overwork.

Now let's change one number here, she's doing real well, she comes back in sixty days and here's her numbers now:

40, 5' 2", 90, female

$$1.2 \qquad \frac{6.30}{6.70} \qquad 10 \qquad 4 \qquad \frac{2}{6}$$

Energy 36 (if first test)

Now she's got a characteristic that's going to fool most of you, and that is she is "overworking", she's overdoing it, she'll be working like crazy. She's burning up more energy than she's taking in. This is what it means. It doesn't necessarily mean that she has a brain tumor here, she's absolutely overdoing it, she's got to slow down some. Now you see that in the ureas under 12. Now if she had a brain tumor that pH would be dropping and not rising. The point is she has a potassium deficiency. She felt so bad for so long and now she's feeling so good that she now works like crazy - because she has a potassium deficiency. Her outward appearance is that she's got the vim, vigour and vitality of almost a young person, she looks 20 years younger than she did a few months ago, but she is working her head off, just trying to catch up on all of the things that she did.

Now, if she keeps it up the next thing you'll notice is this pH is going to go to dropping, meaning that the brain tumor will form, this is the stage set for it, but at this particular stage it probably hasn't formed yet.

The urea shows a potassium deficiency because the body is not repairing itself and it's not repairing itself because the messages are not going from the brain to the vital organs, cause and effect. Now if this was a very first test then it would indicate a brain tumor.

There is no need for colonics here because the pH was below 6.0 when they first came in.
40, 5' 2", 90, female

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$$1.2 \qquad \frac{6.30}{6.70} \qquad 10 \qquad 4 \qquad \frac{2}{6}$$

Energy 36 (if first test)

If these numbers were a first test you'd have a very dangerous situation, a 220 case, because you don't know how long this has existed, you do know it's not temporary and that it's been going on for at least 6 months. In other words the level is going down and she'd be working like crazy and you might tell her here that her energy is on this first reading would be possibly 36 and before it gets any lower you want to turn the tide. Now a doctor would hardly find anything wrong with a person with this reading on a first reading, but when the energy got down to 30 then he could find a reading, even though the weight was still 90 because there are some spinsters that are just maypoles all the days of their life. They're just as thin as a rail and even though they try to put on weight they can't.

Withdrawal or No Picture Withdrawal.

24, 5' 4", 130 lb, Female

$$0.8 \qquad \frac{7.80}{7.60} \qquad 3C \qquad 4M \qquad \frac{3}{2}$$

A person with these numbers would be in withdrawal, there is no picture.

If these are the numbers on a first test on a new client I wouldn't even tell them to drink water, I'd ask:

- "have you changed your diet or your lifestyle in the last few days, or the last month?"
- "What have you done to change your body chemistry?"

I'd also say to them go back to your normal diet and come back in a week and let's see what happens. There are some people that just simply delight in trying to keep you with "no picture" and they'll go back, behave themself till the day before you're supposed to, before they come back and do the same darn thing over.

You could not maintain these numbers very long and the only thing I would tell anybody, get a colonic, you're full of crap, you're trying to pull my leg. A colonic should drop that top number a little bit and a change in any number is a change in all numbers.

If you tested somebody maybe two hours later it is possible it could change the whole pattern.

Withdrawal

Suppose that on the 2nd or 3rd day of a fast for a person in the retreat the test was:

$$0.0 \qquad \frac{7.50}{6.00} \qquad 0 \qquad ? \qquad \frac{2}{1}$$

This is an excellent reading because the patient is in deep withdrawal, their body chemistry is changing and it's highly favorable.

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They're in the very depth of withdrawal, however you need to get them some carbohydrate, sweetening, real quickly and get that sugar up a little. Cut down on the water and keep up the lemonade but use a different sweetener in the lemonade every day.

Now if they had this kind of a reading on the 3rd day then you let them fast a 4th until the urea rises above 12, and maybe it's the 5th day, or the 6th day unless their energy rating is so low they can't fast, and then put them on very, very light diet, baby food.

Withdrawal.

30, ... , 180 lb, Male

Test 1

$$8.0 \qquad \frac{5.20}{5.40} \qquad 45 \qquad 4 \qquad \frac{15}{12}$$

Withdrawal has not yet taken place. Now we'll put the guy in withdrawal and see what happens. We're really giving this fellow a rough time. Now to start with we put him on just plain water until the ureas come down to 20 or below:

Test 2 - Just Water

$$5.5 - 6.0 \qquad \frac{5.20}{5.40} \qquad 25 \qquad 4 \qquad \frac{12}{8}$$

then we start him on the lemonade and water and NO sweetener, and the first day on the lemonade and water it drops to

Test 3 - Program - Zone of Misery

$$4.2 - 4.5 \qquad \frac{5.40}{5.40} \qquad 15 \qquad 4 \qquad \frac{9}{6}$$

He feels about like something the cat's dragged in but couldn't eat, and at times he's quite nauseated, sick at his stomach.

Test 4 - Program - Withdrawal.

$$2.0 \qquad \frac{5.50}{5.40} \qquad 10 \qquad 4 \qquad \frac{7}{3}$$

He's in deep withdrawal now, and if a fellow can vomit when he first starts to throw off these cells then it's very, very green, and bitter; and then it turns to brown, but it comes and goes it doesn't stay, and then it turns to a yellow, and when it turns to a yellow he's practically to the end of it. This generally happens within two to three days at the most. You can always tell when the withdrawal is over because the urea will be above 12, it would be possibly 7 over 6 or 6 over 7, that's the lowest

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number, and it would mean he's out of withdrawal and it's time to start him on a light diet, whether it's three days or four days or five days.

This is a way out one now, from range 5 to range 1. Now the desired range is:

$$1.5 \qquad \frac{6.40}{6.40} \qquad 6-7\mathrm{C} \qquad 0.04\mathrm{M} \qquad \frac{3}{3}$$

and we're working toward it and now we see that his energy is coming toward the perfect range. Now if one number is out all numbers are out. All numbers are in, or all numbers are out, there's no such thing as one number being perfect and the rest of them being not perfect.

Potassium Deficiency or Withdrawal?

Test 1, Date
Female, 69, 5' 2", 125 lb,

$$1.5 \qquad \frac{5.80}{6.60} \qquad 12 \qquad 4 \qquad \frac{5}{1}$$

If this woman walked in off the street and had these numbers on a first test there would be no picture because the body's in a state of change and if you get an equation like this you can't do anything with it.

If this is a first test, and those were true, genuine and real numbers then that person couldn't have walked into the office because the ureas are too low.

There is a conflict in the numbers, since 5.8 is not anywhere near perfect how can the ureas be so near perfect, that's wrong, that's a conflict in the body. How can the salt be down to 12 and nearing perfect and the ureas are 5 over 1. Even though they're a total of 6 the difference between them is too great for perfect. You can't have that and have a picture.

Another way of saying it is, "Mrs. Client, your body is in a state of change." All of our bodies go through states of change all the time and some people hang in there longer which could be because of:

- stress,
- somebody drives to far to your home
- somebody is driving to your office and two blocks away a cat runs out in front of the car and they slam on the brakes but it's too late they hit the cat. They come in for a test and you're not about to get a true picture.
- Husband and wife had a big tiff in the morning, he threatened to leave if she doesn't give up this nutritional kick, she comes for a test.

If these things happened you better believe this is not a true reading on Mrs. Client. Now to show you we ask her to sit and 45 minutes later here is her picture shown at New Test 1:

Test 1, Date
Female, 69, 5' 2", 125 lb

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$$1.5 \qquad \frac{5.80}{6.60} \qquad 12 \qquad 4 \qquad \frac{5}{1}$$

No Picture

New Test 1, Date

$$1.7 \qquad \frac{5.80}{6.60} \qquad 12 \qquad 4 \qquad \frac{11}{3}$$

The new Test now shows that there is enough total urea for there to be a picture on this woman.

Remember if one number is wrong then all numbers are wrong. Although there is a total of 14 the numbers are nowhere near even and there is a tremendous and significant imbalance in the potassium levels, and maybe even a brain tumor. She's possibly a 220 case.

Test 2, Date

$$2.0 \qquad \frac{6.00}{6.80} \qquad 26 \qquad 4 \qquad \frac{13}{10}$$

We gave this woman hominy, about 3 to 4 tablespoons a day. There comes a point when the body can't take in any more and it just throws it out and we tell the people that. Doesn't help you to eat half a can a day, but it doesn't hurt you.

Test 3, Date
Person, 15,

$$1.7 \qquad \frac{6.00}{6.80} \qquad 14 \qquad 4 \qquad \frac{1}{6}$$

What I'm trying to show here is that with a 15 year old, considering the X factor, the ureas may very well have dropped to 1 over 6 and the person into a body chemistry change, withdrawal, and there is no picture. You should expect to see a state of change after you put a person on a diet, that is normal. It's quite normal if you test a person today, put them on a diet today, and if they came back in 3 days and you test them again then expect those numbers to be all over the page, they'd better be because the body is changing AND YOU WANT THAT TO HAPPEN.

But if a person walks into your office and the numbers are all over the page and you've never tested them before and neither has anyone else and their body is in a state of change, how do you know what to do with them. You don't. So if a person comes in for a test and the laboratory technician comes up with:

$$1.7 \qquad \frac{6.00}{6.80} \qquad 14 \qquad 4 \qquad \frac{1}{6}$$

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I would say Mrs Client, we've run the test and you give us a little bit of a challenge, at the moment you're here and your body is going through a state of change, it could have been something you ate in the last couple of days, you may have changed your diet, you may be under stress, you might have had a big business deal coming up, who knows, and that's not the important thing, I'm not even asking you to tell me what it might be, but all I'm saying is your numbers don't make sense, you can't come up with anything. We try to get them to relax and wait for about 45 minutes then do another test and hope for a result. If the test comes back the same, or very close, then I'll say, "your test is about the same, is there something bothering you or something troubling you, what's happening that may be upsetting you?"
And they may say, "my husband this ..", or, "my son that .." or, "my daughter whatever ..". Why don't you go on home and come back in a couple of days and we'll run the test then.

We've had people come in and their emotions tend to effect the picture more than a number of other things.

No Picture
When the numbers don't agree it shows there is a conflict and therefore there is no picture.

Test 1, Date
Female, 69, 5' 2", 125 lb,

$$1.5 \qquad \frac{5.80}{6.60} \qquad 12 \qquad 4 \qquad \frac{5}{1}$$

The left hand side of the test shows that the digestion is way off, the pH's are away from perfect, and so there should be a collection of undigested proteins, or ureas, showing somewhere.

The total ureas says the protein digestion is not too bad, while the differential in the ureas says that there is a problem somewhere. All the numbers are in conflict.

No Picture.
Even though the ureas are in the range 10 to 13 this is not a potassium deficiency it is a no picture.

$$1.0 \qquad \frac{6.60}{6.00} \qquad 11 \qquad 4 \qquad 7-13 \text{ (Total Urea)}$$

There's no picture there. Even if the sugar was a 1.2 or a 0.8 over a 3 tolerance, there would be no picture there.

There's no picture because it's just an absolute mass of contradiction up there. It means that the body's in a state of change. Now you would expect to see this from the second or third or fourth day on a diet, during the body chemistry while it's changing from one range to another you would expect to see something like this.

The reason it's a contradiction is that it's so near perfect and yet you got a 4M in here, now if that was a 0.4M it would not be a contradiction. That the one number makes it a contradiction, and your eye numbers will substantiate it because they're dilated, they got pluses in them verifying the 4M here, that natures trying to throw out the mineral and that the blood is full of delta cells or cancer

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cells and it can't get them out of there and it's in an utter state of confusion. The left indicates a good intake of energy and the right a poor output in relation to time.

The albumin at 4M shows that there's a disturbance taking place and the body is relieving the disturbance and the ureas at 7 to 13 show that nature is practically not cooperating at all, maybe at 13 very slightly, barely noticeable, just enough to be encouraging to continue. Now when the urea total is 12 or 13 it shows that nature is barely starting to relieve the disturbance, to throw out the delta cells. A urea reading of up to 24 or 25 is normal but if it gets to 27 or 28 they should begin to drink water like it's going out of style.

General Interpretations Baby, Boy, Man.
Here's the numbers, now what's wrong with this guy?

$$4.9 \qquad \frac{7.40}{6.80} \qquad 18 \qquad 4 \qquad \frac{10}{8}$$

You don't know because you don't know the age, height and weight. You need to know the age, height and weight in order to solve your problem. I want to drive that point home, you cannot solve a problem without age, height and weight, and I didn't intend to put sex up there but someone said that but at this stage it wouldn't make any difference.

6 months, 28 ", 24 lb, male

$$4.9 \qquad \frac{7.40}{6.80} \qquad 18 \qquad 4 \qquad \frac{10}{8}$$

Now all it shows here is a bad diet, it could be the diet that's not agreeing with him. Correct the diet and the numbers will correct themselves.

The parents are not giving the baby any water to drink which is shown by the 4.9 sugar, 18 salt and 10 over 8 ureas. ALL numbers denote "not drinking enough water" and so they're not washing the carcinoma cells out fast enough and the baby's also constipated.

Urine pH of 7.40 means it's constipated, "too slow a digestion" and it needs some cascara and needs a little bit of fruit juice added to its diet, especially citrus fruit juice, because it doesn't have enough Vitamin C which is highly acid, so therefore it should be added to the diet. 7.40 also means that the food's laying in the stomach too long which causes gas, so baby cries, frets and gets restless. Gas on the stomach and baby needs burping.

The 10 over 8 ureas shows the undigested proteins which means that the milk baby's being given is too rich for it, it needs more water to dilute it. The high (total 18) undigested proteins is from not drinking enough water and will come down if he just drinks water. A child with that number has stress and would be fretful.

The 4M indicates that the debris in the system is being exchanged as fast as possible, in other words, nature is trying to cooperate.

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There is no cholesterol problem here because of the age factor. At 6 months he's not old enough to have cholesterol yet.

The water rule applies regardless of the age and so forth, in other words an ounce per two pounds so we're giving 12 ounces of water here.

Isn't it beautiful how this equation let's you know what's going on?

Male, 10, 5' 4", 76

$$4.9 \quad \frac{7.40}{6.80} \quad 18 \quad 4 \quad \frac{10}{8}$$

The numbers still show he's not drinking enough water and his diet is too heavy for him.

With a sugar of 4.9 he's still "low blood sugar" because it's below 5.49, but it also means it goes up and down. It also means at this age that his energy will burn out all of a sudden, he'd become tired very quickly. Also he'd get headaches and when the sugar drops he'd be perfectly listless. For instance, he'd be sitting in the schoolroom and the teacher's talking and he doesn't hear a word in the world she's saying, because his sugar level has fallen too low. The teacher calls out, "Johnny !" He jumps up, the adrenaline glands flow and he comes to life, "what's it all about?" In other words it brings him back to life again when she calls his name because the adrenaline glands have supplied the extra energy that's needed for the moment.

His ureas at 18 tells you he's not drinking enough water and it also means that he's so tired he's lazy, in other words he's tired ALL the time. His food is too rich for him and his proteins are not digesting and that's why he's tired.

At pH of 7.40 his colon is stopped up and he needs a different calcium, in other words, he'd have hypertension here. In other words this child is overfed and undernourished. He has a very poor choice of foods, undernourished, it shows not enough vegetables, too much heavy foods, too much spaghetti, macaroni in his diet, too much cheese, too many heavy foods, too many meats and the child cannot digest it.

Take him off of meats and give him a great variety in his foods. This boy is living on foods that are too solid for him.

Let's change this again.

Male, 42, 5' 11", 180 lb.

$$4.9 \quad \frac{7.40}{6.80} \quad 18 \quad 4 \quad \frac{10}{8}$$

Now what have we got? The same as the baby and the boy only now more advanced. This man has:

- low blood sugar,
- He needs colonic treatments because his foods are digesting too slowly and his colon is getting stopped up,

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- His cholesterol is beginning to build up, it's at the beginning stage of building up.
- He's not drinking enough water,
- He's a lot more tired at the end of the day than he should be. In other words, he needs some extra energy at some stage in the mornings and also in the afternoons.

In all probability the cause develops like this: He's so tired he can't get up in the morning in time to have breakfast, so he goes to work without breakfast, or very little. About 10.00 a.m. he's got to have a coffee break and eat some sweets and so he gets enough energy to carry him through until about noon. At noon he has a little lunch and at the end of the day he comes home dog tired and weary and when he gets in the door it's, "nobody knows what a terrible day I had today, nobody knows." He eats a big dinner, really fills up the tank. Not only that but while he was watching television for a few minutes, which was probably some murder story which makes the thing worse by getting his excitement up. He'll also sit up and watch the 11 o'clock news and then while doing that he'll nibble on embalmed milk called ice-cream. He'll go to bed where he'll roll and tumble all night, feeling miserable, can't sleep, stomach working, body trying to rest. The next morning he gets up feeling like something the cat's dragged in and couldn't eat, his lip's poked out hoping somebody'd step on it and before long somebody will accommodate him. No wonder he's sick and all because of his diet, his poor plan at eating foods.

Finally his energy keeps dropping and he gets to having headaches, so he takes aspirin and hides it as long as he can but his energy keeps dropping so he goes to the doctor wanting a pill to get him well again all in one minute.

The doctor puts him in the hospital, gives him some shots, actually sedatives, so he'll sleep about a week and he gets rested and then he's ready to go again. He actually gets some breakfast, has a big meal in the middle of the day (or should get it but some hospitals are serving TV dinners and that way they can keep people in the hospital a lot longer), so then he goes back home and starts the whole rigmarole over again.

Then he picks up a health food book that somebody puts in his hand, "oh I've got it, I've got it, I've got it," and he does everything the health book says for about a week, they go on a fast, "I'm gonna feel like a million dollars," after the fast he goes back to eating the same foods that made him sick in the first place. Then he throws the whole thing over the sandybank and somebody else gives them another health book. Now this is people in such a hurry to get to the cemetery they just can't wait. They just don't want anyone to get in their way.

Bill Bailey, According to Dr. J. Black

Well it isn't the purpose of this particular course to teach you this step by step run through, but we want to show you as closely as we can one time how you could take a set of numbers and begin to change the body physiology into a realm that would allow it to gain as much energy from the food as is possible, therefore building up the reserve energies which enables healing.

Mr. Bill Bailey
Age 42, 5' 11", 210 lb, Male, Caucasian

$$6.2 \qquad \frac{6.20}{7.80} \qquad 40 \qquad 4 \qquad \frac{11}{12}$$

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The name very frequently will bring us in to a understanding of an ethnic line and you will find that there will be some physiological differences in certain ethnic fields, in other words, you're going to find certain problems, for instance, in a person from the Mediterranean area that you will not find say in a person from Scandinavia, but here let's assume that this is a good old American mixture, he's a Heinz.

Now as we look at this particular gentleman we can see from his ranges that he has certain problems but how do we know, for instance that:

- this man hasn't been out on a drunk for the last two days and putting a lot of stress on his system, or
- that this particular man has not been in a knock down drag out fight with his wife, or
- that this particular man didn't have a son or a daughter that was just in a car accident.

We don't really know this but Doc Reams with 38 years of experience he gets intuitive enough that he sees those patterns up there and he can say, "this particular number from my experience is out of phase."

The fact of the matter is I've watched people turn in a test with one number out of phase and from 38 years of experience he'll catch that out of phase number, and he'll know that it would not exist with the rest of the pattern, but we don't know that yet. OK, so when we come in there and see this set of numbers we have to work with it.

This particular person is young enough that we can assume that senile diabetes is not a factor in him, but 6.2 sugar brings him into the zone of a sub-clinical borderline diabetic.

We know that:

- his protein digestion is abnormal and it's running about 26 hours, and we're picking that up off of the saliva pH,
- his tissues are storing salts,
- he's picking up a lot of abnormal by-products out of the bowel, we're picking that up from the nitrate nitrogens.
- he's picking up a lot of large colon toxicity and we're picking that up off of the ammoniacal nitrogens.
- From the salts we know that his arteries and systems are being effected and we know that he is starting to have cholesterol buildup and its effecting primarily the muscular arteries right now.
- From the high sugar, low acid pH, high ureas, high salt plus a lot of throw off from the kidneys and by balancing these factors across we know that the smooth muscle is being effected in his body, in other words, the bowel is losing tone and the small intestine is also effected.
- From the low acid pH we know that he does have capillary stress, that he is bruising too easy and therefore we know he's not utilising his Vitamin C from his diet properly.
- Also from looking across the numbers we can pickup on the fact that the man is not only Vitamin C deficient but that he needs Vitamin A, Vitamin D, Vitamin E, and Vitamin B Complex.
- He can have Vitamin C if we can bring his urine pH up over 6.40.
- He also has a lot of stress on his heart from ureas, oxygen and cholesterol.

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- We see that this man has stress on his kidneys, and primarily on the left kidney.
- We see that this man has a mild bladder irritation and a mild urethral irritation.
- He also has notable overexpansion of both lungs.

We can deduce from looking at his overall picture that these toxicities are building up and he is starting to gain weight that he cannot lose.

When he's this acid at pH 6.20, he is also demineralising.

Now the last epithesial closures to close will be the first to give him trouble, so this fellow is having trouble through the sacrum and around through the low back now.

If we're going to put him on a diet program we have to take into consideration 4 prime factors:

- Sugar, that's the first factor
- Salts is the second factor
- and the two ureas.

Right now he is in the zone for a minor pectoris heart attack and he has angina pain, (his eye numbers show that he's been there for a while), and that there is stress on the left side of the heart. There is cholesterol building and systemic vascular stress.

Now if we start right off with this gentleman and put him on lemon water when he's got this high a salt, and this high a ureas what we may do is cause his system to dump, and he already has a combined total ureas of 23 and if he dumps we may run this up to 30, what happens up there? Heart attack. Yeah, we can hurt him, especially if he also starts dumping salts as well and I've seen them go to 60 and Doc's seen them even higher than that.

Anyway if we put this person into a massive withdrawal he becomes short winded, tired, we drag the sugar way down on him, he becomes dizzy, nauseous, he vomits, he can't hardly move, he has mental confusion, he becomes confused, his attention span shortens his retention span shortens, and he's firmly convinced he's been got a hold of by a group of charlatans and that this is the worst thing he's ever gotten into in his life.

The first thing we have to do to get him down is we have to break the hold of these salts, sugars and ureas. We've got to get those broken on him first. We need to see if we can get him into an effective working range where we can get him on some sort of a program. The first thing we can do is tell him at this point that we want him to limit the no-no's to the best that he can. He won't be able to cut them all out and we don't expect him too.

We'll tell him now for a four day period of time that we want him to drink four ounces of distilled water on the hour for at least ten hours a day. Now that's only half of what his body actually needs in fluids based on that weight, less than half, but you have to start training these people to get them into a program. They don't drink any water now, everything they drink is either coffee, tea, pop, a beer, martini, whatever, and so you have to begin to start their system changing out there in the field. Doctor Reams gets these people to change under total rest conditions. As you work with these people out here you see they're not gonna rest, you're gonna tell them that you want them to rest totally and they're going to go right back to work the next day.

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Watch the no-no's, four days, four ounces of distilled water every hour on the hour for ten hours and also because of this high degree of toxicity right here, ammonical nitrogens, we would recommend for him a colonic on the second and fourth day.

Now Doctor Reams gets his colonic assessment off the pH end, when it gets up to about 6.80, but practical experience has shown me that by the time they get up to 6.80 the toxicity load on them is really hard and if we catch them before then it works out a little bit better.

Now they come back in at the end of that fourth day and we completely retest them and that includes the eye numbers.

Supposing they had no availability of a colonic. If there was no chance of a colonic then the three enema series would have to suffice. Do your best with that. They assume a knee-chest position and they receive as much water as they can, retain it for as long as possible gently massaging the colon at the same time. The water and material is then expelled. They should wait approximately a half hour and repeat the process. Wait approximately a half hour and repeat the process.

The three enema series is not anywhere near as good because it does not clean the colon as well as a colonic unit does and also because you're bringing down a lot of waste product immediately, instead of bringing it out through a series of exchanges. Also you're liable to damage very thoroughly the bowel flora with either a colonic or enema and it will be necessary to back up that flora with acidophilus, buttermilk, yoghurt or some other natural culture. Some people who sell colon machines will tell you that a high enema cannot get into the caecal region, they'll tell you this, but the same people give a barium sulphate enema to x-ray the bowel ahead of time. Now if the high enema won't get there then how in the hell did they get the barium sulphate up there and take the picture, you see what I'm saying, you've got to use common sense on this stuff.

Now the fellow comes back in after four days.

Age 42, 5', 11", 210 lb, Male, Caucasian

Test 1

$$6.2 \qquad \frac{6.20}{7.80} \qquad 40 \qquad 4 \qquad \frac{11}{12}$$

Test 2

$$5.4 \qquad \frac{5.40}{7.40} \qquad 28 \qquad 4 \qquad \frac{10}{10}$$

The test four days later doesn't appear to show that we have made a lot of change on him. We have not been able to remove much out of his system.

Has he done what we've said? Well, to know if he's done what we've said we have asked him to keep food sheets of everything that he has eaten since he left us. Now because his system didn't change very much we can look at his food sheets and see if there's a possibility that he has been living for the past four days on high stress foods.

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We know whether he has had the colonic sessions or not because we have a lady in our area that has three units and right while the person is there we call up and make the appointment for them. We talk with this woman every day and she tells us who has kept the appointments and who has not. When he comes back on the fourth day we know if he's had the colonic treatments and now we know what he's eaten. If he's eaten fairly well and that he has taken a lot of the stress off and he's kept his water intake up and if we've still got the saliva pH number right here then we know that our original assumption of what his body was doing was pretty accurate and that our original analysis based on those numbers were pretty accurate.

But we have broken the sugar hold on him and we have brought the ureas down and we have brought the salt down which shows us that it appears that we can work with him fairly effectively, but we still don't have him exactly where we want him.

So now we can do one of two things. At my practice what I would do is I would send him home and I would wash him out continuously yet for another two days, this time I would up his water to 80 ounces a day and bring him back and just test his sugars and ureas and if I have broken them down within a workable range then I'm ready to put him on a program. So he goes home and we wash him out for a couple of days and he comes back.

Age 42, 5', 11", 210 lb, Male, Caucasian

Test 1

$$6.2 \qquad \frac{6.20}{7.80} \qquad 40 \qquad 4 \qquad \frac{11}{12}$$

Test 2

$$5.4 \qquad \frac{5.40}{7.40} \qquad 28 \qquad 4 \qquad \frac{10}{10}$$

Test 3

$$4.8 \qquad \frac{5.40}{7.40} \qquad 16 \qquad 4 \qquad \frac{8}{10}$$

Now we can work with him.

Now with all of the things that we have been doing in an effort to try to clear this system he still is remaining on the acid side. Now when we put him on a program we also have to take care because we've got him out there in the field and we can be assured that he may not rest totally. We've got to concern ourselves with how we're going to deal with him on a program and how we're going to deal with that pH. For this man we'll use Diet Plan Three, which is a six day light diet.

Now if we can't get this man to rest and he does not have supervision, then we don't want to put him on a fast. So that leaves us with Plan Three. That's going to be a very, very light diet, for a man of his weight but at the same time you look in your diet booklet and it says that you want to try to

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combine foods as much as possible yet you have a Plan Three in which there will be six days in which the food is not combined. Well how come? Well his system is not used to combining foods so we want him on a light diet, low stress foods as much as possible, there are some high stress factors in there but we want him on a diet that is as close to what he would normally eat in way of combinations but at the same time taking the stress out of it so we can find out what his body can do with a given amount of foodstuff for a given amount of days. He also has his food-sheets with him and he keeps track of what he eats each day as well. So we put him on a Plan Three.

Now we're concerned about this pH of 5.4 and we're also concerned about detoxification so what we're going to do is we're going to put him on:

a. 2 capsules of Vitamin A&D a day. A to block some of the detoxification effects, the D is an effort to try to bring up the calcium.
b. 1 x 1 limewater and this will start bringing up the calcium absorption rate.

As he is not utilising Vitamin C properly we're going to have some foods here rich in Vitamin C so that he can utilise what he can.
This will help him as far as detoxification and withdrawal problems and then we'll slip into him some B complex if we can't get him to lay down and that will help support the respiratory mechanisms of the system while it undergoes detoxification.

Now he goes along and because of this sugar being the way it is 4.8 right here, we're going to test his sugar pretty frequently during that six days. The first day we're not going to put any sweetener in his lemon water because we're going to try to break the hold of the sugar. He comes back the next day and we've done a pretty good job, we got it down to about 3.5 and all we do is just test the sugar and let him go. He comes back in the second day and he's got his sugar down to 1.0. Now immediately then we start catching that because if that sugar drops too low then you're going to run into a situation where he's going to lose energy and he's not going to be able to detoxify as you want him to. So on that second day he's down far enough now so we put sweetener in his lemon water and we check him on the third day to make sure that his sugar's bounced back up and anywhere from about 1.5 to 2.5, anywhere in there's a good working range to keep him in.

Age 42, 5', 11", 210 lb, Male, Caucasian

Test 1

$$6.2 \quad \frac{6.20}{7.80} \quad 40 \quad 4 \quad \frac{11}{12}$$

Test 2

$$5.4 \quad \frac{5.40}{7.40} \quad 28 \quad 4 \quad \frac{10}{10}$$

Test 3

$$4.8 \quad \frac{5.40}{7.40} \quad 16 \quad 4 \quad \frac{8}{10}$$

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Test 4

3.5

(test sugar only. To break the hold don't use sweetener)

Test 5

1.0

(sugar only - start adding sweetener to lemon water)

Test 6

1.5 - 2.0

He manages then to do pretty well. He does not get overly tired, the Vitamin A, the Vitamin C is cutting down on some of the detoxification effects, the B complex is keeping up the respiratory effects, the lime water is working on that low pH and we're getting through that six day program and in he comes again for a complete retest.

Age 42, 5', 11", 210 lb, Male, Caucasian

Test 1

$$6.2 \quad \frac{6.20}{7.80} \quad 40 \quad 4 \quad \frac{11}{12}$$

Test 2

$$5.4 \quad \frac{5.40}{7.40} \quad 28 \quad 4 \quad \frac{10}{10}$$

Test 3

$$4.8 \quad \frac{5.40}{7.40} \quad 16 \quad 4 \quad \frac{8}{10}$$

Test 4

3.5

(test sugar only. To break the hold don't use sweetener)

Test 5

1.0

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(sugar only - start adding sweetener to lemon water)

Test 6

1.5 - 2.0

Test 7

$$2.5 \qquad \frac{6.00}{7.70} \qquad 10 \qquad 4 \qquad \frac{6}{8}$$

Energy 41

Now, we have made a definite effect.

The sub-clinical borderline diabetic that we started with initially we have broken. The fact that he was demineralising at the start has been broken.
The fact that his protein digestion was running 26 hours we've now got his protein digestion down to 20 hours.
The fact that the smooth muscle and that the arteries, capillaries were under stress, they were bruising, breaking too easy etc, by the 6.0 and by the 10 we can see that we're getting stress off of this.
At the start he was in the zone for a minor pectoris heart attack and with high salts he was also in the zone for angina type pain, tightening in the chest. With high salt, high ureas and that at 6.20 he had notable overexpansion in both lungs with emphysematous pockets.

Now we've got him down out of even the zone for angina type pain and we've got the stress off the smooth muscle and it would appear that he's coming back around to an energy norm and now we have to put some minerals in him to attempt to complete it. In this particular case this man would:

- Continue his Vitamin A&D for instance until we get his pH up to about 6.20.
- He is now starting to accept Vitamin C, or is moving in that direction.
- By the way his weight will be down to about 198 to 200 if he stayed on the program.
- At his weight we can put two 1000 units of Vitamin C in him without any problem at all and that has to be backed up with the bioflavonoids.
- As we look at him right here we can start him out on cal II with the understanding that as his pH gets up to around 6.20 we'll split it on him.
- He's at 14 so he's in the range where dolomite will help him.
- He still has a toxicity problem in the bowel so the colonic sessions would continue as well as chaparral and golden seal to start getting the blood sludge out and to maintain a reasonably good bowel activity.
- Although the sugar hold is broken but the man has been high sugar for a while and his eyes have verified it so we would get him on algavim as a trace mineral source and we would start upping this man's juices, green drink and carrot juice to attempt to also rebuild and because of the fact that he's been demineralising for a while we would add into him MinCol as long as he didn't have any notable arthritic changes.

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Now we cut him loose on all of that and we sit down and talk with him and we tell him how he can expand his diet into some of the low-stress meats and various other things there in the booklet. But you've got to watch him like a hawk because in many instances as soon as you turn these people loose, they're going to take right off and they're going to start having more meat than they know what to do with. So you've got to continue their food sheets with them. One fellow I told him he could have meat three times a week. He came in and he had eaten beef only three times that week, but he eaten fish nine times because he didn't think that fish was the same as meat. He had the idea that fish was something else.

A lot of times with people you'll tell them no Irish potatoes, French fries, and things of this nature. They'll come back and they've had Irish potatoes a couple of times a day. Their statement is, "well, my aunt told me that as long as you ate them baked it didn't matter because there was no starch left in them if you ate them baked".

I've had people come in that are eating six and eight slices of bread a day and they say, "well that shouldn't hurt me because I toasted it, and I was told if you toast it that it doesn't hurt you any more, that there's no calories or anything left in it. All you have to do is just toast it and you eat as much as you want of it."

So you have to keep up the food sheets on these people because you'd be surprised as to what they come in with. I had another fellow that we told him to make green drink and you would be amazed at some of the ingredients that he put in green drink.

You have to watch some of these people and remember now that you don't have them in a retreat where you're watching them day in and day out so it's up to you to watch them very, very closely.

Now then, on this particular gentleman we would take him and test him again at the end of the first week and then restructure his diet to get out any things that are high stress based on what his numbers show. If his numbers start crawling away from perfect then we start taking things out of his diet.

If he's holding pretty good and if he is gradually moving in the direction we want him to then we continue on the program with perhaps minor amendments.

After that week he may be around 6.20 over 6.80 so we cut down the 2 x 3 Cal II, and go to 1 x 3 Cal II, and 1 x 3 Cal Lactate. So we have to balance him and as you're dealing with a human being you have to balance them all the time, you're just catching them from one extreme to the other until you get them into a center and you get them detoxified.

I will say this in all truthfulness to you that as long as that system is toxic you're not going to see a lot of healing occur, and as long as the brain is toxic you're not going to see a lot of healing occur. A lot of times to get these people to start responding to you you've got to sit down with them and you've got to say, "now what's happening?", and you've got to work with them, you've got to get their confidence, you've got to get them enthused and another factor that's very, very important is you have to take these people a step at a time. If you cannot sit down there and lay out the entire program for that person on one test, nature doesn't work like that.

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You have to take them in steps, sometimes tiny steps, because if you lay out the entire program with them, or too much of the program, a good sixty to seventy percent of them will drop out right then because of the fact that they don't understand it to the point where that they can't get enthused about it. So take them through a step at a time.

You're not going to get them initially to rest the way that you want them. So it's going to be necessary then to take into consideration the fact that you're working against that chemistry with them not resting. So you have to work them through and it's hard, it's not easy, but it's pretty rewarding.

You're trying to get the majority of the chemistry turned around to the point where that they're in an effective, workable range within the first thirty days, and some instances you will not get that done.

Now if this gentleman is not close enough to work with him effectively then don't start screwing around his body chemistry, you can't work with a man 400 miles away. You can't test his sugar over the telephone.

In this room we're all professionals and when we decide to work with a person we take on not only the legal but the moral obligation of trying our best to bring these people back into an acceptable range. If we're not willing to accept that moral and legal obligation then we've got no business working with this.

This particular gentleman right here his energy reading, according to the way that Doctor Reams has taught me, which is a shortcut, it's not the way that he uses, is 41.

You arrive at it by some simple multiplication and division and a multiplication factor

Specific Cases

Number Interpretation. Arizona Salmonella, 126 Case.

5' 10", 34 years, 100 lb, Male/Female

$$1.5 \quad \frac{6.60}{6.20} \quad 8 \quad 3 \quad \frac{4}{10}$$

There's a very clear picture there, very clear. The person is emaciated and listless and they also have diarrhea.

This malady strikes women more than it does men, but it does strike men, and this person has the disease we call the 126 disease, Arizona Salmonella and you'll hit a few cases of it.

If the person had these numbers and their stomach was swollen it may be Beri Beri. In Arizona Salmonella the stomach doesn't swell.
The numbers do not have to be exactly those numbers but you've also got to have a weight of 100 lb on a patient that's 5' 10" tall, that's a necessity, but the age can be 60, 70 or 20, it doesn't matter.

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Arizona Salmonella.

38, 5' 10", 110 lb, Female, married

$$3.2 \qquad \frac{7.10}{6.20} \qquad 22 \qquad 4 \qquad \frac{8}{10}$$

Reserve Energy about 23

This pattern is in Range 2 and even in the early stages the numbers are very similar unless you took drastic steps to change them. In considering the picture of these numbers the following things need to be pictured in the mind:

- What does this person look like in the face, describe her face to me.
- Describe her eyes to me.
- The color of her skin, what about the color of her skin? Is there anything noticeable, it's a little different from the average about her neck?
- How does her arms look?
- What about her teeth?
- How does she hold her head, straight up or to one side or to the other side?
- Is there anything especially you notice about her feet, her ankles, her hips.

How do you expect to get a picture unless you take these things into consideration. Now these numbers will describe this person to you, just like she was standing in front of you.

I'll describe the person, she's very, very thin and her arms and legs would look very skinny and her eyes would look sunken and small in this case. The person is actually weak as well as tired and they are also anaemic, a very, very pale color. Also their lips look very thin and their face is boney and it makes their teeth look too large, in other words there seems to be too many teeth for their face and they even seem too big for their mouth. Now this person's neck would seem unusually long and this person particularly would not be holding their head to either way they would be holding their head straight up and the reason is they're too weak to hold it any other way, they hold it straight up to keep their balance. If they held it to either side with this much weakness in this kind of a condition it would tire them too much so they have to hold it up, in other words, the perfect balance of their head causes less stress on them. Now this patient is almost dead, there's no question about it, they're really in trouble. They do not have leukemia.

Now since you've seen this much about the person the next thing to look at is her major problem. Now you want to see the most exaggerated thing first. Whenever you look at a picture the first thing you want to notice is how it sticks out. So, up here when you see a picture like this there's a conflict which means a loss of energy in these numbers. Now the major cause of the loss of energy is a 126, Arizona Salmonella, it's a bowel problem. Their problem is in the colon and it's not far advanced because their weight is 110 lb. When the weight gets to 90 lb the case will be much more advanced and their lips will be thick.

You know they're 38, you know they're 5' 10", you know they're 110 lb you know they're skinny, you know they're a beanpole, you know that they're constipated, you know that they have a low blood sugar you know that salt and cholesterol's building up and you know that they're tired all the time, but they're more than tired they're weak because the food that's digesting is not getting into

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the colon and into the bloodstream, and you know that because otherwise they'd be heavier. But they're slowly starving to death, and this is actually what happens, they starve to death and they eat a terrific amount of food. Arizona Salmonella is a thing to dread, to fear.

Now Arizona Salmonella strikes women much more than it does men, but it does strike men too, but women have it much more than men and the percentage of cases we see is about say 5 in 10, 000. Now I haven't found a case in anyone under 25, but mostly it strikes in their 30's is when you really know they've got it, and then right on up. I haven't found any age where it didn't effect. I have never seen a pregnant woman that had the problem, let me say it that way. I've never seen one, I don't know whether they could or couldn't. Sometimes when something like this happens nature will permit a pregnancy, but I've never seen it in a case of Arizona Salmonella.

Now Arizona Salmonella can strike anywhere in the digestive tract from the throat, esophagus, stomach lining, small intestine and all the way down to the colon but many times it strikes in the small intestine. This one struck in the colon because at 7.10 the food is digesting very, very slowly because the colon is too weak to push the food through. Now both pH's are related to digestion and notice the saliva pH, at 6.20 it means that they're digesting food but it's not passing through into the bloodstream, the colon is not letting it through and you see that by the 5' 10" and 110 lb. If this struck in the small intestine the pH reading would likely be under 6.40, about 5.20, 5.30 5.40 somewhere there depending on the time it took. They generally have excellent elimination, in fact too much elimination, not diarrhoea exactly but too much of the food's going through and not digesting. In Arizona Salmonella cases you've got to be careful about their water intake because it cannot get out through the bowel walls and kidneys like it should, a little will get through the bowel wall but mostly it'll go straight through in 20 minutes after they drink it because it cannot get into the bloodstream.

So in Arizona Salmonella you have to regulate the water intake according to how long it takes their food to go through because they can be washed out like a tube almost. I'm talking about water it just goes straight through and it just washes everything out.

Now you need to ask some questions to let you know how far advanced it is, and they may say "no" to all of these questions, but all it's doing is letting you know how far advanced it is, this is why you're asking:

- The first question you want to ask is "Are you hungry all the time? This person will be hungry all the time, and you expect, "Yes, I'm hungry all the time."
- Now there's another question that you want to ask in a 126 case is, and this is a question that will help you to zero in and know something about time and how long they've had it, "do you have dryness of mouth?" or, "Is your mouth dry?". Now dryness of mouth often comes when the salt is above 35, this is a common thing, but this is a 22 and a dryness of mouth.
- Another question to ask, "does your tongue ever feel swollen or thick?" When it does you are in the advanced stages.
- The next question you want to ask, "do you ever have any problem swallowing?"
- The next question you don't need to ask, you can tell by looking at the patient, "are their lips a little thicker than normal". Arizona Salmonella causes their lips to thicken in advanced cases. Now with some colored people you may have a little problem with this but the white race you won't have much problem. I have seen many cases of Arizona Salmonella in which their lips were as thick as the Ethiopian lip.

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- The next thing is notice closely the pores of the skin, do they seem to be rather prominent? In other words, they have a masculine look to them.
- Another question you want to ask is, "how long have you been losing weight?" This answer will vary, for some 5 years, some 4 years, some 3 years. What it tells you if they say 2 years, it means that this thing is moving at a very rapid rate for this kind of a malady and you've got to do what you do quickly.
- and, "have you been losing weight systematically, at about an even rate?" Expect a "yes" to that.

I know what 99.9% of you did, you were working on what to do about it. Now that's wrong, that's why you're not going to see the picture, you're trying to do two things at the same time. First see the picture, then work out the problem. You were trying to solve the problem before you knew what the problem was.

Now the key to this is the whole thing, and what made me suspicious in the first place, was their weight. That made me suspicious but I wasn't sure about that until I saw the rest of it. With these numbers as they are, they're bad but they're not relatively that bad, you would expect this patient to have more weight for this height. Now with the food there's energy there from the digestion but she's not getting it, the liver's working not too badly, nature's throwing out the cells the best it can but overall she's starving to death. It's the whole thing that gives the picture, all the numbers, not any one number.

Now this can only come from eating pork and some even get it from smoked sausage, or boost meats, because they've added pork to it. I have never known this to be in any animal other than a hog. One person told me, "I've had this problem about two years and I haven't tasted pork in 15 to 18 years," I believe she said. Well that bacteria had gotten in there and slowly got its start and spread and spread and spread. So your own resistance can slow them down or speed them up but I've seen it also strike very rapidly. There's no way to tell how long they've been in there but this does come from eating pork. It's not a salmonella exactly, it's a trichinosis that was labelled wrongly.

The thing to do for Arizona Salmonella is K-Min for the rest of their life. It's the only thing that we've ever found to stop it, but it does not cure it. It does not relieve the tissue that it's already in, it only keeps it from spreading any further. Now some day somehow we may figure out a way to get whatever it takes into those walls to cause it to retract, to diminish but so far the inside lining of that wall is like a plastic, like a cellophane, and nothing goes through it and the villi sheds off, the little fingers shed off. No liquid can get through that plastic and there's not a thing that I know of that can get through the plastic.

About 15 years ago I asked for about a 5 inch part of an intestine from an autopsy and I made a study of it and I presented this study to the doctors in the hospital to show them what had happened, and they were amazed. One thing about the walls of the intestine in which there is Arizona Salmonella is it thickens, and ordinary doctors just say it's a type of cancer. Well it's not like cancer, the outer cells of this wall after the villi shed off does replace, in other words it stays alive, but the food can't pass through it. Unless that villi is on there it cannot pick up the energy from your food. It's the villi that picks up the energy from your food and if it doesn't take it into the walls where the blood vessels lie then you starve to death, you actually starve to death. This thickening happens in the colon, in the small intestine, in the lining of the stomach, the esophagus and the

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tongue. I have seen it in the tongue and it's swollen the tongue so badly they couldn't even get their tongue into their mouth, it was sticking out an inch and a half.

With this bacteria the ends are open, the plastic covering only goes around, the ends are open on both ends of it so it can live. One of the amazing things about this is that there's not too many of them in there, you wonder how such a few of them in count can do so much damage, you expect to find them in the billions and billions and billions but they're not, the count is very low, bacterial wise.

Now the finest thing in the world to do for it is to run a culture on it, and in running a culture on it you have to buy an old refrigerator that you're going to throw away when you're finished or keep it for no other purpose but that, and then you run your cultures in this refrigerator. It takes 39 days to come up with your proof, but then you've raised them by the millions in there and it's no problem to see them. But to take a culture, and we generally run at least 6 cultures through at one time to be sure that at least one of them will have at least one or two of the primary bacteria in it to start with, and some of the cultures will have some in it and some of them won't and we use practically the same culture foods in all of them.

A bowel section has been tried but it hasn't solved any problems because you can't get them all that way. With Arizona Salmonella, you can do a little bit about it but not very much, but suppose you move the equation from Range 2 into Range 1 then it helps temporarily, it slows it down, but it would not stop it unless K-Min was given. Sometimes they get their strength back and it does a marvelous job, but sometimes there's too much already lost in the digestive tract and they do not get their strength back. I think it's now about seven years that we've had a patient living, and the only one that's lived for two years after they really knew they had it, and we now have about maybe 8 more.

Baby.

1 year, 28", 34 lb

$$0.8 \qquad \frac{5.00}{5.10} \qquad 36 \qquad 4 \qquad \frac{7}{12}$$

Now it's perfectly possible to have that weight with those kind of readings because a child's body can change it's chemistry real quickly.

Now this child would be:

- very cantankerous,
- crying and upset all the time,
- a handful to take care of all the time,
- it just didn't feel good, and
- a child that was afraid.

In other words you'd have a hypertensive child but you might call it a low hypertension instead of a high hypertension. Now the difference is:

- Low hypertension. Nervous, cry a lot, fearful.
- High hypertension. Don't cry, very active and can't keep still, into everything, full of devilment even though they know it's wrong. They're almost unmanageable.

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Now you may not need to send this child to the retreat but the reason the numbers are where they are is because the diet is wrong for it, the diet is too strong:

- Take the child off of all meats, all nuts, all nut butters, all cokes, all junk, and start it on an intelligent vegetable, soy bean meat diet and you will notice the difference almost immediately.
- Also teach the child to drink distilled water, the water's not agreeing with this child and they're probably not even getting enough water to drink.

When the diet is fixed these numbers will begin to straighten themselves out. I would tell the mother to bring the child back in two weeks, and if there was not a change then I would send them to the retreat, it could be that this was the 6th child and she was too busy to take care of it, attending to the other children, so it does make a difference in which number of child this is.

Baby With Colitis

Test 1, Date
Person, 1, 31", 40 lb

$$7.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

This child was brought to your office

Alright as you look at this child you may need to talk with the parents about:

- Double acid. Colitis is causing fretting, crying. Kid also has parasites.
- High sugar. Big eyes, overweight, too fat, not enough muscle, diabetic tendencies starting.
- High Salt. Salted foods, crackers, chips, pretzels, cheezels, etc
- High Ureas. Foods too heavy, maybe meats

The pH's and ureas show the baby is on a diet that is too heavy for it, the parents may be giving him meats and snack foods, or if the mother is still breast feeding him, then her diet may be wrong and causing problems for her baby. It is possible for high ureas at this age to quite often come from what the mother has been eating and passing the ureas right on to the nursing child, and when the child's urea gets to 30 then another "unexplained" crib death occurs.

Now if you go strictly by the rule book this child would go to the retreat however Doc suggested you not take the child to a retreat because of the:

- Recuperative factor. It is extremely high in a baby, remember the age factors 1X, 2X, 3X, and
- Cell Exchange. The base exchange is very rapid in a baby, remember the baby chick.

In this case although the salt range looks horrendous, and it is, the baby's body chemistry changes so quickly that in a week this will not be the body chemistry, it will change that dramatically.

So you could probably very safely work with this child at home and it could be that the child has not been given water, as shown by the sugar, salt and ureas. Because of the age this child hasn't had

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any malady all that long and if we put them on a diet program and the sugar begins to come down nicely and the salt begins to come down nicely, now we realise:

- that it's probably the diet,
- that the mother's been heavily loading the child with foods he cannot handle,

but the points of interest here are:

- that the condition has not existed very long, and
- at that age they are not in control of the diet, someone else is, and you will need to counsel mother, not baby.

In this case you would not recommend vitamins or minerals and the food choices are limited, but you can give them green drink which will be more like green colored water but if you give them say, yeast, you might give them an awful lot of gas and the little tykes are crying already with colitis and cramping in the belly and you'd only aggravate the emotions of mum and baby. There are baby supplements to consider like some kinds of herb teas, baby yeast, acidophilus and mother's milk tablets, but you must work with the specific numbers for each particular case and in this case it's almost what you don't do.
If this were my patient I make two suggestions to the mother:

- The child must drink more. I would call it water, or fluids and in the fluids would be some kind of green substance. I'd say, "mom, when you're making green drink for yourself siphon off a little bit and put it in some water and if we have to put honey on the nipple to get baby to drink it that's fine, that little bit won't hurt but get the tyke to drink water so that this will come down and the sugar and the salts".
- Look at the protein area and find out where the protein is coming from. Many parents feed their babies the baby meats and some mothers start their babies early on it because they want to have a nice healthy baby. Ask the mother, "where is your baby getting the heavy proteins from?" Now they don't have to be very heavy because with that kind of pH almost any kind of protein is going to cause a problem.

By bringing the sugars and salts down you're going to permit the body, through it's rapid growth and repair ability, to start making a change and we've found that within two weeks time or at the end of two weeks, you would not identify them as the same person, the change is so great because the body here will again start to move because it has not been in that poor condition that long.

Baby With Colitis and Parasites.

Date, Age 1, 31 inches, 40 lb

$$7.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

Under puberty sex is not relevant.

In visual appearance there's some things that really stand out here:

- The first thing I notice about this child is that there's too much fat and not enough muscle, even though the child is long its overall chemical balance is way out.
- The next thing I notice about this child is the big eyes it has. They're diabetic's eyes.

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- The next thing I would notice about the child is that the child has tenseness in its face, it's suffering, and probably has a temperature because when a child has parasites like this they have a temperature.
- Also the next thing that I notice in regard to the numbers are this, that the child definitely has colitis. This is a definite colitis case now because with an adult there's too many other things that could happen, but this one zero's in to a child because colitis strikes children and it's about the only thing that really hits them in the digestive tract.
- In this case you will notice that the child's body chemistry is extremely acid which means one thing, low calcium, and that calcium is low because of the child's poor diet, he's getting too much meat, the diet is too heavy for the child and it cannot handle it. If the child's energy goes low enough then meat is enough to cause a low calcium.
- Also the child probably has too many salted crackers and too much pop, too much anything in the world to keep his mouth shut. In other words they've made a garbage can out of their kid. Anything to keep his mouth shut, he goes around with a cracker in his hand all day long.
- The diet is too heavy for the child and therefore there's hypertension, even with colitis, and the colitis runs a fever and the child frets, cries, and the food that it's eating is not agreeing with it.

Now the first thing that you're going to do to solve this problem is take them off of meat in their diet and put them on steamed vegetables. We want to get that calcium up so some specifics are:

- Some juice from fresh corn on the cob but not the grain.
- soymill, or
- soygin milk

that should relieve it in 2 or 3 days. If it didn't I would suggest a shot of penicillin. Onion soup is good but it has to be very dilute for a baby. Then I would start giving minerals, fruit juices, especially carrot juice, yoghurt and things of that nature. Now for about a 102^0 F fever in the baby I'd leave it alone. Leave them alone, and get the water down, and just let them alone unless it gets out of hand and then you can use the cold bath or enemas and so forth. Now suppose you're having trouble in getting the baby to drink enough water then you can get it into the baby as an enema about every two hours, a little bit of water up in the bowel and it holds it beautifully provided you don't put too much at a time.

Well they should get 20 oz down a day so you can use 2 - 3 oz about every 2 or 3 hours, 2 oz or an oz an hour, something like that but be very careful it doesn't chap or irritate the rectal area.

So these are just common sense things to use, and use them, but you see how important it is and the different age limits you have.

Brain Tumor.

Male, 42, 5' 11", 180 lb.

$$1.5 \qquad \frac{6.40}{6.80} \qquad 10 \qquad 4 \qquad \frac{2}{8}$$

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He's got a brain tumor, and the message is not going through from the brain to the vital organs yet nature is doing its levellest to get him well with every faculty that it has, yet the message is not getting through.

The key is right here, the 4M. It shows there's a terrific amount of carcinoma cells, or cancer cells being thrown out all the time. It's a brain tumor because the ureas total is 10, it's less than 12. The tumor is not advanced but it is advancing.

Brain Tumor.

$$\frac{0.8}{0.3} \qquad \frac{8.00}{6.10} \qquad 25 \qquad 4 \qquad 7-13$$

(Note: .3 is the refractometer tolerance reading taken when the sugar is less than 1.0)

In this case with the ureas between 7 to 11 you would definitely have a brain tumor. If the ureas were 12 there would be a potassium deficiency and even 14 in this case could denote a potassium deficiency. The computer would show a 220 case when the ureas are under 11. This one would definitely have a brain tumor and there's one cause of brain tumors and that's a potassium deficiency and there is no other cause unless it was an injury that brought it about.

If the salt reading is low, say 11 or under, the brain tumor would not have formed yet, it would just be a potassium deficiency because the blood vessels have not been damaged as much as they would have been if it were high. What's happening here is that the salt is high enough at 25 so that the arteries are hardening and there's cholesterol buildup and, in this case, a diverticulous condition.

It also shows that this sugar fluctuates between 0.8 and maybe 2.0 and it shows the lack of energy, and denotes headaches. Now in all probability this person would have headaches because of this low blood sugar business and they would also be light headed, nauseous, sick stomach, lump in the throat, and a slow digestion needing colonics and then a salt condition. Over here on the digestion side you don't have enough energy to make potassium (atomic number 39) available. It means that your energy is too low, regardless of age. If they were getting potassium the number would not be 7 to 11.

You've got a low potassium condition and you need potassium and there's two ways you can get it very easily, MinCol and Algavim and your body will accept it, and you want to put them on it almost instantly. You also want them to have colonics and to eat lots of fruit. You need to find out which of the carbohydrates is actually causing the low blood sugar.

This patient should be in the retreat.

Brain Tumor, Potassium Deficiency.

$$7.5 \qquad \frac{7.40}{5.90} \qquad 45 \qquad 4 \qquad \frac{13}{9}$$

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Now here we have another case in which there's a brain tumor but also that's not all that's wrong. Now this particular one here is causing brain damage and it's straight at the top of the head at the Medulla Oblongata, slightly over and putting pressure on the right eye. You'll find the right eye slightly bulged, and you'll also find that it is putting pressure on the basic metabolism part of the brain in which the automaticism that controls the vital organs are concerned. The messages are not going through properly to the vital organs, the pancreas, the liver and the proteins are piling up because the messages are not going through. Now you'll also find both eyes slightly dilated but you'll find the right one if this condition has existed very long a little bit more dilated than the left and you have to look real closely in order to see that, it won't be something you can just take a glance at and notice it.

The right eye would be more dilated than the left because the pressure's on the left quadrant of the brain and it's the left quadrant of the brain where the messages go through, and start, and originate for the vital organs.

The left quadrant of your brain is the brain tissue that controls the messages to the vital organs. The Pons directs where the message goes but the message does not originate in the Pons, it originates in the brain somewhere. For the vital organs the message originates in the left quadrant of the brain. Only in the left side at the back is where the whole root of the vital organs lie in there, up to the Medulla Oblongata where it begins.

Now the Medulla Oblongata is not at the top of the head but it starts right on top of your head up here, right up at the top, it's the beginning at the edge of it and your problem here is at the edge of the Medulla Oblongata on the left side and it's putting pressure both ways. The left quadrant is involved because of the pressure the tumor causes because a delta cell expands and exerts pressure on the adjoining cells. It's the pressure that makes the eye bulge, it's the pressure that originates up here and it's the angle of the tumor where it strikes that causes the pressure, and the pressure could be anywhere and the pressure is stopping the messages from getting through.

Now, it's not the tumor that's causing the eyes to bulge it's the diabetic condition brought about in this particular case, by the tumor stopping the messages going through to the pancreas. Now, the question to ask there is, "are you absentminded, or forgetful?"
"Yes, I'm absentminded, I'm getting rather forgetful" and that's kind of embarrassing to people.
Say to them, "it's a potassium deficiency and we will see if we can make potassium available to you". If you get potassium available to them it will dissolve this kind of tumor. Now don't tell them it's a 220 case because the minute you tell them it's a brain tumor immediately they go spending money like crazy on all kind of gadgets that's not going to do them any good and I have seen numbers like this in a patient that all of their instruments showed nothing.

Now there's a question to ask when you have this kind of a numbers, "are you forgetful or absentminded?" and everytime they'll say, "yes I'm slightly absentminded, I'm forgetful."

If you put them on a diet and the numbers don't change then nothing will help, but if it's the early stages and the body accepts potassium then you can. This case should be in a retreat at the earliest date possible and you'll be able to tell by the end of the first week whether the body responds or not.

Now if the pH's were reversed and made 5.90 over 7.40 there would not be a brain tumor, they would still be a diabetic but there would not be the brain tumor because the liver is still

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functioning heavily at a reading of 7.40, whereas at 5.90 the nerve messages are not going through to the liver and the salt at 45 shows that something is wrong, it's not going through. The high sugar and the high ureas shows there's a problem and the salt reflects to both numbers and it's all related to that saliva pH, or the liver pH right there. Now that pH at 5.90 could also be down to 5.70 either one. It'd be the same thing.

This tumor is located on the inside of the cambium layer of the brain and is not a "Dead Sea Tumor".

Brain Tumor, Dead Sea Tumor.

This is a Dead Sea Tumor between the skull and the cambium layer and located at the top of the head.

$$4.3 \qquad \frac{6.40}{5.90} \qquad 12-18 \qquad 4 \qquad \frac{13}{9}$$

In this case:

- the person would have very severe headaches,
- they would also have blackouts, they would also be walking along and fall and not know they're falling and immediately after they fell they can get up again, and this so often strikes girls between 12 and 20 years old, it does strike other people but it's, it really strikes them at that age.

We had a case like that in Orlando and I found the Dead Sea tumor, told them exactly where it was and she would fall sometimes 15 or 20 times a day without knowing she was falling, she had no idea she was falling and she got, she was a senior in high school and was expelled from high school because she was falling a time or two at school when she got expelled because they said she was falling to get the boys to pick her up. But she also fell at home when there was nobody to pick her up, they had her in the Florida Hospital for two weeks and they couldn't find a thing wrong with her, nothing, and that's when I was called on the case.

I found the girl had this brain tumor and the doctors had run every kind of a test they could think of they couldn't find it. I told them where it was and because of the severe pain and headaches they operated and found it exactly in the spot and the size that I had shown it. They removed it and she recuperated, she got well, and it took about eight months. The only solution to a Dead Sea Tumor is an operation to have it removed.

You can tell that it's not a misalignment of the vertebra creating pressure on the Medulla because pressure only on the spine would not have caused the severe headaches, that is due to the tumor here, and because it would have been a different set of numbers altogether. I've never known spinal pressure on the Medulla to cause fainting and dropping on the ground without knowing you're falling. I have never known it. All of this causes falling without knowing they're falling.

Now in this case here the messages are going through fairly well but it's the pressure on a particular part of the brain that's causing their blackouts, and that's where the tumor is located. I'll give you an example on this that happened. I have a silver plate in the top of my head that is a result of a fractured skull in a truck that was blown up in the South Pacific and for 31 days I was unconscious. When they took me into the operating table, lifted this plate and reduced the pressure on that particular part of my brain I wakened on the operating table, and Tokyo Rose was

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singing on the radio and I said very weakly, "I sure did land easy". That the was 31 days before. My last memory was being in a truck that was blown up and I was high in the sky above the trees just falling, beginning to fall, and that's the last memory I had for 31 days.

The plate on the top of my head was near the same spot as the brain tumor on the girl, it was just a little bit more to the left. Now pressure on the brain just a little bit further to the right is one of the causes that can cause people to go to sleep and just sleep, sleep, sleep, sleep for years, and for some unknown reason the Tse Tse fly that bites people effects this particular part of the brain and they go to sleep and they sleep and they sleep and it also causes animals to go to sleep and never wake up.

If we changed the sugar from 4.30 to 1.50 it would put you in a little bit of doubt and you wouldn't be sure of it. You'd have to test every day for three or four days with a specific diet to see, but in all probability if they had a 1.5 and were still having severe headaches and still falling without knowing they fell, it would be a pretty strong indication.

If I had the sugar at that number I would do a test every day at 2.00 o'clock to check it out. If the sugar was 1.5 and they had no headaches and they weren't falling then this would change the analysis.

Brain Tumor, 220 Case

Test 1, Date,
Female, 60, 5' 7", 150 lb

$$6.0 \quad \frac{8.00}{7.50} \quad 40 \quad 4 \quad \frac{8}{2}$$

Test 2, Date,
Female, 60, 5' 7", 130 lb

$$6.0 \quad \frac{5.30}{5.20} \quad 40 \quad 4 \quad \frac{8}{2}$$

Energy 15

From Test 1 to Test 2 she has not improved and at Test 2 she knows:

- she's over that fast freight train urgent pace to work. She cannot work much anymore, in fact, she's past the stage at which she can work at all.
- she is really in serious condition and that there is something seriously wrong.

She has diarrhoea, she's demineralising, and the liver is a problem but they are not the major problem. The origin of her problem is in the left quadrant of her brain. She is a 220 case. The message is not going through from her brain to the digestive organs and her body is not responding to anything that she's doing at home.

Now this is the first test, we just compared it to show you the difference. If you had a first test and then had this one six months later you would know that her body did not respond and it's high time to get her in a retreat quickly.

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Now if these tests were 6 months apart, roughly speaking she would have about less than 6 months to live if she did nothing about it.

But if you get her into a retreat, and if you can get her body to accept potassium, then you can change the trend but, if you cannot change the trend, she dies.

Potassium Deficiency

Test 1, Date

Female, 70, 5' 7", 132 lb,

$$3.0 \qquad \frac{5.40}{7.30} \qquad 11 \qquad 4 \qquad 12$$

Total ureas = 12

This woman was recommended to go to the retreat but elected not to go. Now bypassing what is wrong, some recommendations are:

- Bananas (and other potassium foods) because of the potassium deficiency

Test 2, Date

$$1.4 \qquad \frac{6.80}{6.00} \qquad 9 \qquad 4 \qquad 9$$

(Total ureas = 9)

The second test shows that:

- The total ureas went down and so there's not enough potassium available to her system.
- At 1.4 the sugar has come down too far and gone into Range D/E, and that range says danger, warning, caution.
- There is a positive movement on the pH's
- There is a positive movement on the salt.
- The albumin is still cooperating at 4M.
- The ureas still didn't crest as they were supposed to and it's always possible that the length of time between the tests may be great enough for her body to respond quickly, super fast, and she could have gone from a total of 12 to a total of 20, 18 to 21, and back down to 9. However at an age of 70 this is not likely. Her age is saying she's going to be quite a while in her repair program. Don't expect her to do what a one year old did and this is why age, height and weight are important parts of the problem, you've got to have them.

Female, 70, 5' 7", 132 lb.

Test 1

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$$3.0 \quad \frac{5.40}{7.30} \quad 11 \quad 4 \quad 12$$

Total ureas = 12

Test 2

$$1.4 \quad \frac{6.80}{6.00} \quad 9 \quad 4 \quad 9$$

(Total ureas = 9)

Test 3

$$1.0 \quad \frac{6.00}{6.80} \quad 9 \quad 4 \quad 6$$

(Total ureas = 6)

This woman is not making progress. She's losing Reserve Energy, the sugar is dropping further into Range D/E, the pH's are fluctuating, the ureas are dropping and she's stringing out over a number of different ranges. She's losing Reserve Energy, she's not moving closer to the perfect range, in fact she's moving away from it.

Now this was a true situation and it's rather interesting because the woman that we're working with here comes and takes the test but everything we tell her she subjects it to a (psychic) pendulum, and it's frightening because if the pendulum says:

- "add honey today" she adds honey even though we tell her, "add maple syrup", no, she adds honey.
- If we tell her to take calcium lactate, or Cal II; calcium gluconate really because of her age, and the pendulum says, "no don't take cal gluconate take something else" she takes something else.

So I'm distressed over the figures because of a human being but the Reams system is not on trial here because it's not the true Reams system. Now you'll meet some of these people but you'll also meet them doing a number of other things, they'll do their own thing:

- because they can get the minerals cheaper elsewhere,
- they go off of heavy meats but they eat fish ten times a week now instead of once as they used to because they're off of meat in their own mind. Usually on a potassium deficient person you cut out all the heavy proteins because the heavy proteins are not digestible because of the disruption to the electrical currents.

Let's just take one more so we don't leave this woman dying here, although she is in essence just fading out of the picture. We're watching her and literally from test to test there's less of her to see.

Test 4

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$$2.0 \qquad \frac{5.40}{6.90} \qquad 7 \qquad 4 \qquad 12$$

(Total ureas = 12)

Now if this was the result you should not jump up and down and rejoice with this woman and say, "boy are you really making progress" because this test only really shows a small turn around, she still has a long way to go. This woman's numbers are in Ranges A, B, C and E which means she is spread over five ranges because she must go through Range D to get well.

Potassium Deficiency

Person, 60, 5' 7", 150 lb

Test 1

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

Test 1

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{2}$$

This test has made a complete change in her personality. One specific thing that she's going to be doing that the first one wasn't is she'll be working like crazy, I meant like a machine.

As this potassium drops they work harder and harder and harder and harder and harder. This is a symptom of a potassium deficiency. They work like crazy, they really work, they burn up more energy than they're taking in and they're going down hill like a snowball, the deficiency getting bigger and bigger all the time.

Now it seems that nature realises that:

- they have something wrong with their brain, a potassium deficiency,
- their time is short and they only have had so much time to get all the work done, and
- they not going to live to be a hundred years old.

In other words they get a brilliant idea and they work like crazy which is against their overall condition and they don't notice fatigue very much.

Here's a question to ask, "Are you absent minded, are you forgetful." Most of the time she will say, "no" but her husband will say, "yes, she is too. She remembers the day and the hour of every mistake and every wrong I've ever made in the last forty years and she can't find the car keys five minutes after she puts them down. She loses everything in the house, she's forgetful and she doesn't realise it. She spends half her time hunting for something and this is a sign of a potassium deficiency, and also it's a sign of a 220 case.

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Now the first thing you want to do is to get this person into a retreat and through withdrawal and get potassium available to the brain.

If their body responds they will get well and if not they won't, it's as simple as that. In one week or less you'll know whether or not the body responds. Now this particular last number now you have a change in zone in that last number, you have a Zone 2 or B in the last number, and a Range C or 3 in the other numbers.

Bananas and hominy are good sources of potassium. Put a few grains of hominy in their salad every day and it makes a world of difference.

Potassium Deficient.

28, 5' 8", 165 lb, Female

$$1.4 \quad \frac{6.50}{6.30} \quad 12 \quad 2 \quad \frac{7}{8}$$

Now if those ureas change to maybe 4 over 6, or 4 over 5 she would be potassium deficient, but remember the age is 28 not 68.

If her urea went down and stayed down when the other numbers were way out she'd be getting sicker but if the other numbers came down proportionally and they were all slightly moving towards perfect she's be getting better.

Calcium

Test 1, Date,
Person, 60, 5' 7", 150 lb

$$6.0 \quad \frac{8.00}{7.50} \quad 40 \quad 4 \quad \frac{8}{12}$$

This person has too much of one kind of calcium and not enough of five other kinds. They need the calcium lactate and the MinCol, phosphate of calcium and now you see you're beginning to fit a diet now to a pattern.

When you give the calcium lactate the main effect you want is to increase the energy but it'll also:

- speed up the digestion and activate the liver.
- help in the production of HCl,
- activate the pancreas

With the pH numbers at 8.00 and 7.50 there is too much calcium oxide in the system. Calcium Lactate:

- is in the calcium sulphate or gypsum group. Calcium sulphate is Ca_2SO_4 and calcium lactate is a mild form of calcium sulphate.
- moves the pH's in the cationic direction so it is on the acid or cationic side.

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Low Calcium

Test 1, Date
Female, 38, 5' 10", 210 lb

$$7.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

If you give calcium lactate to this person they would get much worse, they would climb the wall going straight up.

This is a retreat case. She qualifies on the sugar, pH's and salt, virtually across the line. Don't even give them water, just get them to a retreat.

Retreat. About 5% of the people end in a retreat.

Collagen Disease.

$$2.5 \qquad \frac{5.10}{6.30} \qquad 28 \qquad 4 \qquad \frac{12}{10}$$

Female Energy between 34 - 36, but nearer 34.
Male Energy about 75 - 80

Now this one has collagen disease, old fashioned scurvy and also you've got a calcium deficiency, low sugar, high salt and a high urea. There's other problems involved here as well, you've also got delta cells in the uterus, vagina, ovary, emphysema in both lungs and you also have or delta cells causing distress in the lower colon area. Now a lack of calcium and mineral is the cause but you're also lacking vitamin C. Now the rule for no illness is 4500 mcg of vitamin C per gram of blood, and if they had that the numbers would be perfect.

Now that means that nearly everyone is deficient vitamin C, because their numbers are not perfect, but not always exaggerated as it would be with collagen disease. Now the collagen disease exists all over but it is worse in those areas I mentioned because it's been there longer. Now if you saw someone with these numbers the first question you would ask is, "Do you ache all over?" Or, "Do you have sore muscles?" because this person would have their muscles hurting.

Now here is another set of numbers for the same person,

$$2.5 \qquad \frac{7.50}{6.30} \qquad 28 \qquad 4 \qquad \frac{12}{10}$$

Female Energy 48 - 50
Male Energy about 80

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Now this is still collagen disease and the thing is she probably she doesn't like foods that has vitamin C in them. She doesn't drink enough orange juice, apple juice, fruit juices, probably doesn't eat onions. I would ask in this case, "Do you like onions?"
"No, I hate them. I hate them. I don't like onions, I never liked onions in my life." I said, "I want you to eat a pound of onions three times a week."
"Why do you tell me to eat everything I don't like?"

Now it's all the numbers that tells me she has it, this number, this number, this number, and this number and this one tells me she has it. All of them. In these two cases if you took vitamin C by the pound it wouldn't do any good because there's no mineral to make it available. In the first case (cationic) it would aggravate the condition and this case (anionic) it wouldn't do any good because you've got to increase the mineral in order to make the vitamin C available and the mineral you've got to increase is calcium. Now both of these are equally serious and about the same except in the top one it would be the muscles hurting and in the bottom one it would be the muscles and the joints hurting.

To change this to a non collagen case I would have to change all the numbers and not just one of them. You want to increase the vitamin C but first you have to increase the mineral. To increase the mineral you want to keep the sugar between 1 and 2 while these other numbers are coming into normal. If I want her now to improve in the numbers my goal would be to bring them closer to a perfect reading and there's no way on earth that you can predict how these numbers are going to come towards perfect, it's unpredictable.

You may want the sugar to come from 2.5 to 1.5 but it might go down to 0.06 and then you got to work to get it back up there again. You may want the salt to move from 28 towards 6 or 7 and it may drop down to 12 or 14 for two or three days and then go 60 for one day and then drop back to normal, because the salt has turned loose in the flesh.

You may want to get the ureas down to less than 12 for 2 or 3 days and it gets down to maybe 10 and stays there for about 4 or 5 days before you can get that again above 12. They're unpredictable, any time these numbers are moving towards perfect, with the exception of the ureas, they're getting better, however even that's supposed to move towards perfect for a few days while the body chemistry is in confusion and in withdrawal and then move back up over 12 to denote that the body chemistry is throwing out the delta cells and repairing itself.

If your numbers are coming towards perfect there is an increase in energy and if it's moving away from perfect you have a loss of energy.

Colonics

Test 1, Date,
Female, 60, 5' 7", 150 lb

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

Let's suppose she came back and had Test 2

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$$1.8 \quad \frac{8.00}{7.70} \quad 8 \quad 4 \quad \frac{12}{6}$$

Test 1 indicated she needed colonics and Test 2 showed she didn't have them, she's full of crap. This is exactly what it means. She did not take the colonics.

I had a lady come to me one time and just such a condition as this existed and I said to her, "did you do everything I told you?"
"Yes doctor I did everything."
I already knew the answer. Most of the time when they come back the second time when you ask the questions you already know the answer, you just want to know what they are going to tell you and you want to show interest in them, and don't tell them if they tell you wrong, I mean don't tell them they're lying or anything else. Anyway she was absolutely certain, and I said after a few seconds, "are you absolutely sure that you did everything?"
"Yes doctor I did everything."
So I let that sink in a little while and I said, "would you tell me the name of the doctor that gave you the colonics?" Oh you should have seen that countenance fall, as if, "doctor, how did you know" only she didn't say it.
She said, "doctor I just couldn't bring myself to do that."
I said, "well you've got to do it or die, now which do you want to do?" "Well doctor if I've got to do it, I'll do it."
I said, "you've got to do it. You got to do it."
She said, "you know I don't feel much better than I did when I was here before, but I'm not any worse, and I'll admit doctor I was going down hill in a hurry. My get up and go was leaving but I'm not any worse but I don't feel any better."
I said, "you get those colonics and then you come back in thirty days" and then you should have seen the difference.

I mean she knows the difference, not only that, she's gonna tell everybody about the doctor that helped her without drugs, without undressing her, without making any physical examination and that doctor even knows when you don't do what he tells you.

You go to a doctor and he gives you a prescription for drugs and you go back to him again, I have never known a doctor to ask, "did you take the drugs." In fact most of them hope you didn't. All they got to do is show so many dollars worth of sales.

Congestion Around the Heart.

Male, 48, 5' 10", 188 lb

$$4.5 \quad \frac{7.10}{5.40} \quad 60 \quad 4 \quad \frac{14}{10}$$

On this particular patient he has congestion all around the left side of his heart, between the heart and the lung, a lot of delta cells there. It's all across the left side of his heart, between his heart and the lung, he also has athlete's heart, his heart is enlarged, but the right side is clear.

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The high acid in the liver shows me that the right side is quite clear there because of a high ionization that's taking place in that area and the urea shows me that the problem is on the left side because of aching in the left arm.

The salts would be a factor but it'd be in the direct center, it won't be the side. I've exaggerated to the Nth degree and I got the fellow almost ready to jump in the grave, he could die any minute. He's close to a combined pectoris and angina heart attack

Now if the saliva pH at 5.40 had of been up near say pH 7.00 then it would have been equal all the way around the heart, but this cationic resistance at 5.40 has kept that right side clear.

Now if you reverse the numbers and make it 5.40 over 7.10 it wouldn't change the sides of it because of this urea number here but it wouldn't be quite as severe and the salts would drop because you're working on a different section, or different lobe, of the liver. A high urea generally indicates the left side of the heart.

Male, 48, 5' 10", 188 lb

Right Side

$$4.5 \quad \frac{5.30}{8.00} \quad 40 \quad 4 \quad \frac{8}{10}$$

Left Side

$$4.5 \quad \frac{7.10}{5.40} \quad 60 \quad 4 \quad \frac{14}{10}$$

Both Sides

$$4.5 \quad \frac{7.10}{7.00} \quad 60 \quad 4 \quad \frac{14}{10}$$

In the right side case even if the saliva pH at 8.00 were lowered somewhat it would still be on the right.

Delta Cells

Person, 60, 5' 7", 150 lb

$$6.0 \quad \frac{8.00}{7.50} \quad 40 \quad 4 \quad \frac{8}{12}$$

Say this, you do have a very high count of delta cells, and if delta cells were likened to car tyres your tyres are almost worn out and they need to be exchanged. We should change our cells every six months, now you got some that's stayed too long in there, they need to be exchanged, and it's nothing to be afraid of.

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I would say that the cells in your body are growing at a rather rapid rate with a body chemistry as you have.

Emotional.

Now in these numbers now I'm going to change one more thing, we're going to have a person that's not pregnant. Now let's see what happens, it changes the whole situation, the same numbers then become something different, they're not pregnant

25, 5' 5", 128 lb

$$4.5 \quad \frac{5.60}{6.70} \quad 14 \quad 4 \quad \frac{14}{12}$$

I'm going to back up and make it a little bit more difficult,

25, 5' 5", 128 lb

$$4.5 \quad \frac{8.20}{6.70} \quad 14 \quad 4 \quad \frac{14}{12}$$

Energy 58

Here you have a person that is very emotional. Very emotional. Now here's one with a high calcium and very emotional, hard to live with, she screams and suffers and yet she's got a high calcium, also you've got high ureas and that's the cause of the screaming and they call it nervous tension.

The nervous tension is brought about because the heart is beating so hard, she's very tired, and there's so much work to do until she can't do it. Let me explain it like this, you know why a child hates a subject in school, "I don't like arithmetic", or "I don't like English", or I don't like this or I don't like that, you know why? They don't understand it and the subject is about to whip them. The child, or any person, doesn't like anything that whips them, so when our children said, "I don't like my teachers,"
"well what does your teacher teach?"
"Oh she teaches arithmetic", or she teaches this or she teaches that. We immediately didn't say any more but we then begin to make a game out of that subject for all the children in speaking correct English and we let the teacher know what we were doing and believe me the first thing you know the child loves the subject, the child loves it, it no longer whips them because we found the key that was to unlock their misunderstanding of the subject. Children don't like anything that whips them and neither do adults.
Now this girl is struggling under the burden on her from her body chemistry and the nervous tension brought about because of the ureas and she is so tired she can't get her job done so therefore she gets nervous over it, and she's irritable. You must understand the cause and effect, cause and effect it makes all the difference in the world.

Now, she probably doesn't have any children and if this has been like this since they were married she has no children, she wants children, they can't have any children because she can't

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become pregnant. There's been a sperm count, there's been an ovary count and there's no reason why that the doctors know why she can't become pregnant. There's an old rule that pregnant women crave vinegar. Not all do, women who have a low calcium and are pregnant do not crave vinegar, or pickles. Women who have an alkaline system crave pickles and vinegar because it helps them get more energy out of their food. So the reason that this mother can't become pregnant is the body's too alkaline, get the pH down to around 6.40 and she'll get a master's degree, her MA.

Now this woman wants to get pregnant and there's no reason why she can't, what do you do? The first thing we do in this case would be to put her on lemonade and water fast for three days, 4 ounces of lemonade every hour on the hour and water on the half hour and put sweetener in the lemonade. At her weight, three days of fasting then three days of light diet.

Also she gets colonic treatments, gets cleaned out real good, and one of the things that you want to do in this case is give her calcium lactate at the beginning of the 7th day, two calcium lactate three times a day and one thousand units of Vitamin C and Vitamin E twice a day.

At 7.20 or above this is what you do, lactate only when 7.20 or above, and you can give Vitamin C anytime 6.40 or above and then two colonic sessions the first week, two colonic sessions the second, and one colonic each week for eight weeks, until they get that colon cleaned out.

In the meantime I would suggest Heinz Sweet Pickle and the Vinegar therefrom on their salad each day and get this pH down to 6.40 but with this kind of a reading she's got an energy rating of 58 so it's not going to fluctuate very fast, it's going to be a little stubborn and therefore it's going to come down slowly, but if that energy rating was 35 it would come down rapidly, in fact come too low however she'd have a lot of other problems, then the ureas will start dropping.

Now let's watch the ureas, but now we're watching the first day, let's watch the first day on lemonade and water and see what will happen. They'll probably come down to:

a. Day 1 - $\frac{10}{6}$

b. Day 2 - $\frac{4}{5}$

c. Day 3 - $\frac{6}{4}$

d. Day 4 - $\frac{6}{8}$

Now Day 4 the person is out of withdrawal. Each of these tests are run 24 hours apart, this one would be on the 26th, 27th, 28th and 29th, and then they're out of withdrawal and as they go out of withdrawal, then you put them on the minerals and vitamins that they need in order to establish the desired result with the numbers that you need in here.

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Now suppose for instance that these numbers didn't change, she was on the diet for three days and no change in the numbers and you knew that she was on the diet, that she rested she did absolutely nothing, and this is true of either male or female with the numbers not changing, if they don't change then there's damage to the vagus nerve in this case, there's damage to the vagus nerve between the main trunk and the liver because the liver is not getting the message through and therefore it can't change.

But in this case her chemistry numbers are changing and therefore she is getting the desired result. Of course it's going to have an effect on these other numbers too, particularly the sugars and salts and so forth.

Now many times after they start eating again, unless you have a lot of gelatine in their diet you're going to find it very difficult to keep the colon clean, transverse and all of it, because without gelatine the undigested foods become very gummy and sticky like flour dough when it sticks to your fingers, but if you use a lot of gelatine, and flax seed is one of the finest sources to use, easy and natural, use it and prune juice is another source, and therefore you can get this pH down to normal. These are facts you must remember in order to handle your problem. This is the beginning of the recommendations. We would also recommend lots and lots of fresh raw fruit, lots of salads and I would also recommend she cut way down on meats.

Emphysema

Person, 60, 5' 7", 150 lb

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

In this case there are a lot of delta cells in the body and they're located in the lungs, which means a high emphysema count. A high emphysema count is shown by the food digesting too slowly.

Emphysema

Female, 16, 5' 0", 100 lb,

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

This girl does have a little bit of emphysema, a very little bit, but it's in the very early stages.

Energy Loss

Now here's what I want you to see this morning in this equation and that is these letters shown by "I" are the increase of energy and these letters "L" are the loss of energy.

$$\text{-} \qquad I \qquad \frac{I}{I} \qquad 6-7 \qquad 0.04 \qquad \frac{L}{L}$$

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On the left is where you gain energy (I) and on the right is where you lose energy (L). You figure your increase by balancing it with the decrease but we're not going to go into that at this time.

You lose energy on the right and you gain energy on the left. Now these gain and loss numbers are the numbers to watch most closely in a person that is improving but the others do have a bearing also.

Let's take an equation now with numbers, this is a first reading,

$$0.6 \quad \frac{6.10}{5.80} \quad 2 \quad M \quad \frac{6}{1}$$

If this is a first test there is no picture in this reading at all, and what it means is that the body is in a state of chemistry change so don't draw any kind of a conclusion, but say, "Have you changed your diet in the last 3 or 4 days or the last week or so?"

Many times when people try to go on a diet by themselves their body chemistry goes into a state of change and many times they do themselves more harm than good because they do not know what to do to bring the numbers anywhere back towards normal.

Notice this, this particular case is an example wherein the whole equation indicates a loss of energy. The left indicates a gain of energy, but here is an equation when the WHOLE equation is a loss of energy.

Here is another one that's a loss of energy.

$$5.1 \quad \frac{8.00}{5.00} \quad 3 \quad 4 \quad \frac{6}{5}$$

These numbers show a very, very poor picture and it means that the body chemistry is upset, that they're in the zone of misery, they feel like something the cat's dragged in and couldn't eat and they're just miserable, but you've got something to start on here whereas before you had nothing. Here you have something, before you had nothing.

So, if you have a person with these kind of numbers, and there's a lot more facts you need like age, height, weight, sex and so forth but what I'm trying to show you now is numbers.

This whole equation indicates that they're losing energy, both on the intake side and the output side they're losing energy because they are in the wrong range. What I'm trying to show you here is that anytime the body chemistry is in the wrong range they're losing energy on all of the numbers.

Gas

Now suppose that you have a pH reading of:

$$\frac{\underline{8.00}}{6.40}$$

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Now their main complaint would be a lot of gas. The greater the difference between the pH's the greater the amount of gas.

Now suppose the saliva pH is 6.40 and all the foods that we eat are slightly acid, except lemonade, and the saliva surrounds the food and then it goes into the stomach with a 6.40 then the digestion is rather gentle isn't it. It starts off slowly because the saliva pH and the liver pH is the same so you will have less gas with a:

$$\frac{6.40}{6.40} \quad \text{than with a} \quad \frac{8.00}{6.40} \quad \text{or} \quad \frac{5.00}{6.40}$$

If the pH of the liver and the saliva is the same and you put the food in your mouth, you chew it and cover each particle you chew with saliva and you swallow it, it goes into the stomach and the digestion is very gentle. With a reading of

$$\frac{8.00}{6.40}$$

you would have more gas in the intestines, in the colon, and going out as colon gas and with a reading of

$$\frac{5.00}{6.40}$$

you would have burping gas, because the food lays in the stomach due to the insufficiency of the HCl, and they burp and they burp.

The blood vessels that relate to the upper abdomen in the eye go around vertically, and the blood vessels that relate to the lower abdomen go around the eye horizontally. The difference would be in the lower abdomen. If the pH is

$$\frac{8.00}{6.40}$$

then you will find more lines in their eyes that are horizontal, whereas with burping gas you'll find more of them going perpendicular, because one of it is coming above the spleen and the other it's going below the spleen, indicating where your problem is. This is so easy I don't see why you haven't thought about it yourself. Do you see this. Is it clear? You may not understand it, memorize it and use it and prove it.

You'll find that this works, it could be more exaggerated, but these are the causes of gas being burped up, and gas being passed.

This one

$$\frac{5.00}{6.40}$$

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would cause indigestion and this one

$$\frac{8.00}{6.40}$$

wouldn't.

Your acute indigestion would start because the food would be staying in the stomach too long, it wouldn't be passing out fast enough. Whatever the problems both of them indicate that there is a problem in the liver and the reason why it starts in the liver is:

- first, a lack of calcium.
- second is a lack of oxygen, and
- three is a lack of water.

Giant

Now let's just change one number in here and see what happens.

Person, 6, 5' 7", 150 lb

$$6.0 \quad \frac{8.00}{7.50} \quad 40 \quad 4 \quad \frac{8}{12}$$

Now what kind of a picture do you have? You've got a giant now so what I'm trying to say is a change in one number means a change in all numbers, do you now see? You see, change one letter and you change the whole picture, even without changing the equation numbers. The person's age, height and weight is just as much a part of the problem as the laboratory readings.

Happy But Tired.

Female, Age, Height, 192 lb.

$$7.5 \quad \frac{6.40}{?} \quad 40 \quad 4 \quad \frac{10}{16}$$

This person's happy because their calcium is up, but tired all the time from the 10 over 16, so she doesn't get her housework done, she's too tired to do her housework, her house is a mess. But now let's clean up her house real good here, so we'll just drop the ureas to 6 over 8,

Female, Age, Height, 192 lb.

$$7.5 \quad \frac{6.40}{?} \quad 40 \quad 4 \quad \frac{6}{8}$$

Now she doesn't feel so bad, and she's cleaning up her house pretty good, washing the dishes and so forth, OK. Now notice this, a person with a potassium deficiency works like a horse, nature seems to know that something's wrong and they outwork two or three people, and when a potassium deficiency starts it's the hardest thing in the world to slow them down.

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Now then after two or three weeks we've got this:

Female, Age, Height, 192 lb.

$$1.6 \qquad \frac{6.40}{?} \qquad 10 \qquad 4 \qquad \frac{6}{8}$$

we've got the sugar down to 1.6 and the salt at 10 and she just feels like a new person. In the Ist week of her fast, her weight dropped to 178 lb.
In the 2nd week not only did it go back up to 192 lb but it added some and at about 200 lb she had the idea that she's going to be the world's fattest woman, and she began to fret and worry and call you about twice a day, "you sure everything's going to be alright?"
"yes, yes, yes, it's going to be alright, in about three weeks, six weeks at the most it'll start dropping off at about anywhere from 1 to 2 pounds per week till it drops to normal".

Now this is providing you keep the sugar number between 1 and 2. So her weight drops to normal as these numbers come in, and she feels like a new person, she really begins to feel like her old self and in 6 months her weight's going to be normal.

Hard of Hearing

Female, 60, 5' 7", 150 lb

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

She is having trouble with her hearing, in her left ear more so than the right. This person has too much of one kind of calcium and not enough of five other kinds. She needs the calcium lactate and the MinCol (phosphate of calcium) and now, you see, you're beginning to fit a diet to a pattern.

The most delicate bones in the entire body are found in the ear and they need Calcium Phosphate or the MinCol. She needed MinCol because of the alkalinity, she had too much of one kind of calcium and deficient in five others and MinCol was one of them.

Therefore the indication is when you have a way oversupply of one calcium you have an under supply of the others, and the ears are the first one to be effected.

Now you can know which ear is effected more by observing which way she turns her head, in her case she'll turn her head away from you to the left so she can hear with her right ear.

Healing Process.

Now I'm going to exaggerate to the Nth degree to help you understand, it would probably never happen and in fact I've never seen it happen, but let's assume that both these test numbers next day became 6.40 over 6.40.

Both patients, Age 58, Height 5' 9", Weight 148 lb, Male or Female, No pregnancy

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$$1.0 \quad \frac{7.80}{6.40} \quad 20 \quad 4 \quad \frac{7}{10}$$

goes to:

$$1.0 \quad \frac{6.40}{6.40} \quad 6 \quad 4 \quad \frac{4}{4}$$

and

$$4.9 \quad \frac{6.30}{7.60} \quad 34 \quad 4 \quad \frac{4}{11}$$

goes to:

$$4.9 \quad \frac{6.40}{6.40} \quad 7 \quad 4 \quad \frac{4}{5}$$

This is just a day or two or three days apart. You would assume that patient was almost well wouldn't you?

The key here is your 4M. This simply means that nature is repairing the damage at the most rapid rate possible, this is what it means.
Now I've never seen anything even remotely like this, I'm just exaggerating to the Nth degree to show you that when one number becomes perfect nature is trying very hard in that range to repair the damage as quickly as possible, this is what it means and what I'm trying to tell you there's a time element involved, and the sugar, salt, debris and urea numbers are just as far from perfect today as they were yesterday, however nature has started the process of healing and it's working.

So this is what the numbers mean as they come back toward perfect, that nature is reversing the trend. Now please remember I said that I have exaggerated as far as I can exaggerate and still get the point across, OK. Now it would not mean here that they had a brain tumor, but it would mean that there was not enough potassium in their diet, or their body was not extracting it and using it, and if that potassium remained low enough long enough with this kind of an origin it would result in a brain tumor. So the thing that you want to do is to discontinue any dolomite that's in their diet. In the first two "first tests" they would be taking dolomite in these two cases. The later tests show they would discontinue the dolomite. If the total of the ureas is below 15 discontinue the dolomite.

Suppose the 4M albumin dropped to 0.04 or even to zero what would it indicate? When that happens these other numbers don't stay put, they would go crazy. It would mean that nature had ceased to throw out any of the carcinoma cells and you would be losing a patient at a very rapid rate.

Heart Troubles, Tiredness, Worms.

30, ... , 180 lb, Male

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$$8.0 \qquad \frac{8.00}{7.90} \qquad 45 \qquad 4 \qquad \frac{15}{12}$$

These numbers show tiredness, and you'd expect tiredness all the time.

The next outward appearance thing you expect is poor posture. Also when he sits down he would slump down because there's pain in the lower spine. In other words it aches in the lower spine. Now it aches in the lower spine because there's pressure in the pelvic area. The pressure of the body on the pelvic area, and the weakness.

Now you would notice he was standing on one foot more than the other and people stand that way because of the weakness. That's why people stand on one foot, or the other foot, it's weakness but that's not true of a horse because when a horse goes to sleep he raises up one foot, that's the way a horse sleeps, and you know which way to tell, many times when a horse is asleep he lifts up one foot, or takes the pressure off of it.

Now, there's something to note here, he would stand most on his right foot because the heart's heavy flow beat is to the left side and the left side of your system works more than the right, and there he's got a 45 saline indicating a high cholesterol and also a high urea which denotes that the fatigue would be greater on the left side, so therefore he'd stand on his right foot more, then he will hold his head to the strongest side, the right side, in order to pull up on the weakness.

Another real symptom that you would notice in a person like this is that they look worried or anxious and maybe even show fear.

Now he's not bald headed but he does have dull hair. The hair would have no sheen because he's got an ideal setting for worms.

Now he's not on orinase or debinese and the next thing you will notice is his pupils are dilated and he'd probably be wearing glasses and this is shown by the diabetic condition, the high sugar.

Another thing he'd have at times is shortness of breath.

One more thing about this man that you haven't told me yet and that is he would have chest pains.

Now, let's consider that this is a first test, now there's something else that's very predominating here about this test. His current condition is of short duration and the factor which lets you know that is the weight. The weight shows you that it's of short duration because if this condition had lasted very long then that weight would have been much less.

Now, you would notice about this fellow, his skin is very oily and there would be some blackheads or acne showing on it because of the poor elimination. The liver is way too alkaline, his food is digesting too slowly, he has barely enough energy to go and his body would be retaining too much oil.

Boy 12, Tired, Heart Stress.

Age 12, Height?, Weight?, Male

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$$7.5 \qquad \frac{7.90}{6.60} \qquad 30 \qquad 4 \qquad \frac{12}{16}$$

Let's describe this boy. The first thing you're going to notice about him is that his eyeballs are too large, big blue eyes or big brown eyes and you see that in the sugar.

Also he's too tired, lethargic all the time.

Now in the pH's you're going to see hypertension, he can't be still, hypertension, constipation. In the salt, at 30C you'll see he's not drinking enough water.
In the ureas you're going to see a lot of inward tension, anxiety. In other words he's a candidate for a fatal heart attack, he could drop dead on the school ground. The heart is beating much too hard and it's causing inward tension and he'll probably fight at the drop of your hat, he's easily excitable and so forth.

Now the reason for all this is the food is too rich for him. It's way too rich for him and these are the signs

Also he's built the house and furnished the room and board for worms and so there's no reason why they shouldn't move in especially if he's got a dog or cat or walks barefooted. So his hair is likely to be dull.

Now the first thing to do is get that urea down out of the fatal heart attack zone to under 20 as soon as possible but if they have a high sugar you don't want to pull that down into the zone of misery, so I'd have him to drink less water than he normally would, but at least a quart of water a day, 32 oz.

Now with an adult that's older the sugar will come down to about 5.50 or 5.60 and it'll stop there, but a child reacts quicker and faster and it'll easily drop below 5.50 into the zone of misery. Now I stopped the water at 32 oz because in a child like this you can get into trouble if you drop the sugar too quickly, so for now keep it at 5.50 or up because if you give him much over that it's going to drop the sugar number down into the zone of misery, say to about 5.40 or 5.30 and just keep him in the Zone of Misery and therefore increase his hypertension.

Now if you give him enough water to try and bring the sugar down to we'll say 1.5 then what's going to happen is this, his body is going to over react and he could go into a state of coma, become comatose or go to sleep and you couldn't wake him up and the parents would have him in the hospital and you'd have an investigation on your hands.

So the best thing to do with him is put him in a retreat for just 1 week and have somebody with him, that's the easy way, and that's the safe way to stay out of trouble. Do you know there's 16,000 children that drop dead on the school ground every year in the United States, besides the ones that get home or to a hospital and die there.

So, what I'm trying to show you is this, you know what to do with the rest of it, there's no use to go into it, but here you see a child:

- that's got hypertension,
- that's a borderline diabetic and this is already effecting his eyesight,

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- that the cholesterol would be building up and that the arteries and veins are losing a little bit of its tension,
- that the food is digesting a little too slowly, and
- that he's easy excitable.

Now, if you're going to watch the sugars go down you're going to have to test every hour, but you can tell him to drink at least 32 oz of distilled water a day and then get in the retreat at the earliest date possible.

Also in this kind of a case I would write a note to the principal saying, " this child is not to partake in athletics until this high urea goes down because he is in the zone wherein he could have a fatal heart attack." Now I've had that happen 2 or 3 times and they would send the child to the doctor and, "there's nothing wrong with the child" and then the principal called me up, or the doctor called me up and they'd say, "you sent the note and we find there's nothing wrong with it."

I said, "you better believe me that there's something wrong" I said to both the principal and the doctor even though they called separately. "Now if you insist that this child partakes in heavy activities and he drops dead on the school ground I'm going to sue you for manslaughter because I have warned you not to do it." And they don't do it. That puts an end to it. Now I said, "as soon as I get it down (whole chemistry into Range 1) I will send you a note and let you know that it is safe for him to be in athletics again", and the doctor doesn't bother me about it and neither does the principal.

So, this is an outward appearance of an inside body chemistry. Now, let's take another problem.

I said 16,000 children drop dead on the school ground every year and we're the only ones that's found out the reason why. This is also the reason for crib deaths, is because the urea goes too high, and the little heart of the baby is so tired that it can't beat any more and they have cardiac arrest. It doesn't have a heart attack. It just stops, cardiac arrest, and then the blood pumps into the heart and piles up and they can't tell really what happened. I never learned anything from an autopsy, not a thing, because I've never seen one yet that brought the person back to life, so therefore I learned nothing from it.

Hodgkin's Disease, Cancer of the Lymph Glands.

25, 6' 3", 175, Male

$$5.1 \qquad \frac{6.40}{6.60} \qquad 36 \qquad 4 \qquad \frac{9}{10}$$

Energy 41 or 42

Subtracting Perfect Gives

$$+3.6 \qquad \frac{+0.00}{+0.20} \qquad +30 \qquad +3.96 \qquad \frac{+6}{+7}$$

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This shows you that you can be in different ranges and still have the same malady, but have a different degree of exaggeration or advancement. In other words the further out they get the worse they are and the less energy they have. The nearer towards perfect they are the more energy they have.

Now look, you've got a 25 year old man and his energy should be 100 and his numbers should be perfect, but when you subtract, or add, perfect from his numbers then you got his problem. Now his vim, vigour, vitality and energy is down and he may drive himself, or force himself to do the things he has to do. When a young man has an energy level of about 40, 41 or 42 you know there's something drastically wrong. Now he's just over the tip edge of the major angina heart attack, but at 25 I'd say not yet. His numbers say it is, but his age makes it in the tip edge.

This person is in pretty bad shape, he has cancer of the lymph glands, Hodgkin's Disease, and this problem generally doesn't last very long. It's a short term disease but it's also fairly easy to stop if your body chemistry responds.

Many times people can have Hodgkin's Disease and they feel wonderful, but they're just weak and they may have occasional headaches.

The question that I would ask on this one, "Is there some discomfort at the base of your neck, where the neck goes into the shoulder, a little bit more on the right hand side than the left?" I would ask him that question because I know the one in that spot aches more, it bothers him, because there's a loss of energy there because that's the spot for the primary lymph gland. You must know where your lymph glands are, know your anatomy. The lymph gland that would probably be the first one to be effected most in this kind of a numbers is the one nearest to this area. There's two of them there, one on each side, I would ask that question because I already know the answer, all I want to know is how far advanced is it. If he says there is absolutely no pain there then I know it's much further advanced than if he says it does ache there because the nerve ends have died off ahead of the deterioration. Know your anatomy and it'll help you a world in understanding this. This looks like such a mystery to you because you don't know your anatomy. The picture shows the right side.

Now his proteins are not digesting and the glands necessary for protein digestion are the lymph glands. There's 284 lymph glands and if they don't work you've had it. Now I prefer to call them Transformer Glands and not only do they help to control the protein, they also fight infection, help control the acid alkaline balance and other things but the main thing they really do is control the circulation of the blood, and when that circulation goes down those lymph glands swell, and that's Hodgkin's disease. It means that there's problems in the circulatory system.

Those glands swell partly because the lymph nodes are filters, and they're like any other filter when you get enough bacteria in there they clog up. They swell because there's a mineral deficiency and they can't handle to load. They swell because that area in which they send electrical impulses cannot get the blood through and the resistance piles up in the lymph gland. Taking them out does no good at all because they haven't worked on the cause, which is a mineral deficiency.

When the lymph glands swell it not only means that there's a mineral deficiency but that the body is letting you know there is a poor circulation in the area and also that there is a loss of energy. A lack of mineral is a loss of energy, for instance you can have a loss of energy from a vital organ which you don't consider your liver and your heart and your pancreas and so forth, you don't

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consider them glands, they're organs. There are particular minerals involved depending on which organs the transformer glands really represent. Now, generally speaking, if the mineral deficiency is great enough to effect one lymph gland then all are effected slightly, but some more than others because each one of them is dependant upon the other one.

You who have studied surgery know something about how important it is when you operate to miss those glands, especially for appendicitis because that one down in the appendix area controls the basic metabolism of the brain waves within the brain, and if you disturb it very much you almost become a vegetable. I have seen people that were made a vegetable by appendicitis operation.

There's one right close to it somewhere in the area between the appendix area and the navel that also controls the valve at the neck of the bladder, you massage these and do a marvelous job with them.

There's so much we can do with the glands if the body will respond. The response is very important, to know whether or not the body responds and is almost impossible for a tester to test often enough and to know exactly what the patient ate or didn't eat, did do and didn't do in order to evaluate the case. We need to know that and it's so easy done, easy attempted, or easy tried, and you can tell very quickly whether or not the body chemistry responds or not. You would first suggest this man go to the retreat.

Some of these transformer glands have never been named yet, just some of them we know what they do or how they do it. Just some of them. Now let me tell you something about these particular two, they have much to do with the vitamin A in your system, or have a great part to do with it. Now you would expect this young man's complexion to be pale. If he's in sunshine a lot or uses tanning lights he'd have a tan, or he could use a face coloring cream, but in reality he would be pale. Now the lack of vitamin A is going to most effect the bone marrow before anything else because that's what vitamin A is most directly related to, the bone marrow. Because of the vitamin A and bone marrow problems Hodgkin's Disease is therefore very closely associated with leukemia, when you work on one you've got to work on both of them.

There's one more factor you need to keep in mind and that is frequency. See the whole thing every time. Frequency. Frequency. Frequency. There's a rule in regard to frequency in human beings and that is once you know the frequency then you know the diet. Everyone's diet should not be the same because of the micronage, milli micronage and milli milli micronage. As an illustration, the diet would vary between a man and woman, which would then change the frequency, both having the same identical numbers. Because the woman uses 700 times more calcium each day than a man that changes the diet. It's how much calciums they use, that's your primary factor.

Now this man is deficient in calcium and has a major shortage. The rule that gives that is, "when one number's out they're all out" and the primary reason that all numbers are out is a lack of calcium because there's more calcium by weight and volume than all other elements combined.

There's also a water deficiency here. A calcium deficiency and water deficiency go together, in other words your calcium can't become absorbed without the water, and vice versa. Now it doesn't show more exaggerated numbers in the pH because the pH is only a measure of resistance not volume. Now, they're in the retreat and you're the dietitian there. You first put him on a three day

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fast of lemonade and water and test every day. Now the foods you'd recommend for Hodgkin's Disease are:

- A lot of carrots, carrot juice but that's not the one they need most.
- Green, raw, chlorophyll and for Hodgkin's Disease they need wheatgrass. Wheatgrass chlorophyll is the one that you use most with Hodgkin's Disease because it has a low protein.

Imminent Death

You may need to hunt the hidden fact when the numbers are near perfect on a previously seriously ill patient because it might be that the person is ready to drop dead, and the numbers are almost absolutely perfect. This has happened twice this year that there's 1 in about every 300 cases that you will have from seriously, seriously ill patients.

A person may have been seriously, seriously ill, bed ridden even for the previous 2 or 3 years, or 6 months or 3 months and one morning they'll wake up and they'll feel so good they'll get up out of bed, they'll get dressed, they'll begin to do the housework. The eyes are as clear as a crystal when the day before they were just a rugged looking mass of blood vessels and everybody thinks God did a miracle.

A test shows the numbers are almost perfect and when this happens we take it that this is just the spurt of energy 2 or 3 days before the end.

Why this happens I don't know, but it does happen in 1 out of about every 300 seriously ill patients and I've seen it happen all my life and I don't understand it but I know it happens. We've had some this year to come in and drop dead that day, or the next day, or didn't wake up in the morning, or something like that.

So this is one of the weaknesses of this test and yet it's not a weakness of the test it's a phenomena that we do not understand.

Maladies

Test 1, Date

Female, 38, 5' 10", 210

$$7.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

This is a retreat case, but some of the things wrong with this woman are:

- has a tendency to high blood sugar,
- she's double acid,
- low energy and tiredness from a high blood sugar, high salt and high urea.
- Overweight.
- Colon problems.
- Varicose veins.
- high sugar in the diabetic range.

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- Might have ulcers, would have some gastro problem correct.
- tendency to diarrhoea
- Cardiovascular stress
- Hardening of the arteries
- Strong possibility for cancer of the female reproductive organs because she is so far away from perfect.
- With her temperament she would be nervous and high strung because there is a shortage of calciums. Now when Doc talks about some people being high strung, or they have fits, he means they may get to the point where they literally throw things at each other, slam doors, kick things and if one is angry at the other they rarely or never hit or kick the one they're angry at, they take it out on the poor cat or dog or whatever else that's walking by.
- She may is also menopausal.

Manganese Deficiency.

58, 5' 8", 165 lb, Male

$$1.4 \qquad \frac{6.50}{6.30} \qquad 12 \qquad 2 \qquad \frac{7}{8}$$

Male Reserve Energy - 90
Female Reserve Energy - 78

Please work this problem for male and female because it is a doosie.

- What difference is there in a male and a female in these numbers?
- What difference would it make in writing a diet?

The difference between this malady and the one yesterday is that the other problems were very, very far advanced in their malady whereas this one is barely in the tip edge of it.

The difference is that a woman uses seven hundred times more calcium a day than a normal man, and the difference in writing a diet is the same, women need more calcium than a men. Now women also need more iron too but the main one is calcium. A general rule of thumb in dealing with all biological life is if you take care of the calciums and the phosphates in the diet you won't have very much trouble with the rest of the elements, providing you start early in life. But the later in life you start the more difficult it is to synchronize the ratios of elements and the reason for that is because of the variable of the elements in different people, it's a very difficult thing.

Now the first thing you do whenever you see a problem is to visualise the person, the first one is a man we're going to talk about first, we're going to try to see what this man looks like. We're going to try to see him in the numbers. The first thing you want to see in the numbers is what does he look like. How do these numbers fit into their personality, and so forth.

Now in this particular man you're going to find a person that's a pretty good, average, normal looking male. He doesn't look like there's anything wrong with him, he looks pretty healthy, and he is pretty healthy except there's two or three things wrong with him. There's one little trait that this

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fellow will have in his facial expression that is quite noticeable unless he is highly educated, or well self-disciplined, and very few people can control every muscle in their body that perfectly.

Now what you are going to see that this person will do in his off-moments when you really don't think that's he's paying attention to you is that he will hold his mouth slightly open just a little which is so natural to him you would hardly notice it.

A minor reason is that he needs more oxygen but the main reason is that when people are losing more energy than they take in, unless they are extremely well disciplined, they have a tendency not to keep their lips closed. This is the first visible, noticeable sign that people are burning up more energy than they are taking in and he'd be more tired than normal at the end of the day. It may only be a fraction of a point but this is a trait that only self disciplined people can cover up. This is a fact that you have to remember. Did you ever notice people that looked perfectly healthy that do that and it's because it's less fatiguing to them, it's just a little bit more comfortable, they're following the line of least resistance. This is also true of children, but a child that holds his mouth wide open has a potassium deficiency as well as a vitamin C deficiency. Have you seen children that hold their mouth almost like an "O", like they were saying "O". This applies in adults if they are very ignorant, or very uneducated, or very uncouth or mentally weak.

You'll find these kinds of conditions but the further exaggerated they are the more you would expect it, but you wouldn't really expect a healthy looking man to be standing before you, well dressed, with his mouth a little bit open.

Now there's one more factor about this man that you'll notice and you're going to have to look real close to see it and you'll notice it more in the afternoon than you do the morning and he's got two little teeny wrinkles in the forehead, just like very small seams across and it means tension, that the urea is rising.

Now the first thing I see about this fellow is that he has a calcium deficiency, not a great one but one that is noticeable and a person that has a calcium deficiency, is quite active and has a urea of 7 over 8 over here, urea and also has a 1.4 brix means that it's beginning to effect in one place but that there's a double reason for it. The malady would begin to show first in the prostate gland because the liver is not getting the manganese from the food.

Manganese is a heavy mineral and when you have a calciums deficiency (you know you got a calcium deficiency because of the other numbers that are a little out) therefore you know you got a slight calcium deficiency and you know that the mineral to be lost first is a heavy mineral, diet wise, and the two of concern are iron (55) and manganese (54). A calcium deficiency of the liver means a more dilute gastric juice, just in the tip edge and the more dilute it is the less heavy minerals it can get from your food.

Now both iron and manganese are deficient, but the prostate shows the visible mineral deterioration first because you use a lot more manganese in proportion to the ratio of the number of ounces of the organ than you do of iron.
Now, there's one more factor that's involved in this particular person, he would notice his fatigue first not in the lumbar region of the back because it's not quite advanced that far yet, but in the legs because his legs carry the biggest load, they're doing more work. Now suppose he had a job sitting down all day it wouldn't make a bit of difference, it'd still be the legs and it's because of

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the cationic force that's in your body that's flowing back to the Earth. Remember I said that the cations go down and the anions go up and the cations going down towards the Earth is a greater force the closer you get to the Earth, the greater the gravitical pull. Anionic lift pushes things up and the cationic pulls them down, just simple as that.

Now the 2M means it's in the early stages of the mineral deficiency.
Let's take the lady now,
58, 5' 8", 165 lb, Female

$$1.4 \qquad \frac{6.50}{6.30} \qquad 12 \qquad 2 \qquad \frac{7}{8}$$

Male Reserve Energy - 90
Female Reserve Energy - 78

In looking at this lady the first thing you notice about her, and let's give her any benefit of a doubt on anything and let's try to make her as well as we can, not as bad as we can. Now her bones are large and so is the size of her head, her shoulders and chest are wide and thick. This woman is a pretty healthy person, she's not too skinny and she's not too fat, she's 5' 8" tall and she's quite a husky person. Now her mouth would be a little tight, her lips would be tighter together because she's a little high strung from the greater calcium deficient. Now her disposition, except by the grace of God, is a little nervy, her nerves get away with her at times. Now with this particular person you'll notice that early in the morning for the first three or four hours, except for those that are highly disciplined, she'd still be in her bathrobe, she'd be too tired to get going, she'd be inclined to get a slow start, kinda get hard to get going in the morning. Now suppose that she had a job and she had to punch the clock or she had to be there then she'd be irritable, a lot more nervous because of the pressure.

Now the lower your calciums in proportion to your sex the greater effect pressure has upon you. Now if you give a man and a woman the exact same amount of calciums and if her body's working anywhere near normal she'll get 700 times more calcium out of the same food than a normal man because her body is made to do that. If the body is functioning efficiently it'll take what it needs.

Now there's another thing about this woman that you'll notice, the manganese would effect this woman in the ovaries first. It's not bad enough for cramps yet and she doesn't lack estrogen but when the ovaries are a little bit irritated Nature will have a desire to leave off spring and it's a very excellent time to become pregnant. Many times when a woman can't get pregnant if her husband gets her mad, and then can make up real quickly, they'll have success.

Now, there's one more thing about this person that's different from the male that we haven't yet mentioned, she's not anaemic yet but it effects a man differently from what it does a woman and it's in pertaining to posture, when she sits down she crosses her legs at the knees because it's more comfortable to her because it puts the pressure on her lower abdomen and she's more comfortable with the pressure than she is without it. She's more comfortable with the pressure on because of the weakness of the muscle. It's like sometimes you feel more comfortable with a girdle on than off because of the supporting pressure, it kinda holds you up, lifts you up.

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Now the greater the difference in the saliva and the urine pH the greater the heavy mineral deficiency. The difference in these pH's (6.50 and 6.30) is enough to indicate the early stages of a mineral deficiency, the very, very early stages.

Now the salts have no different significance for the males and females.

These numbers are not normal and it's not even nearly normal because when one number's out, they're all out, but even so it still indicates the strength of the digestive juices. Now I'd like to call your attention to see the whole thing and not just the person, visualise it, see the person, see the problem and this should be done very quickly, like a snap of your finger. Now you know that the calciums are low, and you see that the proteins are not digesting and that the sugar is running a little low which is your cause of the energy that you use through the day here, your movements, your action, your get up. Your living, day to day energy is derived from your carbohydrates, starches and fats, and you know the sex that you're dealing with, you know the age, height and weight, then you immediately know there's a calcium deficiency, if there's a calcium deficiency then it's going to cause the gastric juices to be a little bit more dilute and therefore the manganese is going to be deficient and all you got to know is whether it's a male or female is to know where the deficiency's going to show up. Now both of these people would feel that they are well, they would feel alright as though there's nothing wrong with them.

If the sugar is anywhere between 1 and 2 on an average first test is very good, providing the other numbers are proportionally out. Now I would rather see a number between 1 and 2 on a first test stay between 1 and 2 in the consecutive test than to see one at 4.5 or 5.2 or 3.0 because there would be more fluctuation in the other ones. Now this person would not be in better shape if the sugar were 3.5 or 4.0 because the further out the numbers are the lower your reserve energy and the more dilute the gastric juice.

Now the organs that are progressively effected by a deficiency of manganese in this case are the ovaries first, the uterus is generally next followed by either the vagina or breast but which exactly relates back to your genetic realm.

This woman's energy would be 78 and the difference between her energy and the man's is caused because of a lack of calcium.

When the calcium is low in the liver then the glycogen that is being produced for the pancreas is either too much or too little which in turn causes too high or too low blood sugar, in other words, the lack of calcium in the liver is one of the determining factors for the liver to manufacture less glycogen for the pancreas to synchronize in and also for the liver to supply the other vital organs with amino acids. You're actually made out of amino acid molecules.

On this test drinking the proper amount of water will not flush the system too low and with numbers like these this person doesn't move very fast, they move very slowly. Also what you eat and drink hardly bothers their numbers at all because the higher the energy rating the less effect your diet has on the numbers and the lower your reserve energy the more effect it has on the numbers.

Now some circumstances whereby the kidney cells come out in the urine are kidney stones, or cystitis, nephritis, delta cells, base exchange, body too acid, things of that nature.

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Misery.

I'm going to give you a problem now and let you see how quick you can bring this person back to health. Give your attention to this report, the very first thing that you notice about this report..

Female, Age, Height, 192 lb.

$$7.5 \qquad \frac{5.40}{?} \qquad 40 \qquad 4 \qquad \frac{10}{16}$$

The first thing you want to know is who you're dealing with. In this order now, first thing you want to know is your patient, it's a Mrs., now the second thing you want to know is what her age is, and her height and her weight.

Now you see a Mrs. that is unhappy. She's an unhappy person and why would you say that without even looking at the numbers. She eats too much, her weight is too high and she's nervous. The nervousness alone means that she's overweight. She's overweight because she's nervous, I'm going to prove it to you in just a moment. The 7.5 shows me that she likes sweets, she eats a lots of sweets, her overweight makes her tired all the time, the 10 over 16 proves it, 7.5 means she eats the sweets and there it makes her overweight and the pH 5.40 means that she is nervous, pH too low, not enough calcium, a nervous wreck and therefore she uses a lot of salt on her food because her overall condition is just one unhappy merry-go-round. Her foods are digesting too fast because her body's too acid, she's miserable, she's got diarrhoea a good bit of the time because of the bad diet she's eating, she's also a diabetic, she likes to eat too many potatoes and this particular woman would be allergic to white potatoes.

What do you do about this patient. Well, the first thing about this patient is they've got to be in a retreat, they cannot do this by themselves because they're going to have a very severe withdrawal, sick stomach, vomiting and green bile that is as full of poison as they can get. It's a good thing they don't bite anybody, they're so full of poison they'd make a rattlesnake ashamed of himself, and therefore they're irritable all the time and difficult to live with because they are sick. Now they make it difficult on everybody and they make it difficult on the doctor if you're not careful. So what you want to do is get them to a retreat, they cannot do this unless they live within two miles of where you can test them, and you've got to be there so you can test them, twice a day, 11 o'clock in the morning and 2 o'clock two in the afternoon because the body's tired. The body chemistry in the north temperate zone, north of the equator, is lowest at 2 o'clock in the day and that's one of the times when you want to know when it's the lowest.
Then you put them on a 3 day fast, well this one needs a 6 day fast. In other words it's going to take six days on this one to get the body completely through withdrawal. Absolutely do nothing, and when you get this sugar down to between 1 and 2, then you will have success.

Now here's a problem with this kind of patient, that on some days the fat is going to turn loose in terrific amounts of sugar, the fat won't actually turn to sugar but the fat has sugar stored in it and that will give the appearance that this fat is turning to sugar. As the fat goes down and the weight decreases the sugar in it will keep the Brix number too high all the time and as you watch it on your daily test you will be amazed at what will happen. Also notice the salt stored up in the fat, the saline will drop down to about normal after about four or five days and then all of a sudden, a week or two

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later, it'll be skyhigh because nature has turned loose a lot of salt that was stored up in the muscle and in the system again. So this is a problem that's easy to solve, no problem at all.

Now I'm going to change one number and just show you what can happen here, just one number I'm going to change right here, just one number, make the pH 6.4,

Female, Age, Height, 192 lb.

$$7.5 \qquad \frac{6.40}{?} \qquad 40 \qquad 4 \qquad \frac{10}{16}$$

Now you've got a person that's not unhappy, they enjoy eating and the whole world's good. Ha, ha, haa, fat folks are happy people when their calcium is up, and they're miserable people when it's down. You know eating makes lean folks fat, and fat folks happy, providing their calcium's high enough.

Negro.

Now I'm going to give you another problem.
Age, 5' 10" 168 lb , Negro, Male, August 19..

$$3.2 \qquad \frac{8.20}{8.40} \qquad 24 \qquad 4 \qquad \frac{16}{4}$$

The first thing you notice about this is that he's a colored man, black. Now the next thing you notice about him is his age, height and weight, which doesn't tell you anything in particular at all. The next thing you notice about the whole thing is that he's a man that works out in the open air in the sunshine a lot, he also takes his lunch with him with a lot of balony and cold cut meats in it. You see the high urea in the nitrate form over there, too much cold cut meats.

The sunshine gives him too much Vitamin D and the bread that he eats plus his cheeses and things he carries in his bag constipates him, and he needs some colonic therapy, his food is digesting too slowly and he's not getting enough water to drink. He's sweating out too much of his water and what you sweat out doesn't count, it's only that which goes out through the bladder and the urine that counts.

So he's a pretty healthy fellow, except he's got some bad eating habits and he needs to drink more water after he gets home in the afternoon or he gets to where he can, and then he'll wash this condition out of his system.
He also ought to get away from all those canned, high nitrate, cold meats.

He's also got a wonderful case of worms in there, he's hungry all the time, an infection in the intestinal tract, you see it both on the 8.20 and 8.40, and whenever you got a system that alkaline you got an ideal setting for worms. Most colored people have them and you'll also notice that he doesn't have any sheen in the kinky hair, it's very dull, it's not glossy looking. And this is the guy you're looking at.

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Also the salt at 24 shows that he does a lot of sweating because if you drink enough water the salt would drop down to normal, but if it wasn't for the salt coming out in the sweat that salt level would be way sky high, so this tells you quite a bit about the fellow and what he does, is there anything hard about that.

The thing that tells me that he's an outdoor man is the salt number 24, it says that he's doing a lot of sweating. His foods are digesting too slowly because of the poorness of the diet as shown by the saliva pH. The nitrate urea shows me that he's eating too much balony and cold cut meats and the urine pH says he throws cheeses in the sandwiches. The ammonia nitrogen would be much higher if it were not for the low salt and low sugar.

Also 4 M shows he's not drinking enough water to wash out the cells, he's a pretty good worker, in pretty good shape, he's not in bad shape at all. 3.2 is also one of the factors that shows he sweats a lot.

With a sugar of 3.2 he is also low blood sugar. The high Vitamin D, the high ureas, and his weight shows that the low blood sugar is not effecting him. If this blood sugar was affecting him it would have changed his weight and would have dropped it 20 or 30 pounds.

Is he headed for a heart attack? No, in addition to the low ammonia urea, 4, the total had to be above 20. If it was 21 it would be, but I wouldn't classify him as such because of these other numbers, but he is stopped up like a smoked sausage, he needs that colon cleaned out. He also has worms.

The salt at 24 would indicate that there is a very small amount. So this is what it tells us about a colored man.

Now, all we've got to do is change the race and you've got a different picture altogether, unless the man worked out in the open and then you'd have to know about his workmanship. Generally a white man won't do what a colored man does, their way of doing things is entirely different because a white man with those numbers would have a weight of about 140 lb, and not 172 because a white man can't take the Vitamin D, the skin won't pick it up. In other words the very fact that he was white could drop these numbers automatically because it's too much Vitamin D from the sun has caused these numbers to be so high.

What you sweat out doesn't count, that's what I put this problem up here for you to show you that the water you sweat out doesn't count. You have to drink extra water whenever you sweat it out or it won't work.

Negro Girl

15, 5' 0", 70 lb, Female, Negress

$$7.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

Remember this girl is 15 years old. When you see numbers like this generally the person would be depressed, apprehensive, indifferent, nervous, afraid, and angry but the predominating characteristic would be depression. She's low calcium and she's depressed because the whole

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world's falling apart and she probably has no date because the boys don't like her because she's irritable, short tempered and cranky.

Now the first thing I would notice here, and the first thing I'd say to her is, "you're not lazy at all, you're so tired till you can't keep your room clean or hang up your clothes."
She said, "I told you I was too tired mommy."
I'd make this kid a friend of mine for life. I said, "you find energy to do what you want but you're too tired all the time" and immediately you've made a friend for life.

Now at this particular time this girl has:

- diarrhoea,
- a good case of worms,
- zits from not drinking enough water, and
- cramps from low calciums.

The overall picture here makes her feel irritable and tired and if she's asked to do something she explodes, and then cries about it, she's temperamental. Her periods are just coming in and there would be cramps and misery. Also her eyes, the eyeballs themselves, are a little above normal in size and, being a colored girl, her eyes are naturally larger than white person's eyes so make some allowance for that. There's no real organic damage to this girl that is permanent, it's only minerals not available, it's all temporary.

The first thing you would recommend here for her to correct the condition is drink 20 oz of lemon water and 20 oz water in a ratio of 1 to 9. No sweetener in the lemon water. In this case the salt is not too high for lemon water and it really wouldn't make any difference at her young age because the arteries and veins have not had time to expand enough yet, her age would prevent that.

I would also recommend a bland diet until the sugars and salts drop to normal for about two weeks. There is one more very important thing that you should do here and that is K-Min. Get her calciums up using the same principles that you used on all the rest of them in proportion to her age. Now this is a child's dose and you start her off on Cal II, Lime water, vitamin D, and just the same as you did before. If she's in school, give:

- Vitamin D. Give the 400 i.u. type to this child about 2 or 3 tablets of the 400 mg (i.u.) twice a day. Do not give the 10, 000 i.u. type
- 2 x Cal II at breakfast and at supper and nothing at midday meal at school.
- 2 x Algavim with breakfast and supper for about a week. I would keep this up at least one at supper time and two at breakfast, or vice versa, for at least a year because this condition has already begin to effect her eyesight.
- 1 x Dolomite twice a day for a child that young. One dolomite should bring and keep the urea under control.
- After about 30 days I would cut the MinCol down to 1 Capsule a day.
- You would give vitamin D in this case but not vitamin A.

Also in the school room and in the home they're not in the sunshine very much, having got the salt down to between 6 and 7, in the summer time you may need to increase the salt a little to keep it there because even with a salt this high, and it got down to normal, you'd need to increase the salt just a little because they sweat more than white people and you need food that is much heavier than for the white race. In other words where the white person could eat meats about twice a week

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she can do it about four times a week because of the race, that is after you get the body chemistry somewhat patterned in a good range, in say at least two months afterward, but until that two months time keep them on pretty light foods. You only need to take her off of meats and meat products for about two weeks. The blacks of Africa need more meat than a white person because they carry a higher calorie count, they pick up more energy and more mineral from the air and from their food than we do.

There is no advantage in putting her on a potassium salt instead of a sodium salt because salt is salt and a potassium salt is potassium chloride salt, and it's a salt so it doesn't make a lot of difference. Now the breakdown of tissue due to her high salt at this stage is rather low, the count of the breakdown cells is rather low because of the youth, at 40 it would be different but at this age the salt will come down real quickly with no bad effects because although there's some loss of elasticity in the arteries and veins, it's temporary because it has not existed long enough for crystallization to take place. Because of her young age the high salt level would not have had time to damage the nerve endings and nerve deterioration would only be minor.

Eyes. When a person has a high sugar, say a diabetic, on some cases there is a greyness or a dark greyness or just a tint off white, or it can be a beige, it can even be a yellow in the white area, sclera, of the eye and this tint that you are seeing is the result of very minor delta cells collecting in there, just a few delta cells this is where the coloring comes from, even if this were blue and black on the surface. The greater the number of delta cells the more the difference in color, and when it gets high enough it's red.

Everybody is supposed to have delta cells and here you have a 4M, so you have a lot of delta cells. Remember I told you about the baby chick changing every cell in it's body every two days, it doesn't have cancer it's perfectly healthy. The cells that it throws out to put in new ones is delta cells.

She would not be asthmatic. Let me ask you doctors, "have you ever seen a colored person with asthma?"
Dr. "Yes"
R. "You have?"
Dr. "Yes"
R. "I haven't, I've read about them but I've never seen one with it."
Dr. "I've seen a child and an adult also."
R. "You have? Well I've just never seen one, I just didn't know whether there was one. That's one case that I've heard about, read about, but I've never seen yet, a colored person with asthma. But in asthma, you have a low calcium content."

Are you beginning to see the things that makes the difference, are you beginning to see through the problem here?

Nervousness and Collagen Case

Female, married, 38, 5' 10", 210 lb

$$7.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

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Energy between 50 and 55, about 51 or 52. A reduction in weight from 210 to say 190 would not significantly alter the reserve energy.

This case differs from the last in that here we have a high sugar and a high weight. What I'm trying to show you now is how a slight change in numbers can give you a complete change in your whole problem.

The first thing that I notice about this is that it is a collagen case, a vitamin C deficiency, except it's in the very early stages, it's the same thing. It's in the early stages here, and it was advanced stages in the other. Collagen case, vitamin C deficiency that's the first thing I noticed. Now the lack of vitamin C indirectly cause her to be overweight, but the real cause of her being overweight is a calcium deficiency because a deficiency of calcium makes her nervous and she eats, and she eats, and she eats, and she eats to try to conquer her nervousness and extreme nervousness gives her poor digestion and poor digestion starts in the liver. The poorness of your overall digestive capacity starts with the liver, even the food that goes into your mouth, starts in the liver. Also because of the weakness of the gastric juices she has parasites.

The effect of the number change on the facial expression is such that this one when she's on her own would look a little down, a little withdrawn, and except by the grace of God she'd be very difficult to be with. In moments when she's not aware of anyone watching she may have a blankness about her face, a confused blank expression.

A blankness as if there's not a thought in the world going through her mind, now if you were there and somebody's entertaining or talking it's different, but you have to watch them in off moments and even while they're sitting and talking to you across your desk it will drop into this blank look for a second or two and then they'll perk up again, but notice the little teeny changes in expression, look for the blankness. The reason for the blankness is confusion which is caused by the whole condition, the sugar too high, the salt too high and the urea too high which is caused by not enough water, not enough oxygen and not enough calcium.

Her liver is not getting enough calcium which causes her to be nervous and because she's nervous she overeats and she likes and tends to overeat on sweets and starches. Now she's not been on this long enough to be on insulin or debenese or orinate, and we'll say that this condition has existed for a year, or a year and a half and this is not a genetic condition.

Now when she sits in a chair at home, relaxing, she sits straight but actually just flops into a chair because she's too tired to hold herself up and she just kinda relaxes and she doesn't cross her legs because they're too heavy and it tires her more.

Now her eyeballs are a little larger than normal, not bulged out, but just a little larger and she'd also be a candidate for glaucoma because of the high sugar.

Would they be a neat dresser or not, and there's another question that needs to be asked to determine that, and that is education level, or rather self discipline, and college degrees doesn't have anything to do with it, self discipline.

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There's a lot of people with college degrees that are uneducated, they have not disciplined themselves, so what I'm talking about is education regardless of how they feel they'll dress neatly, that is if they're educated. Now, we do not know by this whether or not they were educated or uneducated, but you can tell by appearance and that's something you will have to determine.

She's in menopause and she get's hot and cold flashes.

Also in this case there are short periods of time in which there is a very radical change in personality from one extreme to the other, she would sometimes be extremely irritable and other times be extremely pleasant to the Nth degree, moving from one extreme to the other without warning. It's caused because nature needs the adrenaline glands to flow and whenever they don't flow it just happens to be the situation at hand, if she's working and a little bit tired and the job is about to whip her and she's still got the drive to do something then she becomes irritable, but if it happens that she's sitting down and relaxing, entertaining a friend, why the whole world is fun. The adrenaline glands flow in either case, but the lack of other mineral elements to the adrenaline glands causes an uneven flow of the adrenaline. This woman could go on like this for years.

Colonics are not recommended at this time because she has an extreme vitamin C deficiency. I generally don't recommend colonics when they have an extreme vitamin C deficiency unless the person has an extremely high amount of gas.

Now, the danger in correcting this condition too fast, and the thing to fear most would be phlebitis. If we assume at the present moment that she does not have phlebitis or any varicose veins, but unless you are extremely careful you can give her a real doozey of a case of them. With phlebitis you get a thickening of the blood so you need to give them vitamin E to thin it at the start and continue it. Vitamin E thins the blood and then makes it possible to carry more oxygen. I have never known anyone to be harmed by vitamin E but I have found people that were allergic to certain kinds of Vitamin E, so you have to work that out.

There is no leukemia in this case and it also would be an acidosis situation, and a pH of 4.80 is either a faulty reading or they're near dead. This patient is in pretty bad shape but the only reason that they're not near dead is because of their weight, nature's drawing on the stored up fat.

Do not give this woman B Complex or B1 and B2 because both of those would make her hungrier than ever. So you need to zero in on the one that she's deficient in.

The first thing that you would do on this one would be to get their calciums up and also to get their sugar down and drinking your water systematically. It should not be too difficult to lower the sugar in this case even though the reducing fat would throw more sugar into the bloodstream because drinking the right amount of water will wash it out. This kind of a case should be in a retreat for three weeks, minimum, they should be on two, 6-day fasts, one 6- day fast and then about two days of light diet and then another 6-day fast and in that length of time they'll lose about 30 to 35 pounds of weight and then go on a very light diet, and then they'll put that weight back on and about 10 pounds more, but it will look like they're losing weight because nature will start forming muscle very rapidly, faster than it throws off the fat and fat is 400 percent lighter per given volume than lean mean, or muscle and there are some factors involved here that's other than the weight chart on this particular person, there's a change in frame from over the other one, larger bones, thicker shoulders, little bit larger head, and things of this nature.

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But you'll get used to looking at the difference in physique by changing the two numbers because a small frame like you had in the Arizona Salmonella weight problem, and in the other problem that we had denotes a smaller frame than this one.

So, these are factors that you need to notice every time that you see a person, compare their entire physique with these numbers.

In analyzing this case, or any case, when you see the person then look at their numbers and begin to pattern what you see in the numbers by using these questions that I have given you.

No Specific Problem, 70 Year Old Man

70, 6' 0", 195 lb, Male

$$1.8 \qquad \frac{6.70}{5.40} \qquad 39 \qquad 4 \qquad \frac{7}{16}$$

I will give you one key to this one, what energy rating are they in? I've already given it to you, and now I want to know what you're going to do with it, what is the rule for energy for age? What kind of a picture have you got with this guy, how does he look to you?

Let's describe this fellow and see what he looks like now. Well he's 6' 0" tall he weighs 195 lb and he doesn't look like he's suffering very much but at this age you'd expect him to have hair almost white and with his sugar reading where it is you'd expect his eyes to be normal in size. With his salt at 39C you'd ask, "do you have pains in your chest occasionally?".
"Oh yes", they generally say "yes, occasionally, nothing really serious".
The next thing that you would say is that sometimes you're not getting enough rest and you're tired in the morning when you wake up, but after you get going you feel just fine, this means that you're growing old a little too fast. What you'd be actually seeing here is a person 70 years old that looks more like they're 80 years old. He's about 10 years ahead of his years. You'd also find a person that was comparatively easy to get along with as far as their biological chemistry is concerned.

You'd also find that the liver is his major problem because it has a pH of 5.40, then you look over here you've got a 4M there you've got a link to know why the urea is 7 over 16, a direct link. So what is happening is he's quite active but the food that he eats is too heavy for the amount of work that he actually does, so it's just a matter of making him a diet, he can do it at home and feel like a new person.

It's a very easy problem to solve. But, many times this type of character especially, unless he wanted to come by himself, thinks that there's nothing wrong with him, there's not anything wrong and he more or less came to satisfy his wife and she gets her diet and goes home and she does it and in a month or six weeks they come back later and no change in their diet, in their body chemistry. And when you tell him there's no change in it he's surprised at how did you know, and he begins to get a little bit of an interest and thinks that maybe they do know what I'm doing.

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So the next month he does about half of it and when he comes back the next month he thinks he's done real good, I'm just telling you the general pattern. He thinks he's done real good, and his wife is real proud of him but you say, "you did just fine except you were playing around with it, you haven't got down to business yet. Get down and get well. I can see a big improvement". Now the numbers that you explain to him when he's playing around these numbers are moving a little closer in to Range 1, and you know whether he's playing around or not. The first number to change that would indicate that he's doing a little something about it is the salt. So you see how these numbers begin to show you things.

And then he thinks, "those guys do know" and the first thing you know he's really on the ball, and he feels well, and in about five or six months he looks like he's only about 50 years old instead of 80 years old, or sometimes in 4, 5, or 6 months, depends on how serious he looks after it and then something else happens, he feels so good he overdoes it, and the energy that he burns up is more than he takes in because the 4X divided by 2 is still in existence but, a little later it moves down to a 3X divided by 2 and you must remember if you can get it down that far and hold it he can make it to 100.

And then another thing that you do with this type of patient is to make a diet for them that if they will follow it that they should live to a hundred and that's the first time they've ever heard of anyone planning on how long they would live, of course he kinda likes that too though and it's kind of amazing the psychology that you use, and the numbers what they mean, how to get the people to respond to the suggestions that you have.

Now there's one more thing that I haven't mentioned yet, if he's been drinking iced tea he'll probably have bags under his eyes and also a kidney problem in the right kidney. For instance you've got a high salt, and he's not doing heavy sweating work, and he's also got a high urea which is hard on the kidneys, it's very hard on the kidneys. Now it's the right kidney because of the whole picture including the ammoniacal nitrogen and the liver problem. Now suppose for instance that it had of been both kidneys, it would have meant that the salt, ureas and weight would have been greater. The weight because the body would be retaining too much water.

He would have a little hypertension and he'd be in the zone for a minor pectoris heart attack and an angina attack. Remember this, there are no minor angina heart attacks, there are major and fatal only because it's the cholesterol stopping up the heart and if you live you're lucky, it's really a major. There's no such thing as a minor heart attack unless you consider if you live it's minor if you die it's major, it's all major. Now they're in the minor pectoris heart attack zone but with this high salt it's perfectly possible that they could have two majors at the same time that would be a fatal, but it's highly improbable with these numbers.

Now there's one more major problem here that you should notice about this person is his prostate because of the low calcium in his liver. The liver bile lets you know that there's a prostate problem there.

Now in a case with these exact numbers you ask, "do you have a back ache on the right side?" "Yes, come to think of it I do sometimes."
That the's from that kidney there. Also in this particular case he needs colonics but you could give him K-Min first. A coffee enema would be alright too. In this particular case I would give Cal II twice a day and 1000 units of vitamin C twice a day and it will form a lactate, but in this case you

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need another test in two weeks so it won't last too long. Try to see the person in the numbers. Study them closely.

Now you would expect this person's tongue to look coated because their liver is not functioning normally and the first visible signs that you would see that their liver's beginning to function is around the mouth and then it spreads over the face. Now when you give this fellow a diet to start on he's going to call you up and tell you, "I've got ulcers on my tongue and I didn't have them before." "I'm happy for you, your body chemistry is beginning to get back in line.

It is a malfunctioning liver that causes the tongue to coat and primarily a deficiency of minerals. Deficient in minerals is the cause and the tongue is the red light to let you know that something is going wrong. Bacteria can also get in and aggravate it. The first visible sign that there is an improvement is around the mouth and the second place is around the edge of the tongue, it'll begin to look pink and alive again. But where you find a body chemistry that does not respond the tongue will show no improvement, none. Now there are two major problems why a body does not respond and they are damage to the vagus nerve and a brain tumor.

Parasites.

Female, married, 38, 5' 10", 110 lb

$$3.2 \qquad \frac{5.30}{5.50} \qquad 22 \qquad 4 \qquad \frac{8}{10}$$

If this was a heavy parasitic condition you'd have had both pH's below 6.40, in fact in the 5's somewhere, or even 4.80. In other words if it had of been parasites these pH numbers would have been much lower.

Parasites and Collagen Case

Female, married, 38, 5' 10", 110 lb

$$5.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

Energy about 20 to 23

Subtract Perfect gives

$$+3.7 \qquad \frac{-1.50}{-1.20} \qquad +45 \qquad +3.96 \qquad \frac{+5}{+7}$$

The person is the same as before only I've changed some test numbers now. This is no longer an Arizona Salmonella case.

Now notice how many different ranges you have here and there's two major problems in this one. Now in your mind compare the personality of this person with the personality of the one that had Arizona Salmonella. Can you see the difference about this person's face from the one that had

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Arizona Salmonella, there's a distinct difference in expression in the face and I'm assuming there's no mercy by the grace of God in either case, I'm only speaking biologically now. I'm going to give you one more key. These three outstanding things that you see in the picture will have one, the effects will be brought about because of cause but it has a name, it has a name. I give you that, I'm giving you a key now. The overall picture here has one name to it, one word.

Please always remember to see the effect before you try to figure out the cause. Also, I want you to get to the place that when you see the numbers you see the person you're dealing with. When you see the numbers observe the person very closely.

The first thing that I saw when I looked at these numbers, or these types of numbers, was they had an extreme vitamin C deficiency. That the's the first thing I saw about this whole report. Therefore I conclude that this person has collagen disease, or old fashioned scurvy, and that's what it truly is. Now also in this particular case the body cannot accept vitamin C as it is, so we can expect a sinus problem because in the cold air and the change of temperature from a dry or a damp or a hot or cold effects the sinus very, very much and it becomes very annoying. Also if this condition lasted long enough it would settle in the organs that had the greatest mineral deficiency, so in this particular case it's about equal all over the body, it isn't in any central place anywhere. I drew you a picture on the board here to give it a central rather than to centralise it into a given place.

In regard to their expression, which includes the face and hair, I would also conclude that they also have no sheen in their hair at all because they have parasites, worms. The question that I would ask, "do you have cold hands and feet?" and the answer that I would get is, "I'm cold all over most of the time."

The next thing that I notice about the face in this particular case is they hold their chin down, they don't look straight up, they're depressed, suffer depression, and the next thing I would notice is fear written in their face, advanced neurosis. A question that I would ask of a woman at this time, "do you cry very much?" Or if it's a man, "Do you fly off the handle easy?" and you can see the wife's head go up and down, oh yeah. It's acute neurosis, nervousness. We can see in this case that the nervous condition is caused by the low calciums and also she's not drinking enough water, and the sugar content, the salt content, and the urea content all denote to us that she's not getting enough water.

Now we also notice that they have acute dysentery, also that the bowel movements have a very bad odor. It's a good question to ask, "Does the stool have a bad odor?" "Yeah." It's only verifying that they have parasites. Now the kind of parasites they have in the colon are anaerobic bacteria, not bacteria really because they don't use oxygen, anaerobic fungus is a better description. It's called bacteria but it's truly a fungus that's really causing such a bad odor.

Now, there's another primary factor that involved in this particular case and that is she's got a very high emphysema count in the lungs, and the liver is not getting enough oxygen and so in this particular case she becomes a candidate for soreness in all of the muscles and also in the joints, also swollen joints that would be considered arthritis but this is not arthritis, they're just swollen joints. The doctor calls every swollen joint arthritis and the difference in a swollen joint and true arthritis is that in this particular case there would not be a loss of oil in the cartilage, they're just not drinking enough water to wash out the delta cells and they're collecting in the joints.

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A big difference in this person and the Arizona Salmonella person is the salmonella patient is very easy to get along with, she accepts her fate, she's not necessarily fretting and more or less sees the better side of life and has great hope that she's going to be well, but this one is a nervous wreck, hard to live with, highly irritable and she's not fighting people she's fighting for her life. If she wasn't fighting for her life the adrenaline glands wouldn't flow and she'd go right on out real quickly. She also screams at the children if she has any and is just really miserable, and it's so easily fixed. Also in this particular person she just can't get her housework done because she's just tired, she's weak, she just can't get it done even though she wants to and tries very hard she just can't do it. She needs help and if there was ever a time that a woman needs understanding it is at a time like this. Suppose she goes to the doctor it would be very difficult for them to find anything wrong in the early stages of this number, but whenever this condition continues long enough, there are some doctors in the United States that can find this condition, I know three that can in the whole United States. I only know three medical doctors by the test they have that have been able to zero in on this condition.

The following questions have their answers in the numbers, these numbers are tattle-tales:

- Another question I'm going to ask you about this person, when they sit down in a chair would they sit straight or would they sit generally at an angle?
- Do they cross their legs at their knees or at their ankles?
- Would they hold their chin low or would they have the chin up normal or would they have the chin held a little high? How would they be holding their chin?
- Would this person have a habit of asking you to repeat your question?

How would you start getting this person's chemistry from the four different ranges it's in into Range 1. The first thing I would do to her I would tell her to prepare to get into a retreat because:

- The first thing I would tell her to do because the reason for being in a retreat in a case like this is so that she can do absolutely nothing.
- The second reason is so that she could get out of her environment where her habits and pressures and the things that excited her would be, she would be freed from for a couple of weeks or longer.
- The third thing that I would do I would start her on vitamin D 10 000 units twice a day or 50 000 units once a day.
- The next thing I would do is put her on Cal II, 2 x 3 a day.
- The next thing I would do in this case would be to put her on lime water, two tablespoons full in grape juice twice a day, and
- That the is all that I would do besides tell her to drink about 40 ounces of distilled water a day until she gets into a retreat.

Now you want to be real careful in a case like this that you do not weaken their condition. I would also tell them not to eat any meats, limit it to vegetables and fruits and eat the fruits in the early part of the day, most of the fruits and very light in the afternoon.

Now when they get into a retreat then you can test them by the hour to every two hours and you know just exactly what you're doing throughout the day and for three or four days until their body chemistry repatterns itself through the liver flushes and the body chemistry gets itself into Range 1.

Now you have a conflict here because some of the body chemistry is coming up and some of is coming down in the numbers and it's very, very difficult for the person to go through this without a

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lot of encouragement, prayer, getting their mind off themself and another advantage of being in a retreat is that they see a lot of people worse off than they are and they're also encouraged by the meetings and a change in spirit, and the prayer, and the singing and the visitation of other people and in a group like this they pray for each other.

The first thing they do in a retreat is put them on a three day fast of lemon water and water followed by a three day light diet, and the next thing you know they're going to lose 4 or 5 pounds of weight the first week and then immediately they will start to put on weight. In this case you take them off all milk and all wheat products completely and also you put them on zest tonic in order to control the temperature even while they're on the first three days of lemonade and water. These are conditions that you find in a case like this.

When she sits in a chair she would sit sideways at an angle to put pressure on each side of her spinal column where the kidneys are because it's more comfortable. It's comfortable because if you put a slight pressure from each side right where the kidneys are it lets you relax more.

Her feet would be crossed at the ankle because it's more comfortable. You have to hold them up when you put them across your knees and it's just more comfortable. Now, here's the boner, which foot would she cross, the right one over the left one or the left one over the right one? I'll let you figure that one out, I do know but I don't want the next question, change it so it'd be the other foot. This one you notice and I want you to figure it out.

On your vitamin D in this particular case, instead of giving the vitamin D every second day as I said before, I would give 50, 000 i.u. of vitamin D every day because both numbers are below 5.20. If both numbers were not under 5.20 then I would give it every other day, but here with these numbers and this much loss of weight I'm giving 50, 000
i.u. per day. There's one more vitamin I would give in this case, a half an hour before you eat and that's B1 and B2.

How would you know whether the sugar was sufficient or insufficient and what effect would it have upon the insulin. Now in this case it means that the pancreas is producing insulin spasmodically, it's operating spasmodically because the liver:

- does not have enough calcium,
- is deficient in oxygen, and
- needs water

Those three things are absolutely essential that they must do, and in this particular case it's going to be very, very difficult to bring those things from varying ranges toward Range 1 at the same time. It's a little difficult and that is the reason they need to be in a retreat.

They also have a high cholesterol and are in the danger zone but that is so minor compared to the other things.

This is a case of advanced emphysema and you see that from the pH. If you raise the ..... eventually that will raise the oxygen. Now vitamin E does not increase the oxygen in the blood, it does thin the blood so that the blood has a greater carrying power of oxygen, so you might say it does it indirectly but not directly.

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If this collagen disease gets pretty far advanced it can become scleroderma, characterised by a "grin" on the face which is the final stage on it. This one is pretty close to it. The "grin" is a tightness though and you're fighting for your life, you're going to do it or die, you call it a "grin" but it's also an irritability thing too and it's certainly an important factor.

Now if a later test showed the pH at say 7.00 and with such a drastic bouncing round of the pH, if they had these numbers they would be very near death. I mean they'd be very acute, in other words, the faster these numbers bounce around or move about the more seriously ill the patient. Now this is one thing about scurvy diseases or collagen disease, it is said that they die with a smile on their face.

This overall picture here shows a lack of oxygen. Even with such a bad source of minerals I would still not suspect anemia here.

As long as you can keep the ureas above 12 there's a great hope for them to recover but if they drop down and you can't get them up you've got a problem on your hands.

I take them off of milk and wheat products because of the bacterial parasites in their system. They feed very heavily on the gluconate that's in milk and the wheat.

Patient Cooperation

Remember this, with these numbers you know whether or not the patient does what they're told.

58, 5' 9", 148 lb, male or female, no pregnancy

$$6.0 \qquad \frac{7.80}{6.40} \qquad 20 \qquad 4 \qquad \frac{7}{10}$$

Now this patient really needs to be into a retreat. Let's do it a little differently to keep from confusing you.

58, 5' 9", 148 lb, male or female, no pregnancy

$$5.0 \qquad \frac{7.80}{6.40} \qquad 20 \qquad 4 \qquad \frac{7}{10}$$

You would tell this patient you go home and drink your lemonade and water and use a different sweetener in it each day, and you drink 40 ounces of lemonade and 40 ounces of water when this is over 130 and when it's under 130 then you calculate it. Now you tell them to go home and do it and come back in thirty days. OK, they come back in thirty days, here's what you find,

58, 5' 9", 148 lb, male or female, no pregnancy

$$1.0 \qquad \frac{6.40}{5.80} \qquad 3 \qquad 2 \qquad \frac{3}{5}$$

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they went home, they did absolutely nothing about it till two days before they're ready to see you again, then they got on the program, and what happened, the body was in withdrawal, "well doctor, how'm I doin'?"
"Well you don't feel so good today"
"Why no sir I don't, I just feel terrible, I'm sick at my stomach, I've got a headache, my throat's sore."
"Do you know why?"
"No", they don't know why "because you didn't do what you were told. We told you to go home and do it and you only started two days ago." "How did you know doctor?"
If they had have done it all the way, they would be through withdrawal by now you see, they'd be through withdrawal.

Then you have another type of person, if they'd have been doing this every day, they'd have gone through withdrawal and been just doing fine, so all you do in this case is keep up everything you're doing, see me in three more days.
Now, let's take another one that comes back, here's what comes back.

58, 5' 9", 148 lb, male or female, no pregnancy

$$5.2 \qquad \frac{7.90}{6.40} \qquad 24 \qquad 4 \qquad \frac{8}{12}$$

He's done absolutely nothing you told him to do.
Some would say, "well why did you come back, you havn't done what you were told."
"Well doctor I was just too busy"
"Well why'd you come back for?"
"Well doctor you said to come back."

So you know whether or not the patient did what you told him.

Let's make another example right here.

58, 5' 9", 148 lb, male or female, no pregnancy

$$7.0 \qquad \frac{7.80}{6.40} \qquad 20 \qquad 4 \qquad \frac{7}{10}$$

This patient you do not put him on lemonade, you only put him on water. Your desire is to get the sugar down to about 5.50, if it gets below 5.50 he goes in withdrawal and then he's not able to work. So give him enough water to get this down until he gets a vacation where he can come in. Also get him on fruit juices and things of this nature to drink and have him to drink his water systematically, put him on calcium lactate, put him on dolomite, and tell him to throw away the salt shaker, eat lots and lots of vegetables and cut down on meats if he's and executive, if he's a hard working man doing a lot of lifting you're going to have to give him more meat, even though it's not that dilute and have him to soak the blood out and take the fat off and do without the unclean meats and therefore you can help him some, but eventually he's going to have to go in and get that body chemistry down. You will find about four percent of all the people that you recommend such a diet to this will go down to normal as if they had gone through withdrawal, there's no biological reason why they

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should not have had a rough withdrawal except that our instruments or your instruments will not measure the grace of God.

Pregnant, Carbohydrates.

Test 1. 25, 5' 5", 138

$$1.0 \qquad \frac{7.50}{6.70} \qquad 14 \qquad 4 \qquad \frac{10}{6}$$

pregnant 6 months

If you take these numbers and had another number exactly like it you're wasting your time, you must see the patterns, you must see the ranges. The reason we're taking this particular case up is, here we have a person whose food is digesting too slowly which is very common in pregnancy, and therefore it is one of the causes of nausea. The food digesting too slowly is one of the causes of nausea during pregnancy.

The next thing the salt has dropped way down, and the base exchange is rather high, above normal, you will find that in pregnancy that the 3 over 3 it rises during pregnancy because there's a base exchange within the foetus as it grows the cells are thrown out and exchanged and it will run higher during pregnancy, it runs above normal. Now the 3 over 3 is only perfect whenever there's no pregnancy, and it always must be a woman, never a man, and that's why I'm safe.

The reason I wrote this problem like this is because the salt is running a little above normal, and the nitrate is running a little above normal. These two are above normal because the food is digesting too slowly, now your danger point is your sugars at 1.0.

Now in correcting this diet you have to be very careful about the water intake, the lemon water and the diet so that the sugar level won't drop any lower than 1.0. This is the point at which it must not drop below or it will abort. Now remember that.

Now I'm going to change one number here, I'm going to change the sugar number and let's see what it does.

Test 1. 25, 5' 5", 138

$$1.0 \qquad \frac{7.50}{6.70} \qquad 14 \qquad 4 \qquad \frac{10}{6}$$

pregnant 6 months

Test 2. 25, 5' 5", 138

$$4.5 \qquad \frac{7.50}{6.70} \qquad 14 \qquad 4 \qquad \frac{10}{6}$$

pregnant 6 months

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Actually this change in number didn't change a thing, it's still exactly the same, the problem is still the same, it didn't change a thing, not a thing, except that it means with the 4.5 that the mother has headaches, the young mother's possibly having some headaches. There were no headaches before if the sugars were constant. Now the sugar is fluctuating whereas before it was a constant.

With a fluctuating sugar it also means that her energy rating is lower. To find if the number is fluctuating we might run tests every day or twice a day. Now if these are two and you've run one test one day got 1.0 and the next day got a 4.5 that's when you decided that it's fluctuating and therefore she has headaches? Yes, or when she comes in she might say, "last night I thought I had some labor pains, I had something similar and I just came in today to see what's wrong," you see what I mean?"

So she comes in and she has a 4.5, she thought she had a few labor pains or thought maybe they were or cramps in the back, she didn't know exactly which so we find this and once we have this in these numbers we know that she had labor pains and we know because during the night that sugar level run too low and it had initiated labor pains.

Test 1. 25, 5' 5", 138

$$1.0 \quad \frac{7.50}{6.70} \quad 14 \quad 4 \quad \frac{10}{6}$$

pregnant 6 months

Test 2. 25, 5' 5", 138

$$4.5 \quad \frac{7.50}{6.70} \quad 14 \quad 4 \quad \frac{10}{6}$$

pregnant 6 months

Test 3. 25, 5' 5", 138

$$4.5 \quad \frac{5.60}{6.70} \quad 14 \quad 4 \quad \frac{10}{6}$$

pregnant 6 months

Whenever the body's too acid the mother doesn't put on weight because the food is digesting too quickly which is why the weight is at 128. Now notice in this case the mother would be losing her teeth at a lot more rapid rate than she would in the other one, in other words she's minerally depleted, in other words there's not enough mineral and this means possibly a weak, weak baby, if it stays this acid.

Also the mother is very irritable from the lack of calcium, is the cause of irritability, she is irritable, cross, fighting for her life. Not fighting people, wondering why in her own mind at her bad behaviour is enough to drive her insane almost, "what has happened to me? Why am I acting like

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this? I am not myself and I can't help it." I've had them say that to me over and over and over and over, continually saying it like this, "why? I love my husband, why do I scream at him? I love my children why do I fuss on them? why do I scream at my children?" It's because their calcium is too low.

We're going to change two more numbers as shown in Test 4. We'll make the ureas 14 over a 12. Now we'll just change two numbers.

Test 1. 25, 5' 5", 138

$$1.0 \quad \frac{7.50}{6.70} \quad 14 \quad 4 \quad \frac{10}{6}$$

pregnant 6 months

Test 2. 25, 5' 5", 138

$$4.5 \quad \frac{7.50}{6.70} \quad 14 \quad 4 \quad \frac{10}{6}$$

pregnant 6 months

Test 3. 25, 5' 5", 138

$$4.5 \quad \frac{5.60}{6.70} \quad 14 \quad 4 \quad \frac{10}{6}$$

pregnant 6 months

Test 4. 25, 5' 5", 138

$$4.5 \quad \frac{5.60}{6.70} \quad 14 \quad 4 \quad \frac{14}{12}$$

pregnant 6 months

Now here we have a pregnant mother who is so tired that she can't go and the reason for this is she's not getting enough energy out of her food and it doesn't matter whether the pH of the urine is high or low, she's not getting enough energy out of her food.

The proteins are not digesting, her heart is beating too hard each time, not faster but much too hard, and consequently she's not taking enough exercise and she just can't take enough exercise and if it's the first pregnancy she's going to have great trouble with it because in every pregnancy there should be lots and lots and lots of walking but if, as in the case previous, there is any chance of premature labor pains then she shouldn't be walking and plan on a caesarean, but if there are no labor pains and you have kept control of the sugar level then they should do a lot of walking, walking, walking, walking and this spreads the pelvis.

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One of the great problems with pregnancy today and our diet is there's not enough iron and one of the finest forms of iron I know is ferro. It's a natural iron bubbling up out of the ground in a spring and it seems to fit human beings so beautifully, it's easily available and is not caustic. I've never seen a case in which it did anyone any harm and it benefited all who needed it without any exceptions and it has done a marvelous job. Iron is necessary in your system during pregnancy in order to make the muscles flexible. If you have plenty of iron in your system, your own body will pickup enough copper from the air and between the copper and the iron the muscles become flexible and natural childbirth is very easy.

Now in this case when you've got high ureas, you've got a fluctuating sugar and they've got to be tested 4, 5, 6 times a day for sugar and ureas as you bring those ureas down.

Also be very careful in giving dolomite when you have a low pH because many times the acid that is in the body will take the magnesium oxide and turn it to a magnesium sulphate and then you've got a problem, so dolomite is safest given to pregnant women whenever the pH is above 6.40. It is safest and your idea here is to bring the ureas down by the intake of water and lemonade, and also keep the sugar up, and you have to start and stop it. The test has to be done hourly as long as they are on water and lemonade in order to do it.

Retreat Case with Explanations

Person, 60, 5' 7", 150 lb

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

This equation is Range C, or 3, and it is a long way from perfect. The first thing is that this person should be in a retreat.

Now I'm going to tell you some things about yourself:

- You are tired all the time, you're forcing yourself and driving yourself and your energy just leaks out.
- I also know that you're tired all the time because you're not digesting your proteins.
- You're not drinking enough distilled water systematically and therefore your proteins are staying in your body too long, they're turning into urea and causing your heart to beat too hard. So you've got to stop, rest and do absolutely nothing.

The main problems in this kind of a case are:

- A lot of delta cells in the body, some of which are located in the lungs, which means a high emphysema count. A high emphysema count is shown by the food digesting too slowly, not enough oxygen going to the liver.
- Tired all the time, they have to drive themself.
- A high delta cell count that is malignant or growing rapidly.

Other problems. She also has:

- High cholesterol in the blood vessels.
- Hardening of the arteries.

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- Borderline diabetes.
- Compaction in the bowel or diverticulous bowel or pockets in the colon.
- A good case of worms.
- Her heart's got a problem, she has an arsenic deficiency, she needs to eat asparagus about twice a week after she gets her numbers right.
- She does not have cirrhosis of the liver.
- She does have a very high delta cell count in the lower abdomen, from the kidneys all the way to the bottom of the lower abdomen.
- She has a haemorrhoidal condition.
- She has delta cells in the left lobe of the colon
- She has delta cells in the uterus/vagina and ovary area
- She has delta cells in the kidney area.
- Also she's had a back injury in the 2nd lumbar vertebra just below the kidney and just above the belt. She has terrible back pains, but it's not her kidneys.
- She's getting close to a heart attack but she doesn't notice that very much because it's crept up on her so slowly.
- This condition is effecting her eyesight and one more thing that's connected with this eyesight and that is she is a candidate for a cataract but she hasn't got there yet.
- Her breathing is such that she is slightly restless at night.

Now the picture shows all these things, there is no one number that indicates these things it's the total picture and all of it together gives her an aching between her shoulder blades and it's not:

- digestion or
- high ureas, or
- heart.

It's just plain weakness because she's still working hard and it hurts her less to use those muscles than it does any of the rest, so she overdoes it with her arms and hands. It's just weakness there that causes it.

Now it would help to have a chiropractic adjustment on her back.

She rarely has headache here but to make it very prevalent she'd need a lower pH.

She is having trouble with her hearing, in her left ear more so than the right. This person has too much of one kind of calcium and not enough of five other kinds. They need the calcium lactate and the MinCol, phosphate of calcium and now you see you're beginning to fit a diet now to a pattern.

The most delicate bones in the entire body are found in the ear and they need Calcium Phosphate or the MinCol. She needed MinCol because of the alkalinity, she had too much of one kind of calcium and deficient in five others and MinCol was one of them.

Therefore the indication is when you have a way oversupply of one calcium you have an under supply of the others, and the ears are the first one to be effected.

Now you can know which ear is effected more by observing which way she turns her head, in her case she'll turn her head away from you to the left so she can hear with her right ear.

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Supplements

So one thing that you will find as you memorize what these are and how they work you will not have to write down what you tell a person to do because if the numbers are in a certain place you will tell them to do certain things and you don't have to write it down because if they were there you told them to do it. Now if they want to write it down or put it on a tape recorder I have no objection. But you must tell them what to do and you don't need to write it down providing you memorize this and tell them correctly. Now, suppose that you had a reading like this we'll say a

$$4.5 \qquad \frac{6.50}{6.30} \qquad 17 \qquad 4 \qquad \frac{12}{15}$$

It doesn't matter where the other numbers are because all I'm doing is giving you one problem here. In this case, going by the pH alone, you'd give:

- calcium lactate 1 x 3 with each meal
- Cal II 1 x 3 with each meal.

Because this would cause them then to get more energy out of their food than they would otherwise, in other words they like more resistance in their stomach in order to get more energy from their food. So this is the time that you'd use two opposite ones.

Now if they were extremely weak which if they were very, very sick, you would not find this condition because the sicker they are the lower the pH goes.

Number Interpretations, Young Girl, Tired

Female, 16, 5' 0", 100 lb,

$$6.0 \qquad \frac{8.00}{7.50} \qquad 40 \qquad 4 \qquad \frac{8}{12}$$

This girl’s mother has probably been telling her, "you're so lazy your hair's almost falling out" and daddy has also probably scolded her and given her a rough time and it's not doing any good at all because she has plenty of energy to do what she wants to do but she wears it out on things that she wants to do and when it comes to things that she should do she doesn't do it.

The thing to say to her is something like this. Mother, this child is not lazy, and it doesn't matter whether she's 10, 11, 12, 13, 14, she is so tired that:

- she cannot even hang up her clothes,
- she can't make up her bed,
- her room looks topsy turvy,

and the child's eyes gets bigger and bigger and mother's agreeing with you, shaking her head up and down so you know you're on the right track and the child is embarrassed to the Nth degree and finally she says, "doctor how did you know?" And then the girl will come to herself and she'll say, "mamma, I told you I was so tired I couldn't do it."

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Then you give her a diet to follow at home and the next time she comes I'm telling you she's smiling from ear to ear, so you can say, "I see you got your room cleaned up?"
"I sure have. That diet sure did help me I'm not tired any more."

The urea's dropped down, the body responded, they really stuck to their diet, they really got on the ball and you've made a friend of that child forever. She won't give medical doctors any problem, she'll be back every time she has a problem to see you.

Now this girl also does have:

- A little bit of emphysema, a very little bit it's in the very early stages.
- She is having a little problem with her eyes, bright lights and things like that effect her eyes but it's only in the early stages yet, very early.
- Her food is digesting too slowly, she's just a little bit overweight, just a little, and therefore she has swollen ovaries but everything else is OK.

and these are the problems that she would have at this age.

The biological, physical law that brings all this into effect is the time it takes nature to make the energy to make one cell. In other words at her age nature is still changing the cells so rapidly until they're still in the fast growing stage and they're not accumulating yet. She hasn't reached maturity. So this is why the problems are different even though the numbers are the same.
We give this girl a diet and tell her in a month. In a month she's back and you find her numbers are:
Female, 16, 5' 0", 100 lb
Test 1

$$6.0 \quad \frac{8.00}{7.50} \quad 40 \quad 4 \quad \frac{8}{12}$$

Test 2

$$1.8 \quad \frac{6.90}{7.10} \quad 8 \quad 4 \quad \frac{12}{6}$$

If she's done what you've told her this is about what the reading should be, and that's very good, whether it was a 60 year old woman or a 16 year old girl, this is about what the change should be and this means that they have been very obedient.

Tiredness, Nervousness, Diarrhoea, Gas.

30, ... , 180 lb, Male

$$8.0 \quad \frac{5.20}{7.90} \quad 45 \quad 4 \quad \frac{15}{12}$$

Energy 50

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These numbers are bringing about some other changes but his eyes are the same, (now he's not on orinase or debinese and you will notice his pupils are dilated and he'd probably be wearing glasses).

He's very tired. There's something else that comes into bearing right here and it's extreme nervousness because of the deficiency of one or more of the calciums.

Now there's also a digestive complaint that comes in here, diarrhoea and lots of gas, burping, the misery of gas.

Now, let's consider that this is a first test, now there's something else that's very predominating here about this test, either the 5.20 or the 8.0. Now his current condition is of short duration and the factor which let's you know that is the weight. The weight shows you that it's of short duration because if this condition had lasted very long then that weight would have been much less.

Now, there's one more thing that you could possibly notice about this fellow, his skin is very oily and there would be some blackheads or acne showing on it because of the poor elimination. The liver is way too alkaline, his food is digesting too slowly, he has barely enough energy to go and his body would be retaining too much oil.

You would recommend for this person to go to the retreat. Also he is in range 5.

There's one number in this equation that the zone is out, in other words, there's a contrary number here to the zone and that is the 5.20. Now here you have an example of a range with a zone that's clear out of place and when you find that you'll find a person who's energy is dropping very rapidly, in fact his energy rating is about 50. At 30 years old it should be 100.

Because the 5.20 is out of a range he's losing energy quickly. Now that also applies to all of it but if he took diarrhoea he'd be losing energy a lot faster.

Number Interpretation, Tuna Fish Allergy, Reverse Working (Picture to Numbers)

Now, with this fellow that has migraine headaches from a tuna fish allergy let's see just what he looked like. Let's put a set of numbers to what he would look like but first let's describe him from what I have told you:

- He's about 35 years old, 5' 7", 155 lb, male. He was just a nice built fellow, well muscled, I mean he took a lot of exercise, there was no fat about him, he had a very well built body, very handsome looking body.
- His facial expressions now had certain things about it. He'd have a squinty face, the pain would cause a squint or a frown on his face.
- The skin looks too tight on his face. Did you ever see people like that with headaches and the skin looks too tight, very tight on their face. Now that's caused by pain. When people get afraid, or pain comes they tighten their lips, lips that thin, in other words they try and endure it, they're grinning and enduring it, so this is what happens.

Other minor things that may be noticeable are:

- He'd be only a little nervous about the headache, not much.
- He's be a little sensitive to noise.

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- He may be perspiring some, cold sweats from the pain. Now these numbers would be a case of it:

35, 5' 7", 155, Male

$$4.4 \quad \frac{7.20}{6.90} \quad 10 \quad 4 \quad \frac{7}{8}$$

He told me he had the headache already, so whenever you would see a 4.40 sugar with a 7.20 over 6.90 and you put tuna fish in your stomach you're asking for allergy trouble.

Now notice that 7 over 8 there, that 15. It means that he had a lot of energy but he wasn't drinking quite enough water, but the reason he didn't drink enough water is he had so much of a headache that when he drank the water it made him feel like he was going to vomit. Nature was trying to expel that which it was rebelling against and so he didn't drink much water. He's quite a healthy fellow except that he's allergic to tuna fish.
When you look at the sugars and pH's and saw

$$4.4 \quad \frac{7.20}{6.90}$$

the headache that he has is then caused by a lack of oxygen to the brain which is shown by:

$$4.4 \quad \frac{7.20}{6.90} \quad 10 \quad 4 \quad \frac{7}{8}$$

All the numbers, the whole picture.

It's cause and effect, see everything you look at. In other words here we took a description of a person and put numbers to fit his problem. In other words, I'm trying to tell you it works both ways.You need to test to determine the wherefore of it exactly because there's a variable in the zones:

$$4.4 - 5.2 \quad \frac{7.20 - 7.40}{6.70 - 6.90} \quad 10 \quad 4 \quad \frac{7}{8}$$

Let's change a number and give him a real problem.

35, 5' 7", 155, Male

$$4.4 \quad \frac{7.20}{5.10} \quad 10 \quad 4 \quad \frac{7}{8}$$

Now, he's not only got the migraine headache he's got tumorous area, high delta cell count, in the prostate area. You know that because the specific gravity of manganese is 54 and with this kind of a digestive system it couldn't take in manganese and without manganese the cells in the prostate gland could not be replaced, and therefore there's going to be a breakdown of them.

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You've got to know that atomic chart from memory like you do the ABC's. If you understand that you've got to know what the numbers are because the higher the specific gravity the stronger the gastric juice of the liver must be in order to get that mineral from the foods you're eating. The higher the specific gravity, the weight, the greater the number of electrons in orbit the stronger the gastric juice must be in order to get that mineral out of the foods you eat.

In this case he wouldn't have any trouble picking up iron, and the zinc he'd get from the air. Now he wouldn't have trouble with iron, even though it's 55 and manganese is 54, because iron comes in soluble form like in Ferro, in syrups and in many fruits in greater amounts than manganese. For instance it's the iron that gives you the green chlorophyll in the leaves of a tree not the manganese. It's only the manganese that gives you the germ of life, there's a greater amount of iron in foods than there is manganese in ratio and proportion.

Weight Problem, Error.

30, ... , 180 lb, Male

$$8.0 \qquad \frac{5.20}{5.40} \qquad 45 \qquad 4 \qquad \frac{15}{12}$$

There is an error in this reading and it is this, he couldn't be this weight and have these numbers so we'll drop this weight down to 130 lb.

30, ... , 130 lb, Male

$$8.0 \qquad \frac{5.20}{5.40} \qquad 45 \qquad 4 \qquad \frac{15}{12}$$

Now we've got another problem coming in here, now you have a case of high delta cells in one organ of the body and that is the liver. It's in the liver and there's two reasons for the liver to have the highest delta cell count of any organ in the body and they are:

- Lack of calcium, and
- Lack of oxygen.

so therefore if there was a lack of oxygen then the problem would be emphysema.

Now, when he arrived at the retreat the first thing that you would do would give him 4 oz of water every thirty minutes and test him about every hour until the urea dropped below 20, because then he would be out of the pectoris heart attack zone. Now I didn't say 15 or 12 there because he's got a very high cholesterol and you don't want to bring it down too rapidly, otherwise some of the cholesterol could turn loose and bring on an angina heart attack, so bring it down slowly there.

Now, one thing you must do is take lots of rest, and one thing you can't do and rest too is watch television all day. In other words that's work, just to watch television and hear the noise all day is work. So we discourage the use of television or radio whenever the person is recuperating. Now, you've got over here you had the urea at 27 and now you've got it down to 20 the effect on the sugar content, the carbohydrate, would be to drop it down to between 5.50 and 6.0 because that would be his normal range for the rest of the figures because his body chemistry has not changed yet.

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That's the reason why. When his chemistry changes he'll be in withdrawal. Withdrawal has not yet taken place. Now we'll put the guy in withdrawal and see what happens. We're really giving this fellow a rough time.

No Information Given On These Numbers

Test 1, Date
Male, 70, 6' 0", 195 lb, Caucasian

$$1.8 \qquad \frac{6.70}{5.40} \qquad 39 \qquad 4 \qquad \frac{7}{16}$$

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PART 14

COURSE STUDENT CARD READINGS
BY CAREY REAMS

1. Mr John C. L.....

Age 33, Height 6' 1", Weight 150 lb, Male, Caucasian

$$\frac{0.5}{0.4} \quad \frac{7.00}{6.00} \quad 4 \quad 4 \quad \frac{5}{9}$$

Energy 42 (Note: 0.4 is the refractometer tolerance)

Anyone having numbers as are found on this laboratory report will have the following problems.

The major problem is not quite enough oxygen to the liver from the lungs, there is some emphysema, it is minor but yet it is slowly depleting the liver bile of the strength that it needs to get the most nutrient out of your food.

The major problem is the left kidney it has a very high carcinoma count and it is far above normal, The right kidney has some carcinoma.
There's some carcinoma in the prostate area.

Minor haemorrhoidal condition in the lower colon. What I want to tell you about a haemorrhoidal condition is there's two kinds, there's one that has the fistula and there's one that doesn't have, now the one that doesn't have is a dying off of the nerve which causes a deterioration of the lower colon itself which only too often is the cause of an irrepairable colostomy, however this is in the very early stages, if you will stick to our diet it will repair itself.

Now you have some no-no's here, iced tea and chocolate you are allergic to, you should not take iced tea or chocolate, those two things are off of your list forever. I'm talking about Liptons, Nestle, Tetley, the far eastern tea. You may have the herb tea.

Watermelon juice is one of the finest things in the world for a kidney condition of this nature. If there is any aching in the left side it's the left kidney, if there's any aching in that side please discontinue the lemon water and use only the distilled water.

I would suggest that you drink lemonade and water with a different sweetener in it each day. Drink the lemonade on the hour and the water on the half hour.

2. Dr. Paul B.....

Age 36, Height 5' $9\frac{1}{2}$", 160 lb, Male

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$$1.0 \qquad \frac{7.30}{6.90} \qquad 8 \qquad 4 \qquad \frac{7}{8}$$

Energy 54

Anyone having numbers as are on this card would have: A tendency towards low blood sugar.
Needs some colonic therapy.

Proteins are not digesting as well as they should, you're growing old too fast Food is digesting too slowly.
There's minor carcinoma in the prostate area,

There's minor carcinoma in the lower colon and a minor haemorrhoidal condition. Minor carcinoma in both kidneys
Minor carcinoma in the bladder.

A little, minor emphysema in both lungs.

Anyone having numbers as are found here their body chemistry would not be receiving enough Vitamin C.

This type of a reading should not go on a fast but should be on the lemonade and water and should be taking : 2 x 3 Algavim for a year.
2 x 2 MinCol for about 60 days,
1x 3 Calcium Lactate and 1x 3 cal II with meals, 2 x 3 Dolomite capsules,
2 x 3 Chaparral capsules. Chaparral is a mild laxative as well as having a healing agent in it. 1000 units of Vitamin C twice a day between meals
1000 units of Vitamin E twice a day between meals.
I would also suggest that you drink lemonade and water with a different sweetener in it each day. Drink the lemonade on the hour and the water on the half hour.

3. Mr. Ronald P.....

Age 33, 5' $11\frac{1}{2}$", 172 lb, male

$$1.0 \qquad \frac{7.40}{7.50} \qquad 4 \qquad 4 \qquad \frac{12}{7}$$

Energy 33

Let me start at the beginning:
A tendency towards low blood sugar. Food digesting too slowly.
Proteins not digesting normally. A lot more tired, wear out at the end of the day too quickly, by the grace of God of which our instruments do not measure. Need a lot more rest for a while, slow down, don't go so fast.

There's a slight deficiency in salt, you should add a little salt to your diet.

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There's advanced carcinoma in the lower colon and you have a diverticulous pocket in the descending colon above the left lobe of the colon.

Some carcinoma in both kidneys.

Quite a lot of emphysema in both lungs. Rather, a spot about the size of a penny in the lower central part on the backside of the left lung.

There's a small benign tumor between the left lung and the heart, it's about the size of an ordinary size bead. Well- formed.

Very minor prostate problem. This means a manganese deficiency in the diet and this is one of the great deficiencies and you'd be amazed today at how many people are lacking manganese in their food. Correct these conditions and it will correct themselves.

I would suggest that you drink lemonade and water with a different sweetener in it each day. Drink the lemonade on the hour and the water on the half hour.

This may be just temporary but you're lacking in Vitamin C. You need some colonic sessions.
This condition in the upper abdomen, this little small benign tumor there and there's a little carcinoma on the opposite side of the heart and it's enough at times to cause some chest discomfort. However you're not in the zone for a heart attack.
2 x 3 algavim for one year,
2 x 2 MinCol on this one for 90 days instead of 60 days as in the previous. 1 x 2 Cal Lactate
2 x 3 chaparral
2 x 3 dolomite with meals.
1000 units of Vitamin C twice a day between meals. 1000 units of Vitamin E twice a day between meals.
I suggest you drink lemonade and water with a different sweetener in it each day. Drink the lemonade on the hour and the water on the half hour.

Also on this one some chiropractic adjustments on the neck would help. There's a little tension in the second and third vertebra in the neck. Also if they sit for a long time, or ride for a long time, most people would have an aching at the end of their spine and if this gets any worse there'll be a swelling of the left testicle or the tube going to it and also some burning or aching in the left leg.

This is to the point now that if these symptoms have not already occurred they will be occurring soon.

4. Miss Peggy-Anne M.....

Age 23, Height 5' 4" , Weight 120 lb, Female

$$1.0 \qquad \frac{7.50}{7.10} \qquad 6 \qquad 4 \qquad \frac{11}{6}$$

Energy 55

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Tendency towards low blood sugar.

All you need Peggy is a tune up, and a colonic.

I would suggest continuing the same minerals that you're taking, you're doing very well. There's a little bit of carcinoma, very minor, barely visible in the kidneys.
A minor emphysema in both lungs, in other words there's an improvement, there's a lot of young, new tissue here and in other words your problem is diminishing instead of increasing.

There's a little swelling of the ovaries, enough to cause a little discomfort during menstrual period.

Also a very, very minor carcinoma in the lower colon and a very minor haemorrhoidal picture, just barely visible.

So you're almost well, you must have been on a good program recently.

5. Mr. Emil H.....

Age 69, Height 5' 5", Weight 135 lb, Male

$$1.0 \qquad \frac{6.00}{7.00} \qquad 2 \qquad 0.3 \qquad \frac{4}{8}$$

This picture is very foggy, your body chemistry is in a state of change and it's difficult to tell very much about it. You caught me on a twenty one day fast.
It's in a state of change and I can't tell very much about it so I'm going to have to pass you over. It's too foggy to try to even interpret. It's like looking through a dense, dense fog.

Can you see the energy level on it Doctor?
No sir. No sir it would be unfair to try to predict it whenever your body chemistry is in a state of fog.

6. Mrs Will T.....

Age 62, Height 5' 5", weight 119 lbFemale

$$1.2 \qquad \frac{6.60}{7.00} \qquad 6 \qquad 0.4 \qquad \frac{8}{8}$$

Energy 48

A tendency towards low blood sugar.

Calciums too low and still some effects of menopause, however this has nothing whatsoever to do with the menstrual flow, nothing.

Proteins are not digesting as well as they should.

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There is advanced carcinoma across the lower part of the abdomen, the uterus/vagina/ovary area. There is also advanced carcinoma in the lower colon up through the left lobe.
There is carcinoma up to the right kidney, well it's up to both kidneys it's just more predominating in the right. A very minor bit of emphysema, very minor.
There's a little carcinoma in the right breast, very minor. The breast should feel as soft as a wet sponge, if you'll use your middle finger and touch it gently you'll feel some cords in the right side of the breast, it feels like strings or cords in there. There is also a little carcinoma in the left breast but not as noticeable as the right.

Also there's a lot of carcinoma along the spine between the kidneys and the end of the spine and in most people they would notice an aching there at times. Chiropractic adjustment helps a lot but the problem there is coming from the lower colon and it's collecting in the muscle on each side of the spine more than it is in the joint itself. A good vibrator will help a lot too on those muscles.

What can you tell me about my eyes?
This kind of a condition does affect your eyes. It does effect you. It's almost like your energy draining out at times, like trying to fill a bucket whenever the bottom is half out, the energy just drains out and you can almost feel it draining out even into the shoulders, and it's a miserable feeling when you have this kind of a condition.

It would take a book to tell everything about each individual, so many people ask me, "Doctor, why don't you write a book?" I'd have to write a book about each individual. We only hit the high points and the causes. There's many symptoms that's connected with the cause and we can't tell you everything because there's just too many things can happen but we hit the high points. Even like this case, there is often motion sickness especially when you first start. Generally if you ride long enough it improves but motion sickness is very common, and also if your meal is a little late you'll notice weakness jumps right on you very quickly, lightheadedness and dizziness. So all I've hit the high points I have not tried to touch all the little points that go out in every direction.

7. Mr Will T.....

Age 67, Height 6' $0\frac{1}{2}$", Weight 200 lb, Male

$$1.5 \qquad \frac{6.50}{8.20} \qquad 10 \qquad 4 \qquad \frac{12}{8}$$

Energy 57

Advanced carcinoma across the lower abdomen. Advanced carcinoma in the prostate area.
Advanced carcinoma in the lower colon. Some carcinoma in both kidneys.
Quite a lot of carcinoma around the heart on both sides, enough to cause some chest discomfort and even pressure on the heart and even at times it can affect the rhythm of the heart causing heart skips but the heart will only skip during a rhythm beat and it won't be a regular thing. It would be nothing unusual for most people with this problem to have about 3 - 4 skips per minute if they are quite tired.

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It would help you if you did a lot more singing and get those lungs back into action, and take minerals, 2 x 3 Algavim capsules for a year
2 x 2 MinCol capsules for about a year 1 x 2 Cal II
2 x 2 Chaparral
2 x 3 dolomite
1000 units of Vitamin C twice a day between meals. 1000 units of Vitamin E twice a day between meals.

Walking exercise, you should walk at least a mile a day. That would be good for both of you, out in the fresh air with nothing in your hand, every day that the weather is suitable.

8. Mr. James G.....

Age 58, Height 6' 0" Weight 180 lb, Male

$$4.0 \qquad \frac{6.80}{7.40} \qquad 17 \qquad 4 \qquad \frac{12}{10}$$

Energy 52 and dropping rapidly

Major problem here is some emphysema in both lungs. I haven't seen a case yet today that it would show on an x- ray, however I have seen one spot that would show on an x-ray if you took the picture correctly.

A little carcinoma in both kidneys.

Advanced carcinoma in the lower abdomen/prostate area. Haemorrhoidal condition in the lower colon.
Diverticulous pocket in the descending colon about half way between the descending colon and the rectum. Enough to cause a little discomfort there at times when gas forms in this pocket.

Tendency towards low blood sugar. Foods digesting slightly too slow.
Proteins not digesting normally, lot more tired than should be.

A little bursitis in the shoulder joint right on each side of the neck.

Some minor carcinoma in the bladder.

Also some carcinoma in the lower part of the spine.

It's showing a small calcium deposit in the left knee through the cartilage there and a little bit in the right side of the right knee, very minor on the right knee, just enough to cause a little aching.

It also shows that the bone in the dorsal area is beginning to honeycomb a little bit in the spinal column, meaning there's a terrific mineral deficiency. But if you'll take the MinCol two three times a day for a year it will rebuild that bone in the spinal column.
2 x 3 algavim for a year 1 x 2 cal II
1000 units of Vitamin C twice a day. 1000 units of Vitamin E twice a day. 2 x 3 dolomite

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2 x 3 chaparral.

Take the minerals with meals and the vitamins between meals. So correct this condition before it gets any worse. If you do not take steps to do it quickly you could very well within a year and a half, or two years, end up with a colostomy.

9. Mr Robert P.....

Age 45 Height 6' 0" Weight 195 lb

$$5.2 \qquad \frac{5.80}{7.00} \qquad 20 \qquad 4 \qquad \frac{13}{10}$$

Energy 43

Tendency towards low blood sugar. Calciums are way too low.
Proteins not digesting normally. In the zone for a major heart attack. A lot of inward tension. Advanced carcinoma in the left kidney some in the right.
Advanced carcinoma in the prostate area.

A lot of carcinoma around the right side of the heart between the heart and the lung. There's a minor carcinoma in the lower colon and minor haemorrhoidal condition. Quite a lot of emphysema.
There's also the second vertebra in your neck has a lot of tension. There's a carcinoma condition right at the very tip end of your spine.
There's a carcinoma condition in the muscle on the right hand side of the spinal column from the kidney down to the tip end, there's a lot of tension in that muscle as well as a little in the bladder area.

I would suggest that you take the lemonade and water systematically, that you use a different sweetener each day, and take
2 x 3 Algavim for a year,
2 x 2 MinCol for about 6 months and then 1 x 2 a day for 55 years,
2 x 3 Cal II.
2 x 2 tablespoons of lime water in grape juice. 2 x 3 dolomite.
2 x 3 chaparral.

I believe it would be a good idea for you to use a tablespoon full of olive oil on your salad at least twice a day because there is a small indication here of a gall bladder problem.

10. Dr. Thomas R.....

Age 45, Height 5' 10 $^1/_2$" Weight, 160 lb, Male

$$1.5 \qquad \frac{8.20}{7.30} \qquad 7 \qquad 4 \qquad \frac{10}{5}$$

Energy 61

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Slight tendency towards low blood sugar.

Needs colonic treatments, transverse colon stopped up, make a smoked sausage ashamed of itself. This doesn't mean that you're not having normal bowel movements it means that the colon is not thoroughly cleaning itself.

Proteins are not digesting quite as well as they should but not too bad.

This left kidney showing quite a lot of carcinoma in it and there is some carcinoma in the right. A little, minor carcinoma in the bladder.
Advanced carcinoma in the prostate area. Minor carcinoma in the lower colon.
Some emphysema in both lungs. In the bottom of the right lung near, the bottom of the lung along the inside towards the back there are some angry spots on the lung. X-rays, properly taken will show these spots there.

I would suggest that you get some colonic therapy. That you take,
2 x 3 chaparral or any other good natural laxative 2 x 3 dolomite
2 x 2 cal lactate.
1000 units of Vitamin C twice a day 1000 units of Vitamin E twice a day 2 x 3 algavim
2 x 3 MinCol

If this condition lasts very long you will notice that absentmindedness will make it's appearance, however absentmindedness is a sign of genius.
With an energy rating is 61 this condition has not existed too long. Tea and chocolate are no-no's to you.
You ought to eat more watermelon juice, watermelon seed tea, things of that nature, it's one of the finest things you can do for a kidney problem of this nature.

11. Mr. David A.....

Age 72, Height 5' 10 ½, Weight, 195 lb, Male

$$3.6 \quad \frac{5.80}{7.40} \quad 8 \quad 4 \quad \frac{8}{10}$$

Energy 33

Mistake in Energy calculation

$$3.6 \quad \frac{5.80}{7.90} \quad 8 \quad 4 \quad \frac{8}{10}$$

Energy 47 and dropping rapidly

Tendency towards low blood sugar. Calciums deficient.

Proteins not digesting normally.

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A little, minor carcinoma in both kidneys.

Quite a lot of emphysema in both lungs, it's about the same in both lungs but highly scattered on both of them. Advanced carcinoma in the prostate area
Advanced carcinoma in the lower colon and a haemorrhoidal condition. Diverticulous pocket just above the left lobe of the colon.
Also some carcinoma between the heart and the left lung, minor.

I would suggest that you take 2 x 3 algavim for a year,
2 x 3 MinCol for one year 2 x 3 Cal II
2 x 2 tablespoons of lime water in grape juice. 2 x 3 chaparral
2 x 3 dolomite

All of these people should be on lemonade and water with, with different sweetener every day according to your height and weight.

12. Mrs. Elizabeth C.....

Age 51, Height 5' 6", Weight, 280 lb, Female

$$4.4 \qquad \frac{6.40}{7.30} \qquad 21 \qquad 4 \qquad \frac{12}{9}$$

Energy 37

Tendency towards low blood sugar. Calciums deficient.
Proteins not digesting as well as they should. Cholesterol building up.
Some emphysema in both lungs. Advanced carcinoma in the bladder.
Advanced carcinoma in the left kidney, some in the right kidney. Minor carcinoma in the ovary and upper uterus area.
Minor carcinoma in the lower colon but yet very noticeable.

I would suggest that you go to Georgia for 21 days to have a diet acclimated to your body chemistry because it's impossible for you to do this kind at home without instruments. If you have the instruments and somebody to use them I think it could be done but your body chemistry must be changed from one pattern to another pattern and it's too rough to try by yourself. In the meantime take
2 x 3 algavim
2 x 2 MinCol twice a day 1 x 3 Cal II
2 x 3 dolomite
2 x 3 chaparral
1000 units of Vitamin C twice a day

1000 units of Vitamin E twice a day until you get in where your body chemistry can be acclimated. Do NOT go on the lemonade.

13. Mr. Jack H.....

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Age 59, Height 5' 8", Weight 190 lb, Male

No Equation Numbers

Low blood sugar,
Food's digesting a little too slowly, cholesterol noticeable.
Proteins not digesting normally,

In the zone for a major heart attack, the lower part of the zone. Carcinoma on the left kidney, some in the right.
Advanced carcinoma in the prostate area, some in the lower colon. Advanced carcinoma in the bladder.
There's emphysema in both lungs and it covers a lot more area in the right lung than in the left.

The major problem is that you're not getting enough oxygen to your liver so I would suggest that you do more singing or some jogging, something on that order to breathe a little bit deeper but one of the problems with jogging in a condition like this the amount of reserve energy you build up does about as much harm as the extra oxygen does good.
Go on the lemonade and water and use a different sweetener each day, I would not go on the fast.
2 x 3 algavim
2 x 2 MinCol for about 90 days, then 1 x 2 for 41 days
1 x 2 Cal II
2 x 3 dolomite
2 x 3 chaparral
1000 units of Vitamin C twice a day 1000 units of Vitamin E twice a day

14. Doctor Joseph C.....

Age 73, Height 5' 6", Weight, 162 lb, Male

No Equation Numbers

Tendency towards low blood sugar,

Transverse colon stopped up like a smoked sausage ashamed of itself. This seems to be common with doctors. Proteins not digesting like they should.
Advanced carcinoma across the lower abdomen all the way up above the kidneys, and it's major, even into the left kidney but it's not major in the right.

A little emphysema in both lungs, very minor in both lungs.

What you should do would be go down to Georgia and get this thing under control because it's to the point now if you make the slightest mistake it could be irrepairable, but in the meantime go on:
2 x 3 algavim for a year
2 x 3 MinCol for a year
Colonic therapy - 2 a week for 2 weeks and 1 a week for 8 weeks.
1000 units of Vitamin C twice a day between meals

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1000 units of Vitamin E twice a day between meals 2 x 3 dolomite.
2 x 3 Chaparral

The energy rating at 25 is the reason I suggested you go to Georgia because at this kind of an energy rating you can't dare make the least mistake. I see no reason why those tissues cannot be rebuilt if you follow the rule.

15. Mr. Carl S.....

Age 33, Height 5' 8", Weight 130 lb Male

$$1.0 \quad \frac{7.00}{7.00} \quad 6 \quad 3 \quad \frac{10}{5}$$

Energy 53

Advanced emphysema in both lungs.

Very bad advanced carcinoma in both kidneys.

This is a collagen case, old fashioned scurvy, your body is not assimilating Vitamin C. I would suggest that you also come over to Georgia and let us get this corrected because it's very difficult to get your body to accept Vitamin C once it starts rebelling against it like your body is rebelling against it. In the meantime take:
2 x 3 algavim,
2 x 3 MinCol,
1 x 2 Cal II,
1000 units of Vitamin C twice a day
1000 units of Vitamin E twice a day for about two weeks then cut the E to 500.
2 x 3 dolomite.
2 x 3 chaparral.

But you're going to have to have some real special care because the gastric juice is too dilute to get the mineral out of their food.
You should discontinue eating meats completely.

Go on green drink and things of that nature, watermelon, no chocolate.

It's going to take a very, very restricted diet with you. Lots and lots of fresh raw fruit.

Are you having any headache at all or discomfortable feeling above back of the right eye, up in the right hand side of your head?

Headaches rather frequently but it can be either place, it generally comes up on the left side, starts from the top of the back or the back of the neck.

This problem is showing here on the right side, but the pressure can make it hurt anywhere, but generally it's right in here is where you have a potassium deficiency, and this maybe is one of the

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causes of the pressure and it's an ideal setting for a brain tumor to form but the tumor is not formed yet. Do you ever have a feeling of just a very light nausea at the bottom of your throat, it's not down in your stomach, it's like a little pressure on your throat right here? Have you noticed that yet?
No.
OK, it's mighty close to it. When this happens you'll notice that the tumor is forming, so I was just checking to see if it had developed that far yet.

You see why I wait till the last day to tell you this because you'd be so worried about yourself you wouldn't hear a thing we say on the course.

16. Mrs Victor O.....

Age 50, Height, 5' 3", Weight, 124 lb, Female

$$2.5 \qquad \frac{5.60}{7.80} \qquad 11 \qquad 4 \qquad \frac{11}{7}$$

Energy 43

This is the last reading on this card and your energy is up from the first test at 27 so keep up everything.

Change these into your program.
2 x 3 Cal II
2 x 2 tablespoons of lime water

17. Mrs Catherine G.....

Age 48, Height 5' 1", Weight, 118 lb, Female

$$3.5 \qquad \frac{7.40}{6.00} \qquad 16 \qquad 4 \qquad \frac{13}{8}$$

Energy 46

Some carcinoma in both breasts rather advanced in the left, well it's rather advanced in both of them, it's like a bunch of cords.

Some emphysema in both lungs, rather minor, you just need a good tune up. Advanced carcinoma in the ovary area and the upper uterus area.
So I would suggest that you go on lemonade and water without a fast and that you take
2 x 3 algavim for a year
2 x 2 MinCol for 6 months
1000 units of Vitamin C twice a day between meals
1000 units of Vitamin E twice a day between meals
1 x 2 Cal II
1 x 2 Calcium lactate

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2 x 3 dolomite
2 x 3 chaparral

This kind of a condition can cause an aching in between the shoulders and also in the lower part of the spine.

I believe that one leg is shorter than the other and you need adjustment on your spinal column there to get your legs the right length and then you won't have the aching in your neck that generally starts with the pelvis out of position.

There's a little carcinoma in the bladder.

18. Mr William S.....

Age 46, Height, 6' 2", Weight, 187 lb, Male

$$0.09 \qquad \frac{5.80}{6.90} \qquad 4 \qquad 4 \qquad \frac{6}{7}$$

Body chemistry is in a state of change, there's no picture here.

19. Mrs Cybil S.....

Age 37, Height 5' 6", Weight, 120 lb, Female

$$0.8 \qquad \frac{7.50}{6.80} \qquad 4 \qquad 4 \qquad \frac{11}{6}$$

Energy 43 and rising

Your body has been in a state of change but it is coming out of it now and there's a very faint picture here. It's not very clear, but I think I can maybe hit it right, I'm going to try it anyway.

Food digesting too slowly.

Tendency towards low blood sugar.

Proteins not digesting as well as they should.

Most people having these numbers would have a slight tendency towards absentmindedness if this condition lasts long enough.

A little bit of carcinoma in the uterus/vagina/ovary area. A little carcinoma in the right kidney only.
A little carcinoma in the lower colon and a diverticulous pocket above the left lobe of the colon. A little bit of carcinoma in the bladder.
A little emphysema in both lungs.

I suggest for you:

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2 x 3 algavim for a year.
2 x 2 MinCol for about 90 days and then 1 x 2 a day for 63 years.
2 x 3 dolomite with meals
2 x 3 chaparral with meals
1 x 2 Calcium Lactate.
1000 units of Vitamin C twice a day between meals
500 units of Vitamin E twice a day between meals.

20. Doctor Robert G.....

Age 54, Height 6' 2", Weight 220 lb, Male

$$3.5 \quad \frac{5.10}{6.80} \quad 14 \quad 4 \quad \frac{12}{9}$$

Energy 39

Tendency towards low blood sugar.

Except for the grace of God there'd be a lot of inward tension. I would take:
10 000 units x 2 of Vitamin D twice a day between meals (Use the 10,000 unit tablet, do not give enough of the 400's to be 10,000),

2 x 3 dolomite
2 x 3 chaparral
2 x 3 Cal II
2 x 2 tablespoons of lime water in grape juice.
2 x 3 algavim for a year
2 x 2 MinCol a day for about 6 months, then 1 x 2 a day for about 46 days.

I would suggest that you take the lemonade and water with a different sweetener in it each day according to your weight.

There's a minor carcinoma across the lower abdomen.

A major carcinoma in the left kidney and some in the right. Major carcinoma in the bladder.
A lot of emphysema in both lungs and some bad spots on both lungs down around the lower central part, three fourths of the way down. Do a lot of deep breathing exercise, walking in the fresh air.

Take the minerals and rest at least one day a week and do absolutely nothing.

21. Mr. Scott S.....

Age 26, Height, 6' 1", Weight, 138 lb, Male

$$5.0 \quad \frac{7.30}{6.40} \quad 23 \quad 4 \quad \frac{9}{10}$$

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Energy 49

Tendency towards low blood sugar. You need some colonic therapy.
Throw away the salt shaker. Proteins not digesting normally.
You have not been drinking enough water this week. A little carcinoma in the prostate area.
Minor carcinoma in the lower colon. A little carcinoma around the heart.
Some carcinoma in both kidneys very, very minor.

Little emphysema in both lungs, very minor, but there's a little bit more in the left lung than in the right.

So I would suggest that you continue on the same program that's already been outlined for you. But drink more water and wash out those cells.

Number Interpretations, Retreat

Test 1
Female 38, 5' 10", 110 lb

$$5.2 \qquad \frac{4.90}{5.20} \qquad 52 \qquad 4 \qquad \frac{8}{10}$$

This woman is a retreat case, however it would be 50-50 whether you worked with her at home or not.

It's 50-50 because she has a tendency to low blood sugar and the 4.9 may have been in error. I would try it for 24 to 48 hours before I made up my mind, testing her once each day on sugar, pH, and urea though not necessarily the salt and I'd want to see if the sugar came down. I would not put her on a fast because I'd want her on calcium to see if the top number came up because I would think by that number that it might have been an error in test.

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PART 15

MEMORY TRAINING

I've asked Scott to take the next 20 minutes in teaching you how to retain thoughts. I took a course similar to that 50 years ago and I still use it.

I'm going to move rather quickly this morning due to the amount of material I'm going to try to cover, does the name Harry Lorraine ring a bell with anybody in here? OK, a few people. Good, Harry Lorraine is the gentleman who is

probably the world's greatest memory expert and I was very, very fortunate to meet him in Chicago a number of years ago and since then he has put out an excellent book on the subject but before the publishing of his book he passed on some things to me which I have used in my daily life that have been invaluable.

Most of you people know me, some of you don't I am Scott S..... and I work with Doctor Reams and in case you wonder what I do I'm Doctor Reams' semi-weird, jack-of-all-trades, when he needs something done that nobody else is willing to do, or can find a way to do I usually get a phone call, and for those of you who have been around me you've been a little bit familiar with what I'm talking about. The reason that I think I have been able to accomplish some of the things was:

- I was on the Lord's side, and
- I met Harry Lorraine.

So I'm going to pass some of these things onto you today, Doc mentioned that a lot of you are getting younger, there are a few of us in here this morning that don't wish to get any younger, I had an elementary school teacher I didn't like and she wasn't that far away. So, I'm not going to do anything that's going to make us any younger but I'm going to pass on some thoughts this morning that hopefully we make us a little more retentive.

First of all there's one person in this room that I spoke with last night that I don't want to raise a hand and I don't want to volunteer because he does know a little bit about what I'm talking about this morning. I need a volunteer who can memorize a number in 15 or 20 seconds and first of all let me write the number down real quick and I need a volunteer to memorize it as I'm writing it. OK, the number is:

- 918527195216390921121414801415152721657057642

Now that's a 45 digit number and it's a very, very simple number to memorize, if you know the way to do it. Is there anybody in here who might possibly be able to memorize that number in the next half a minute or so? It's a long number to memorize and actually it's a very easy number to memorize, I'm going to teach you how to do that today as well as several other things. The memorisation can be used in formulas, foreign languages and in any number of things.

First of all one has to understand a little bit of the working of the mind, everything that you have ever seen, heard, spoken, or come across or read is stored in the mind right now. The mind never forgets one single thing. So why don't we remember? OK, it's because we have not been originally aware.

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What is **original awareness**? It's the ability to look at something and to be originally aware or remember it in such a way that you are conscious that it is there and in doing so you are able to recall it at will. Now there are three ways that we can force original awareness and as we go through this in the next few minutes this is something I want you to work on during your class sessions here and it will take about three weeks of practice for you to become fully proficient.

At the end of that three weeks if you apply what I've taught you in the next three days you should have no problem in going to, say an evening party, meeting 200 people as they walk in the door and saying goodbye to them by name as they leave, which is something the average individual could not begin to hope to do. There are three ways that we can force the thing called original awareness which will cause us to do nothing more than recall what was already there anyway:

- First, by association,
- Second, by putting it out of proportion, (this may make no sense now but it will soon), and
- Third, by exaggeration.

OK, I'm going to give you a list which I'm going to write on the board very quickly. It's a list of twelve items that are completely unrelated and in just a few minutes we're each going to take and be able to remember the twelve items without any problem, and not only that, anywhere on the list we can start and go forward or backward or start from the back of the list and go forward again. The words are:

- airplane,
- envelope,
- tree,
- earring,
- bucket,
- basketball,
- salami,
- star,
- car,
- dog,
- telephone, and
- kite.

If there is anybody in this room that can point out any association between those words, or how they might be related I'll let them explain it to me, because these are the most unrelated words that I can think of, they have no significance, they don't apply to one another. So how would you remember those? I want you to look at your list and take the first word, we're going to use association, and we're going to force original awareness.

The first word is "airplane", and how do we remember the first word? I want each of you to take your name and write it right on top of the word airplane, on the line above it. Now when I say "out of proportion" and "exaggeration" the trick to memory is to make a picture like a child would. A child has a terrific imagination, it remembers all kinds of things because things that are ridiculous to us are fine with a child, they can blow things out of proportion and it doesn't bother them any, a child has a tremendous imagination. Forcing yourself to have original awareness will force you to have an imagination. I'd like you to imagine yourself as an airplane for just a minute. You have say a flat nose that might be a propeller, OK, you have two wings, you have a tail section, OK, think of yourself as an airplane.

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You're turning into an airplane, not any kind of airplane, exaggeration, a giant airplane, a huge airplane. Perhaps you're turning into millions of little airplanes, OK. You won't forget the word airplane, all you have to do is remember your name. Now what about the airplane, do people get out when it stops? No, "envelopes" get out.

Large envelopes, small envelopes, families of envelopes. You get on the plane you sit next to an envelope. Do you think you'll forget the word? No, I doubt very seriously if you will. Form a mental picture and that is the key. If you don't form a mental picture of what I'm saying then you will never be able to remember the word, that I'll promise you. If you have to then close your eyes, think of an airplane and as the door opens it's parked on the runway envelopes come out of the airplane, sure it's a ridiculous picture, it definitely is, it's something that almost causes you to laugh, OK, but you can laugh all the way down to the bank when you remember every check you've written. You can laugh all the way through the course when you remember every formula and when you sit down and someone throws out a 50 digit number or a 45 digit number you can laugh as you look at it for about 30 seconds, quote them back the whole number and if that doesn't satisfy them give it to them backwards, then let them laugh. OK, out of the airplane come envelopes, little envelopes, mother envelopes, father envelopes, baby envelopes, it's a very easy thing to picture, a ridiculous thing to picture.

When you open an envelope you normally get out a letter but let's open an envelope and let's get out a tree. Out of a little tiny envelope comes a tree, not a little tree, a giant tree, an oak tree, Sequoia National Forest comes out of the envelopes, OK. Picture it, get a mental picture, you tear open an envelope and in place of the letter comes a tree, OK. The envelopes come out of the airplane, it's getting more ridiculous all the time, and they're saying out there, what in the world is he talking about. It'll make sense, take my word for it.

As you look at the tree you notice it begins to sprout, OK. It begins to sprout not buds but diamond earrings. Ever seen a tree with diamond earrings? OK, not many of us can afford diamond earrings, but a tree just loaded with diamond earrings. You can see it sparkling in the sunlight. It's a very easy thing to picture. A ridiculous thing mind you, but you won't forget it. Your wife sees the tree and the diamond earrings, your girlfriend sees it.

This is great, she goes out to buy earrings and can't find any so she buys buckets and hangs them on her ears. The buckets are not quite as stylish, but they'll serve as earrings. So when you think of earrings think of your wife buying her earring buckets. You know the most embarrassing thing in the world I can think of would be to have my wife wear a pair of buckets and go to places where there's a large crowd, like maybe a basketball game, OK.

Use association, one thing leads to another. You think of earrings you remember buckets in place of earrings, OK. Try wearing a bucket sometimes it'll be something you'll never forget if indeed your ears don't stretch. Wear it to a basketball game.

What about the basketball game that your wife wore the bucket earrings to, here come the Harlem Globetrotters, did you ever see a Globetrotter dribble a salami, that'll blow your mind. Not a salami, everybody's dribbling little salamis down the court, OK. You wouldn't forget that one. When the guy goes off the court or he plays a foul he just eats his ball OK. Dribble a salami down the court, get a mental picture of it. You'll see what I'm trying to do.

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Star, now how are we going to relate this? There're a thousand ways we could do it. Use your own imagination, learn to develop a mental picture. Say the game was over and you took your salami to a butcher and instead of using that round wheel to slice meat the guy used a star on a crank, and he took the star and he cut up the salami with it. "Salami", "star", OK, that's your next word.

What about the star, it slipped off the machine went buzzing right out the door and cut your new expensive "car" right in half. Cut a car right in half. You remember the word. Form the mental picture, make it as ridiculous as you can make it. Make it as out of proportion, as exaggerated as you can possibly make it and you'll never forget it.

The car that was cut in half was driven by a chihuahua. A driving "dog", an old English sheep dog, form a mental picture, you won't forget that and what did the dog do?

What would you do if somebody ran into your car, you'd go to the telephone to make a phone call. This is fine but picture the dog making the phone call at the telephone. Form the picture of it, the shaggy dog, you've all seen that in movies that shouldn't be that hard to do.

Now when he'd made the telephone call he got on a kite and flew off.

OK. Now think back for just a minute, don't look at your notes, think of your name and what are you turning into?
A. An airplane.
SS. What comes out of the airplane?
A. Envelope.
SS. What was in the envelopes?
A. Tree.
SS. What was hanging on the tree?
A. Earring.
SS. What about earrings, what's the next word?
A. Bucket.
SS. What about buckets?
A. Basketball.
SS. What does that remind you of?
A. Salami.
SS. OK, what about the salami?
A. Star.
SS. What next?
A. Car, Dog. SS. Dog
A. Telephone and Kite.
SS. Go through the list backward, OK. Kite
A. Kite
SS. Telephone
A. Telephone SS. Dog
A. Dog, car, star, salami, basketball, bucket, earring, tree, envelope, airplane.
S. Now that took quite a while because I elaborated on it, you'll get so you can form that mental picture in just about 4 to 6 seconds and how hard do you think that would be to remember that list without some sort of association, and the key is exaggerated, blow it out of proportion. The more

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ridiculous you can make it the more you'll remember it. I can guarantee you that if you will go over that list one per month you'll remember that list when you are eighty years old. I can remember grocery lists my wife gave me back in '67. OK. You can clutter your mind with it but the beautiful thing about memory is if you decide to forget it you can forget it. If you decide to remember it it'll never slip your mind.

There are only two reasons why things should slip your mind,:

- Use greasy hair tonic, and
- You don't want to remember it in the first place.

OK, association. Practice on this tonight. Make yourself a few lists, when you're done with your studying, and by all means let that take precedence, make yourself a couple of lists, form the most ridiculous pictures, learn to develop the imagination of a child. Doc read about King Solomon this morning and he said King Solomon was also quoted as saying, "let us have the wisdom of little children", OK. There's a lot that can be learned from a child, they have an imagination, they tell no lies, they have an imagination that will not quit and children, as those of you that are parents are aware of, have a habit of remembering the most embarrassing things at the most improper time. They don't forget. Original awareness.

What about shopping lists, I need:

- to get my typewriter fixed,
- some stamps,
- to go to the post office to mail a letter,
- some ink, and
- a loaf of bread.

Very simple. Instead of my typewriter typing on paper it types on stamps, and then the stamp goes to the post office to mail itself, OK. While it's there perhaps it gets some ink. The ink spills all over everything and instead of using a sponge I'm going to soak it up with a loaf of bread.

OK, do you think you'll forget those? It cannot happen if you remember them to begin with. Original awareness. That’s the secret of the whole thing.

Foreign languages. Let's use a quick application for foreign languages, OK, everybody wants to learn a foreign language. It's very, very easy. Berlitz School of Languages will teach you in three weeks using a technique very, very similar to this, it's called a total immersion course. You spend 22 days and US$3,600 and they will teach you at the end of 21 days to walk in there speaking no foreign language and come out speaking beautiful French, Russian, Italian, German, Yiddish, everything from Arabic to Yiddish with a 4,000 word vocabulary in 21 days. The only thing they want is your time and US$3,600 dollars. How do they do it? Original awareness, and if a 4,000 word vocabulary doesn't impress you we use approximately a 2,500 word vocabulary in our daily English.

I took a course from Berlitz about a year and a half ago, in French, it was an excellent course I spoke no French, I'm getting ready to go over to a French university to study now. OK. Three weeks. Original awareness. Other people can capitalise on it you might as well too.

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Let's take a little foreign vocabulary, OK let's take French, that's an easy language for me, I'm going to make it easy on myself.

- Bread, in French it's spelled "p-a-i-n" it's pronounced "pan". OK that's easy to remember. If you want to remember "bread", what is it cooked in? A "pan". But imagine a giant loaf of bread and a little tiny pan, the bread's just coming out all over the stove, coming out of the little tiny pan. You won't forget it.
- Mushrooms, "champignon" is the French for mushrooms. Now "substitution" is the second key. Instead of champignon which is very difficult to associate with anything, how about a "champion yarn", picture the mushroom sitting on the table, and as it's sitting there and as you're getting ready to spear it with your fork. You won't forget the mushroom, a champion yarn, that has to remind you of champignon. So you don't get it exactly right, they'll remember it in the French restaurants you'll be sure.
- Chicken is "poulet", p-o-u-l-e-t, pulle, how about a giant chicken pulling your leg. He's got you by the ankle and he's yanking you clear across the court yard. "Pull leg", pulle, that's the French for chicken.
- Duck, canard, c-a-n-a-r-d, if you can't remember canard picture a giant duck throwing a can very hard at you, OK. A duck throwing a can hard, canard, OK. Form the mental picture the first time and it will not leave you, if you do not form the mental picture, if you cannot see it in your mind's eye you will never remember the word. If you can see it, it's very doubtful you'll forget the word, and if you should forget something just go back and strengthen the association once again. Get a second look at it.
- Water, l-e-a-u, pronounced low, OK. You go to bend over to get a drink of water, the water's too low, you fall in a well, OK, leau, l-e-a-u.
- Butter, b-e-u-r-r-e, burr. You go to get a pound of butter and it's full of sand burrs, it's got burrs all in it. Taste the butter, feel the burrs, they're poking you in the mouth, they're stuck on your tongue, you've got a few of them in your lip, you won't forget where butter came from, no-way.
- Beans, h-a-r-i-c-o-t-s, arrico, OK. How do you remember that? You just picture a giant string bean wearing a hairy coat. A giant string bean wearing a hairy coat, arrico, hairy coat, doesn't have to be the same, it'll remind you of the word and it'll remind you of it well enough that you'll remember the word.
- Ham, jambone, OK, j-a-m-b-o-n. How about when you go to eat a piece of ham instead of poking it with a fork you jamb a giant bone into the ham, OK, jam-bone. Jamming the bone into the ham, see it go in there, see yourself poking that bone right through the ham, get a mental picture of it.
- Garlic, the last word on our list, a-i-l, it's pronounced I, OK. Next time you look at somebody look around, take a good look at somebody in place of his eyeballs see him sitting there with a clove of garlic. Picture his eye, you know garlic smells, OK, get a mental picture of it, see the guy there walking around with a giant chunk of garlic in his eye, and when you think of garlic you'll remember the word.

Without looking at your notes what's the French for bread?
A. Pan
S. How about mushrooms?
A. Champignon.
S. How about chicken?
A. Poulet.

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S. If you can't remember the word strengthen the association. A giant chicken pulling your leg, poulet. OK. Duck?
A. Canard.
S. The duck throwing the can hard, canard. OK, we're going over this very briefly. You will develop the technique where you can form your best mental pictures, perhaps you don't want to think of canard, or a can being thrown hard, form your own pictures it makes no difference. You will have much greater success forming your own pictures than you will if I give you the picture to form, because your mind has suggested the way you can learn it best. OK, water?
A. Leau.
S. Leau. OK, butter?
A. Burr
S. Burr. OK, the giant burrs in the butter. Beans?
A. Haricot.
S. Just remember hairy coat. Picture a giant string bean with a fur coat, that's something you will not forget too easily if you picture it. Ham?
A. Jambon.
S. Just remember jambon, just remember jam bone. OK, and garlic?
A. Ail (eye).
S. OK, now, we have just picked up ten items and if you'll think about it for just a minute while you've been concentrating on the French you haven't been thinking about your first list, but I'll bet you a dime you can still remember it.

That's how to take care of foreign languages, and that's how to take care of things by association. Now, names and faces. Everybody says gee, I can remember his face but I can't remember his name or I can remember his name but I can't remember his face. OK. All you have to do is make up a substitute word for that person's name.

Somebody's last name is Pierce, P-i-e-r-c-e, you see them being pierced by something, by an arrow, by a spike, by a cannon ball, whatever you want to imagine, somebody running them through and piercing them with a sword. Now that you've made up a substitute word for the name connect it with the face. Look at the individual's face, force yourself to study it. Some people have a high forehead, OK. Look at the individual, notice his particular physical characteristics. It'll be a little work at first, granted, but then it becomes second nature. As you look at the high forehead think of an arrow piercing that high forehead and the guy walking around with this high forehead and a six foot arrow stuck right through it, and I'll guarantee the next time Mr. Pierce comes up you will remember his name. You will remember his name.

OK, no matter what the word is, the German word "Antisavich", OK, anti-savage, and if you can't remember the guy's name, anti-savage, you could use that. Anti, or against, savage, you could use that. Think of the individual, sitting on the floor meditating in his relaxation refusing to have anything to do with violence and connect that anti- savage, connect that with his name, and you'll remember the name. That the's how to remember names and faces. We'll be going over this more perhaps tomorrow.

And the last thing is long digit numbers. There's a 45 digit number which under any circumstance the most learned man without using a memory system could not hope to memorize that number, for very long, that's the trick. Anybody can memorize the number but once they memorize it and they recite it and they ask you, you ask them for it and they give it to you, see if he remembers it

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tomorrow. Can't happen. There's one person in this room that memorized that number last night, we did it in about five minutes and I'll guarantee that he'll remember that number for the next year if he works at it, if he just refreshes himself, a quick brush-up a month. Takes just about 2-3 seconds.

How do you remember a number? Numbers are intangible things, therefore it's impossible to remember numbers, use a system like this in your work, which way does the cation spin? The anion spin? How is it related to you? What about these numbers in formulas? How do you relate 1.5 to sugar? Or whatever it might be, let's take a quick glance at numbers and then we'll be done for the day.

A number is impossible to remember because you cannot form a mental picture of a number, it's that simple. A number, is a number, is a number. You cannot relate it to anything directly, but you can relate words and sentences. When you look at the number you see a jumble of names, when I look at the number I see, "a beautiful naked blond jumps up and down, at a very fast rate all day long, and she looks like Charene", that's my wife's name. That there's a very easy sentence to remember. "A beautiful naked blond jumps up and down, at a very fast rate, all day long, and she looks like Charene", if I can remember that sentence I can remember that 45 digit number. Let's take a quick glance and find out how we're going to do it.

A-E-I-O-U are the vowels, and for those of you that are preparing for this to be complicated you're going to disappoint yourself because it's very simple. I'm going to show you how to substitute letters for numerals, they work the same, I don't care if you speak with a French accent, you're Russian, Portuguese, Italian it'll still work for you and it works every time. I'm going to write this on the board and then I'll quickly explain it. I have 1,2,3,4,5,6,7,8,9,0. The beautiful thing about numbers is there's only ten of them. If you can remember ten things you've got your numbers memorized.

We'll take the numbers and give them something tangible, like a sound, because it's difficult to remember an intangible. Now as I write these on the board do not remember them by letter, remember them by sound.

- Number 1, we're going to give it a "t" and the memory key there is a small t on a typewriter has one downstroke. If you will say the number t and d, you will find that you say them exactly the same. So let's call it "t" and "d" and along with that "th", t and th are pretty close so we'll leave it up there.
- Number 2, we'll use "n". A small "n" on a typewriter has two downstrokes, that's simple enough.
- Number 3, we use "m", a small "m" on a typewriter has three downstrokes.
- Number 4. The letter 4 ends in "r", so let's use "r".
- Number 5. If you hold up the five fingers of one hand you get an "l".
- Number 6. For 6 we're going to give it a "j" and the way you remember that is a "j" and a 6 are almost mirror images of one another. We're going to give it "j" the same sounds now, not the letters, the sounds, "j", "sh", "ch", OK, "j", "sh", and "ch".
- Number 7. We're going to give this the letter "k" and an easy way to remember that is that you can take two 7's and make a beautiful "k", that's easy enough to remember. Along with "k" we're going to give it the sound of hard "g". "k", "g" same sounds, "v" and vee. "Kay", "vee" and "gee".

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- Number 8. We're going to call "f", that's easy to remember an 8 has two loops, one on the top and one on the bottom. A written "F" has two loops, one on the top and one on the bottom. We're also going to let this one be "ph" like in phone, it sounds like an "f", so we'll use "ph".
- Number 9 we're going to use "p", and "b". The easy way to remember that is if you take a nine you draw it this way, the mirror image of a nine is a "p", and "p" and "b" rhyme.
- Zero. Zero starts with a "z" so we use that and we're going to use soft "s" and soft "c". Now it looks complicated perhaps but in truth it's extremely simple.

Now there are two other rules I want you to remember:

- Take the vowels A-E-I-O and U, throw them away, they don't count.
- Double letters don't count, they only count as one and just remember the word why, W-H-and Y, throw them away, they don't count either.

Let's take a portion of that number, 9185, and let's look at what we've got, we use:

- the "b" for 9,
- the "t" for 1,
- the "f" for 8,
- the "l" for 5,

So we have B, T, F and L and if you pronounce the sounds you're going to get "beautiful". It's as simple as can be. 9185, "beautiful". OK, you don't remember the number but do you remember the second word in there, a beautiful what?

A. Naked blond.

S. Naked, that's a hard word to forget, naked:

- "N" is 2,
- the next is an "a" that's a vowel so you throw it away.
- the third is a "k" is 7,
- the next is "e", a vowel. so you throw it away,
- the next letter is a "d" or "t" is 1,

271, N, K, D. Now we have 9185271. The third, and we won't go all the way through it due to the essence of time, is blond, B-L-O-N-D:

- "B" is 9
- "L" is 5
- "O", that's a vowel, throw it away.
- "N" is 2
- "D" is 1

91852719521. Now we're up to 11 digits. "Beautiful naked blond", that's how simple it is. Don't worry if you didn't get all this immediately because we will be going over it again, and by the end of the third day you'll be utterly amazed at just how simple it is to do anything you want to do with your mind. Now I'm just going to pick somebody at random. You've got a smile and a half can I borrow you for just a minute?

A. Me?

S. Yep, like the Broadway musical, we're going to make you a star.

A. I have a very poor memory.

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S. Good ! You're just the person I need. I'm going to turn this over so you can't cheat on me now, and it's not written down up here, do you remember the first word on that list that I gave you. I want you to think of you now for a minute:

- Airplane
- Envelope
- Trees
- Earrings
- Buckets,
- Basketballs,
- Salami

S. Salami, what about the salami? OK now here's a good point, this is a mental block.

- Star

S. OK, the star, OK. Now I want you to go back and think of that association for just one second, picture a giant salami being sliced by a star, and you won't forget it, just strengthen it, OK, what about the star?

- car,
- dog
- telephone
- kite.

Now during the time I have been writing these numbers and you've been concentrating on the numbers yet you still remember the list. OK, that's all I need and I think the lady deserves a hand. The point is by being originally aware you don't forget. We'll work a little bit more on it tomorrow not so much additional things but a little practice in quick ways to utilise the lot of information we've gone over this morning. So I won't take any more of your time in the course, make yourself out some lists, practice on them and make associations.

Who knows which way an anion spins? Clockwise and if you can't remember that, picture the face of the clock and in place of hands are little anions going around, try to tell time by looking at an anion instead of the hands of a clock, and a clock always goes one way, clockwise.

Day 2

Good morning, I was reading something the other night and some of you may have heard it before but Doc spoke yesterday for just a few minutes on "judging one another", and I read something last night that I think was one of the most powerful, one of the heaviest things I think I have ever read and I want to pass it on to you this morning. It's out of a book called "Morals and Dogma" written by Albert Pike in about 1833 I believe, I can't find an exact date in this particular manual but it said:

"Deal faithfully, patiently and tenderly with the evil of judging for no matter the petty provocation, or the personal strife, God watches everything. Speak kindly to your erring brother and judge not. God pities him, Christ has died for him, providence waits for him, Heaven's mercy yearns towards him and the host of Heaven's spirits are ready to welcome him back with joy. For your own safety's sake best let your voice be in unison with all those powers God is using for his recovery."

And I thought that was one of the most powerful paragraphs I think I have ever read. It kind of makes you wonder.

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- How many people did their homework last night? Did anybody have time to go over what we went over in class? You gentlemen undoubtedly had quite a bit of studying to do last night, did any of you have a chance to go over those lists or make up a list? OK, let me ask you a question, if I were to ask you the French word for:
- butter is Beurre (burr).
- duck is Canard (Can hard)
- mushrooms is champignon

Without consciously going over it you remember things once they're in your mind with original awareness. We had about five people in the room the other day that speak good fluent French, so this time to confuse matters a little bit we're going to leave off French and we're going to take up a little Portuguese. Does anybody in the room speak Portuguese? OK, one person that speaks Portuguese. Gee you can't win with this class. Next time we'll try Russian. OK, I want to go over a couple of things real quickly, a lot of people complain of absentmindedness:

- I can't remember where I left my keys,
- I can't remember why I set this,
- did I remember to set my clock?
- Where did I set something down.

There's two little tricks for absentmindedness:

- one is original awareness, and
- the other is as simple as putting something out of place.

When you get ready to go to bed at night, if you can't remember whether or not you set your alarm clock, the easiest thing in the world is to set it right in the middle of your floor, though not if you sleep walk. Set it right in the middle of your floor and I'll guarantee that you won't forget you wound it.

When you go out your door and you can't remember whether or not you've taken your keys then as you go out to close your door form a mental image of the key going right through the door knob or the key being stuck in the door knob and you won't forget your key any more.

Now I'll go over briefly for the ones that missed yesterday's session, there are three rules for memory:

- think of an item out of proportion, don't think of one item think of many items.
- exaggeration, when you think of a particular thing or you're trying to remember a particular word, exaggerate the word, blow it out of proportion, form the child's image in your mind that children do so very easily.

This morning I'm going to introduce something called the peg. Now you've already had substitution, you've had a thing called the link which is linking a substitute word to something else, today we're going to go over something called the peg, it's a very, very simple procedure. Suppose for example you're memorising twenty things, or you're memorising a formula or twenty different words whatever they might be, how do you remember which is the eighth word without going all the way down through your list, all the way through your link. An easy way to do that is with something called the peg. Dale Carnegie has been teaching a system using the peg for many, many, many years and we had one gentleman in the room as a matter of fact that I spoke with this morning who is an original student of Dale Carnegie himself and that was way, way back, about 1930's if I'm not mistaken.

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But I'm going to write something on the board real quick, I'll wait for just a minute for will to get back so we don't waste any tape space. Meanwhile let's go onto something to kind of refresh what we did yesterday, foreign languages. I'm going to take just a few minutes, we're going to go over ten words in a foreign language, Portuguese.

The Portuguese word:

- walnut, nozz, N-O-Z, it's pronounced N-A-W-S-H with kind of a nasal sound, NOSH. How would we get a mental picture of that. You might think of a giant walnut being nauseous, OK. You might think of getting violently sick after eating a giant walnut that you can't handle, you'll remember the word.
- skirt, S-A-I-A, it's pronounced SIRE. OK, you might think of a giant skirt, everytime somebody wears it the individual sighs. You might think of a giant skirt that is exceptionally tired, it sighs all the time, all the time.
- peach, P-E-S-S-E-G-O, pessargo. OK, how about "pass the goo", OK think of a peach passing you a bowl of goo and you'll remember the word peach, pessego, pessego.
- the ladies word for purse, B-O-L-S-A, balsa. Once again this is in the Portuguese, how about a giant balsa log carrying a purse, or a lady carrying a giant, a huge purse made of balsa wood instead of leather. Bolsa.
- Dinner, J-A-N-T-A-R, it's pronounced jontarr. How about Jon eating a big bowl of tar for dinner. Picture that. With your spoon you sit down to a nice hot bowl of sticky black tar for dinner and Jontar will remind you of dinner.
- The word father, P-A-I, pie. It's pronounced pie, OK. Instead of visualising your father giving you a lesson or you father sitting down at the dinner table sit down and eat with your, say your mother, your father, your sisters, your brothers, and a giant cherry pie sitting in your father's place. A giant pie. Or maybe your father was eaten by a giant pie. Form the most ridiculous mental picture you can think of, the more ridiculous the more out of proportion the more you'll tend to remember the word in it's original form.
- Sox. P-E-U-G-A-S, and my wife kind of blew me away on this one, it was in the book and they left it up to you to select a word for it, I couldn't think of a word, I couldn't think of a word and I thought and thought and still couldn't think of a word and my wife says, when you take off your shoes, sometimes when you've had a hot day you can say, "P-U it smells like gas," P-U-GAS. OK, no matter what it is, or how ridiculous it is, there is always a word or combination of words you can use in a substitute language.

How does this apply to medical, tomorrow I'm going to give you a list of pegs, they're very, very simple words, I'm going to get into this in just a minute, soon as Will gets back.

I'll give you a list of very simple words that form what they call a peg system. With this you can remember 20, 30, 40, 60 different items in a row without having to go through your entire list you can pick out the 21st item, the 39th item, and the 47th item, the 56th item without having to think or go completely down through your list. We do this by taking very simple, short words that start with the same sound as the number which I'll illustrate in a minute. Getting into medical words:

- peduncle, that's flower stock, how about paying your uncle in flower stocks instead of money for a job he did for you. Taking out a wallet and opening it and taking out 20 dollars worth of flower stocks, OK.

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- Omphalos. The doctors in the group will all know what that is, that's a fancy word for your belly button, omphalos, O-M-P-H-A-L-O-S, how about, arm fell loose, that's pretty close, it'll remind you of the particular word. Now where did it fall? Hit you right in the navel.
- Sacrum, sack of rum, that would do it pretty well.
- Patella, kneecap, patting Auntie Ella, and instead of doing it with your hand do it with your kneecap, that'd be a trick. No matter what the word is or what the application there is always a substitute word that will fit it.

OK, going back I'm going to write a couple of things on the board real quick just one through ten, these are substitute words. I'll furnish you a list tomorrow of short substitute words and a way to memorize them in just a matter of one day that will substitute for any letter 1 through 100 and beyond that it's a combination of words, OK, but I'll write ten on the board and at least we'll have some idea of what I'm talking about. Once you learn these words you can memorize a whole list of digits, figures, formulas, scientific equations or whatever it might be and if you want to remember which one happens to be where just associate the particular word with it the same way we've done with the foreign vocabulary and you'll remember exactly where it is. This is a system called the peg:

- Number 1, we're going to use the word "tie", it has the "T" sound in it if you remember right "T" or "D" represented 1.
- for 2, we want the "N" sound so we use the word "Noah",
- for 3, now you don't have to use these words, you can make up your own words, these just happen to be very short and very simple, we'll use the word "Ma", the slang.
- for 4 we want the "R" sound we're going to use the word "rye",
- for 5, we want the "L" sound we're going to use the word "law".
- for 6, we'll use the word "shoe" because 6 is "J", "SH" or "CH" or soft "G", so for 6 we'll use "shoe".
- for 7 we'll use the word "cow". The "C" sounds like a "K".
- for 8 we'll use the words "ivy", now the heavy letter here is the "V", some of you may remember some of you may not. For 8 we're using an "F", an 8 has two loops an "F" has two loops, we're also using "PH", which is pronounced like "F", and we're using "V", and if you'll make the sounds, remember once again go by the sounds not the letters, if you'll make the sound you'll find that the lips and tongue and teeth are used the same way to make "V", "F" and "PH", they're all made the same way and that's your memory key there.
- for 9 we wanted "B" or "P" and the easiest one there is the word bee, B-E-E.
- for 10, if you'll notice from ten on we're going to use a combination of digits, we're using 1 and 0, so we want a word that has both sounds, how about this one, the word toes, we're going to use the "T" the "O" and the "E" don't count, they're vowels, and the "S" which has the same soft "S" sound or the "Z" sound.

Now once we have this up here it's a very simple procedure if you're memorising ten whatever it might be, ten numbers, ten words, it's very easy to associate one with the other, for example if you're memorising a particular list, once again this is the most non-related list I can think of:

- chicken,
- articles,
- scissors,
- telephone,
- fish,
- balloon,

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- car,
- cracker,
- pillow, or
- teeth.

You want to remember "car" which is number 7 on the list. Once you learn these words right here, do you remember the sound 7 makes, it's a "K" sound, which will remind you of the sound in cow which is also a "K" sound and if the word that's on your list for number seven happens to be car as it is in this case all you have to do is picture a cow driving your family car and at that point you will not forget where the word car is located in your list of 10, 100, 1000 whatever it might be.

If it happens to be the third word on the list chicken, articles, scissors, once you know that number three is represented by an "M" that will remind you of the word "MA", OK. Think of your mother being cut in half by a giant pair of scissors, or your mother trying to make something using a seven foot pair of scissors, and with that short word right there you'll remember beyond all shadow of a doubt that scissors are third on your list.

I'll furnish you a list of words tomorrow of what we call peg words that'll go from 1 to 100 and they're in Harry Loraine's book. It's an easy thing to learn and once you learn these 100 words you can take a list of 100 anything and you'll immediately know where on that list your particular whatever might be is located. The peg words are very, very simple.

Medical words. People often get confused over medical words, are nothing more than a foreign language and so indeed is any English word we don't know. If you're trying to think of a medical word you can always think of the word or a sound that's like it, if you're trying to think of the drug atropine for example, you look at the way it's spelled, "I throw pine". That'll remind you of atropine and if you want the word "belladonna" just think of "Donna ringing a giant bell" that'll remind you of belladonna.

No matter what it is with practice you'll find you become more and more proficient at substituting one thing for another and that's the key to the whole thing. Right now it's work, granted, you have to force yourself to think and many of you I'm sure will become slightly discouraged and think, "gee, is it really worth it" but I will guarantee you as somebody who has used this system for years and years once you know it, it becomes second nature to you as you're driving down the road a gentleman pointed out something the other day that I thought was very interesting, as you're driving down the road take the mile markers, translate them into letters, take the numbers off the mile markers and translate them into sounds. As you pass a doughboard or as you pass a city limits sign take that particular city limit take the word and translate it into numbers. A lot of times we travel on a trip, we travel a thousand miles we spend hours upon hours, upon hours in the car we claim we don't have anything to do, there's all kinds of things to do, all kinds of things to do.

I'm going to pass on something here that Doctor Reams passed on to me, I always used to get really, really impatient when I'd come up behind somebody in a car and they would sit at a red light, I could handle anything else in the world but that, and I thought I was really mastering patience but I hadn't been able to master that and Doc pointed out one day we were sitting behind somebody, we were driving somewhere I can't remember where it was and somebody stopped in front of me at a red light and I made some comment like, "look at that, obviously can't tell the difference between red and green", my lack of patience was coming out and Doc pointed out he said, "there

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is somebody the Lord has sent that needs you to pray for him and He's put him right in front of you so can't miss."

There is always a way to substitute something for something else and you know the funny thing is as Doc has pointed out everytime you start to pray for the guy he moves. I don't know whether this upsets him, or it makes him nervous that somebody's thinking about him or the Lord is just kind of weighing down on his foot, but everytime you start to pray for him he'll always move. So, as you go through your classes make it a point to take just a couple of minutes a day and you'll be surprised how fast this is coming.

Oftentimes people will come up and say. "well gee, this isn't going to do me any good because I have 200 things to memorize, you know, I don't have 10, I have 200, OK, this is all the more reason, if you had just 5 things to memorize there'd be no point in the whole system, the system is designed for many, many things. I'm going to sit down and work tonight, a gentleman asked me this morning what about the periodic tables, the elements. I was looking over the list of elements, something came to me and unless I'm greatly mistaken there is a quick and easy way to memorize the elements. I'm going to work on that tonight and get it done I'll pass it on to you before class is ended.

Spend a few minutes every day, remember there are three different ways to do it:

- Substitution is the first, substituting one word for another. Substitution is where you take one particular thing and substitute another for it. You're memorising the list of the United States and if you want to memorize the States in order substitute one word for another. If you can't remember Alaska or where it comes just remember baked Alaska, nobody forgets that, or whatever it might be. Mississippi, Mississ Ipp, OK. Whatever the word might be there is a substitute word for it and if you'll think it'll come to you pretty quickly.
- The Link. I doubt seriously anybody remembers the number that was on the board the other day but I'll bet everybody in the class remembers "a beautiful naked blond jumps up and down", OK, that one was kind of hard to forget even if you didn't remember the numbers, so the second is a link. You're linking your substitute words.
- Association. You're now linking something and you're associating it with something to where it makes sense, and
- The Peg. Now once you learn your peg words it's exceptionally simple and exceptionally easy.

The more you practice on this the more these ridiculous words come to you. Somebody said to me, "well gee that's great but after about three years of this I'll be a complete idiot." It does come to you a lot more quickly with practice, you're able to form mental pictures and all of a sudden you get to the point where it happens so quickly in the thought process you form a mental picture, a totally ridiculous exaggerated mental picture and all of a sudden you're forming the mental pictures and remembering the word and yet you look back and you don't remember forming the mental picture to begin with, it begins to happen automatically and that's where you want to get to. You want to get to the point where you can look at a thirteen digit number, or 40 digit number and in just a matter of 15 or 20 seconds you know how to remember it and it's not all that hard to do, it really isn't. I'm going to leave you this morning, Doctor Reams will be up here in just a few minutes and I'm about done, I'm going to leave you this morning so I can have some time to go over these lists. I'll prepare the list of peg words for you, I'll also type out the keys that we use for those of you

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that didn't get it all, the keys that we use to substitute the sounds for numbers, and we'll work on the periodic table.

Did I have a chance to go over with you the other day names and faces? Let's spend just a couple of minutes on remembering names and faces. Everybody, no matter who they are, has a particular facial characteristic, or characteristics, that makes them stand out. It might be the man has a third eyeball right in the middle of his forehead, that's usually pretty noticeable, or maybe he has a mole on his chin or maybe he's got three chins, or whatever it might be, a long nose, a flat nose, exceptionally bushy eyebrows, everybody has some particular facial characteristic that's easy to remember and that you'll notice and if you'll start, if you'll start looking at people really concentrating on faces around you, you might think well gee you can only have so many things that are right or wrong with the face, but if you'll start looking at those around you and people you come in contact with you will be able to pick out subtle differences very, very easily in virtually every face, all you have to do is remember that difference in the face and associate it with the substitute word for a name as I mentioned the other day. Perhaps, I think we used the word Pierce the other day as a last name, P-I-E-R-C-E, and you look at the gentleman and he has an exceptionally tall forehead, OK, or Crane for a last name ..

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PART 16

LOGARITHMS

needs cleaning up
(Check out the Web)

Introduction.
A logarithm is a way of writing a big number as a small number for the purpose of mathematical calculations. You can have logarithms to the Base 2, Base 3, Base 4 and so on to any Base you want, even to the Base e. Some people think that we're getting into modern math when we talk about Base 2, computer language, where we use only zeros and ones, electric switches on and off, but that's not it at all.

Base 2 would be the type of people you would have if somewhere out in the South Pacific island all they had was an index finger on this hand and an index finger on this hand and that would be the extent of their counting. We have Base 10 probably because we have that many fingers. In some South Sea islands, maybe Doc could even tell us where, everybody on the island has 6 digits on each hand and they work in Base 12. Now the Babylonians worked in the Base 60, which shows us that sometimes logic breaks down if you don't have enough information. The normal logarithms we use have the base 10 and are called "common logarithms".

We can do problems with logs like multiplication, division, raising to a power or taking a root. Everybody knows what multiplication and division is but we'll cover that anyway as well as raising numbers to powers and taking roots of numbers. It gets slightly more complicated when we raise to fraction powers but we'll get into that too.

Definitions

First of all look, at this basic algebraic expression to see what we're talking about as far as the symbols. We have A with a power of X equalling Y:

$$A^X = Y$$

and the symbols represent various parts of the equation.

- X is the logarithm of Y,
- So X is an exponent, and
- we're referring to it as a logarithm of the answer.

If you took A as a number and raised it to the power that X would represent it would equal Y, so X is the logarithm of the answer to that equation on the opposite side, so therefore it's the exponent.

A logarithm is divided into two parts:

- the characteristic, and

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- the mantissa or the decimal point.

Exponent. The exponent is another name for logarithm
Factor. A factor is one of any number of numbers that are multiplied together. Root Index. The root index is the identifying number of the root.
Characteristic. The number to the left of a logarithm. It denotes size.
Mantissa. The log table is a table of mantissas. The mantissa denotes location or number sequence.

Logarithmic Operations

Multiply Numbers	Add the exponents Divide Numbers Subtract the exponents
Roots of Numbers	Divide the exponent by the root index.

Stage 1 - Exponent

In geometrical math 10^1 = 10 and the symbol "1" here is called an "exponent", and exponent is another name for logarithm. The exponent or logarithm is simply telling us how many factors of 10 we have.

The exponent also gives the number of zeros, as: 10^0 = 1 (nil zero)

10^1 = 10 (1 zero)

10^2 = 10 x 10 = 100 (2 zeros)

10^3 = 10 x 10 x 10 = 1000 (3 zeros)

10^4 = 10 x 10 x 10 x 10 = 10 000 (4 zeros)

Stage 2 - Factors

Now a factor is one of any number of numbers that are multiplied together, for example: 2 times 3 times 4 - there are three factors here, the 2, 3 and 4 are all factors.
The exponent tells the number of factors, as:

10^2 has 2 factors, 10 x 10

10^3 has 3 factors, 10 x 10 x 10

10^7 has 7 factors, 10 x 10 x 10 x 10 x 10 x 10 x 10

Mathematical Basis of Common Logarithms

Between the number 100 and 1000 there is an infinite number of values.

If 100 is 10^2 and 1000 is 10^3 then there must be some way in this shorthand method of expressing all the numbers that are in between. For example, the number 200 is between 100 and 1000 and would therefore be between 10^2 and 10^3.

Expressed in logarithms, 200 is 2.3010.
The "2" portion is called the characteristic, and the .3010 is the mantissa.

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Characteristic and Mantissa

The logarithm book is actually a table of mantissas and in working with logarithms you have to calculate the characteristic yourself. The short way to do it is count how many digits you have before the decimal point and knock one off and that's the characteristic, so a number like 3521.78 has a characteristic of 3. The other way we can find it is to relate it to scientific notation. If you have a number, say 8521.78, write it in scientific notation and we have 8.52178×10^3. The 3 is the characteristic.

Now I'll duplicate some of the table here in the book,

n	0	1	2
15	.1761	.1790	.181

In this example, go down to 15. Now those digits could be 1.5 or 15 or 150 or 1500 or even 15 million, it makes no difference, only the number sequence is important, 1 then 5. You compensate for the size of the number by adjusting the size of the characteristic.

Now the other numbers above the mantissa means that we can expand our original number from say 15 to 15.1 or 151 etc or 15.2 or 152 etc., so we're able to find the logarithm of any number sequence 151, 152 etc or any size of number simply by putting the decimal place wherever you want.

So to determine the logarithm for the number 1510 you do the following:

- Determine the characteristic, for 1510 it is "3", then
- Look up the sequence "1510" in the log table and it is .1790

Therefore the logarithm of 1510 is 3.1790. This means that 10 raised to the 3.1790 power is equal to the number 1510, or showing it exponentially we have:

$$1510 = 10^{3.1790}$$

Base 2 Logarithms

To explain logarithms maybe a little easier we'll move into Base 2, and to do that we'll also build a simple Base 2 log table so that:

Expression	**Logarithm**	**Number**
$2^0 = 1$	0	1
$2^1 = 2$	1	2
$2^2 = 4$	2	4

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$2^3 = 8$	3	8
$2^4 = 16$	4	16
$2^5 = 32$	5	32
$2^6 = 64$	6	64
$2^7 = 128$	7	128
$2^8 = 256$	8	256
$2^9 = 512$	9	512
$2^{10} = 1024$	10	1024
$2^{11} = 2048$	11	2048
$2^{12} = 4096$	12	4096

If we want to multiply the numbers 8 x 16 it is:

- Find the log of 8, which is "3",
- Find the log of 16, which is "4",
- Add the two logs together, log 3 + log 4 = log 7
- To go back to "numbers" find the antilog.
- Antilog 7 is 128.

Recapping:

2^3 power tells you that you have 3 factors of 2 (2 x 2 x 2) which is 8.

2^5 power tells you that you have 5 factors of 2 (2 x 2 x 2 x 2 x 2) which is 32

Problem, multiply together 32 times 64 using Base 2.

The log of 32 is 5
The log of 64 is 6

so we add 5 plus 6 which is 11. That 11 is a logarithm, it is really 2^{11} which when we take the antilog to get the number it is 2048.

Problem, divide 2048 by 64.

The log of 2048 to the base 2 is 11. The log of 64 to the base 2 is 6.

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Subtract 6 from 11 gives 5, or 2^5, and the antilog of 5 is 32.

Problem, 4096 divided by 16.

The log 4096 is 12 to the Base 2 The log of 16 is 4 to the Base 2

Subtracting, 12 minus 4 equals 8. Antilog 8 is 256.

Negative Power Exponents

Where you have to deal with negative power exponents, 2^{-1}, we invert the expression, put 1 over the number like this:

$$1/(2^1)$$

Remember when you invert, the sign of the exponent power changes to the opposite sign. Another example of that is 2^{-5} is equal to:

$$1/(2^5)$$

There's a restriction that $x^{-n} = 1/x^n$ only when x is not zero. When x = 0, x^{-n} is undefined.

Roots of a Number

Problem, the square root of 4096 normally written as:

$$\sqrt[2]{4096}$$

The log of 4096 is 12.
To get the square root divide the log by 2,

$$12 \div 2 = 6.$$
Antilog of 6 = 64.

Problem, what is the 4th root of 4096, normally written as:

$$\sqrt[4]{4096}$$

The log of 4096 is 12.
To get the 4th root divide the exponent by 4.

$$12 \div 4 = 3.$$
The antilog of 3 is 8.

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Taking a root is finding that number which is the number that if raised to the index that you're talking about would give you the number you started with. The sentence is not important, but what is important is to have an example.

Expanding on this idea, if we have nine raised to the three halfs power, it means take the square root of nine, and cube it. Nine to the three halfs is written:

$$9^{\frac{3}{2}}$$

We break this exponent apart and the denominator, the 2, becomes the root index. In other words, what you're looking for here to start with is the square root of nine. The bottom number, the denominator, the two in this case, is asking for the square root of 9 as a first step.

$$\sqrt[2]{9} = 3$$

Now, the square root of 9 is 3. Next you raise this number to the power that's in the numerator, the 3, and you have:

$$3^3 = 3 \times 3 \times 3 = 27$$

Now the square root of 64 is 8, and the square root of 49 is 7. What is the square root of negative 36? This is a foul ball mathematically isn't it. We have now moved into a new realm of imaginary numbers, you cannot find a number in the real number realm which multiplied by itself, or used as a factor twice, will give you a negative
36. (Actually 6*i*)

Now, sixteen to the one half power is the same thing as asking for the square root of sixteen, which is four. Written as

$$16^{1/2} = 4$$

Alright, let's do a multiply and divide and then we'll do some taking of roots and then raising to powers. When you get into the more complicated problems this little sentence will tell you what to do first. "**Please Remember My Dear Aunt Sally**".

Now in logarithms you can forget Aunt Sally, what I mean is in that sentence you may scratch through the two words 'Aunt Sally' because we won't use them in logarithms, but we do want, "Please Remember My Dear ..". Now Dear stands for Division. The whole thing stands for:

- Please - Powers
- Remember - Roots
- My - Multiplication
- Dear - Division
- Aunt - Addition
- Sally - Subtraction

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When we have those things involved in a problem we do the multiplication and the divisions that are expressed first and we'll do them in the order in which they come, otherwise we'll get a different answer. So if you have a combination of a multiplication and a division you do them just in the order they come. If a multiplication is there first you do that, if a division is there first you'll do that. After that is done if there is a root to take of that expression that would be the next thing to be done and if you're going to have all of those things involved in giving you a number which is to have it's power taken you would take the power of it last.

Alright, the first problem is multiplication, look at your Base 2 table and multiply 32 times 16.

In your table you found a 5 next to the 32 and you found a 4 next to the 16 and to multiply numbers you add their logs. So we have 5 + 4 = 9.

Now that 9 is still a logarithm and to get a number we have to take the antilog.

The antilog of 9 (Base 2) is 512.

The next problem is 4 x 16 x 16.

The next simple problem to be done by logs is 16 divided by 2.

Log 16 = 4
Log 2 = 1

To divide, subtract the logs 4 – 1 = 3

Antilog 3 = 8

Now I'll combine multiplication and division into one problem and we have 16 times 32 divided by 4:

Log 16 = 4
Log 32 = 5
Log 4 = 2

To multiply, add the logs 4 + 5 = 9 To divide, subtract logs 9 – 2 = 7

Antilog 7 = 128

Another problem is 32 times 32 times 32 divided by 16 divided by 4:

Log 32 = 5
Log 16 = 4
Log 4 = 2

5 + 5 + 5 = 15
15 – 4 = 11
11 – 2 = 9

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Antilog 9 = 512

I've got to leave the Base 2 and get into Base 10.
Now, if raising a number to a power is the same thing as multiplying the power times the log of that number, taking a root is simply dividing the log of the number. So if we wanted the square root of 1024:

The way the root indices are written are:

Square Root	$-\,{}^{1}/_{2}$
Cube Root	$-\,{}^{1}/_{3}$
Fourth Root	$-\,{}^{1}/_{4}$

Now here's the key thing to this whole thing. What we've been presenting here is the very first grade lowest level type of logarithms that we can work with. This is the infant stage of logarithms and what can be done with them. I'm going to introduce the Base 10 now. Someone did ask me to define powers and roots again so I'll do it very quickly, take the number 100 and I'm looking for a root. Now a root is the number multiplied by itself that would give you 100. That's the square root. So the square root of 100 then is 10 and it's written as follows:

$$\sqrt[2]{100} = 10$$

Now that defines root for you well enough. Now graduate from Base 2 to Base 10. Logarithms to the Base 10 are also called common logarithms.

The first entry that you'll have in these logarithm table that you'll see in the back of the book is a one zero here. You can't look at that number as 10, it's a number sequence, it's one zero, it's either 1, or it's 10, or it's a 100, or it's a billion. It doesn't make any difference.

Now we know that:

- $10^1 = 10$
- $10^2 = 100$
- $10^3 = 1000$

There are many numbers between 10 and 100 and we can express these numbers as a function of an exponent, in other words a logarithm. A logarithmic function is not a straight line, it's a curved function.

If you take the number 563 we find it's located between 100 and between 1000, between log 2 and log 3 so the characteristic of the log number is 2 and the mantissa is given by the number sequence 563. So the log of the number 563 is 2.7505.

The purpose of the Base 10 log table is that we can handle very large numbers in a very easy way. If you take the number sequence 563 for example with its logarithm being equal to 2.7505, but what if we looked at this number as 563 thousand, or 563 billion, we still can work calculations with those huge numbers easily.

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We're going to multiply well we'll say 5630 times 5820. The log of 5630 is 3.7505
The log of 5820 is 3.7649

Adding those numbers we get 7.5154

Now find the antilog of that number but we don't need to be really accurate most times with such huge numbers and the answer is between 10^7 and 10^8. That is between:

- 10,000,000 and
- 100, 000, 000

Between 10 million and 100 million. As an analogy if you had a $30 billion dollar deal would you be concerned about $100 000 one way or another if somebody scattered off with it.

Back to the log number of 7.5154. In the log table I find the mantissa 5145 that corresponds to 327 and right next door to it I find 5159 which corresponds to 328 meaning the number I want is between those two, 327 and 328. It's in between there somewhere. It's actually 3276 I'm not even going to be concerned about it, I'll take either one of them because it doesn't make any difference. Now I know that there is a technique of interpolation the engineers use but we're not going to talk about interpolation, not even going to worry about it. I'm going to take the 5154 and the number sequence for 5154 is 32 in that left hand column and up at the top of the column above it is a 7, so our number sequence is 327. The last remaining thing is to place the decimal point and we'll have eight digits before we put it in, so we have:

- 32, 700, 000.

Whenever you go to dealing with anionic and cationic energy that makes one cell you run into big numbers very quickly. These numbers that we're working with now in these log tables are very, very, very small. But we're going to get into the ones that runs into trillions and trillions and trillions and this is what you're preparing for is how to express trillions into numbers that you can comprehend.

Check the web for more training.

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PART 17

BUSINESS PRACTICE

Business Practice.
One thing I'm going to suggest to you as testers that in the sale of vitamins and minerals if you will make an agreement with your health food store for them to handle all the vitamins and minerals and to send you people that need care the first thing you know you'll have 50 people a week, and any one that has more than 50 people a week really just has too many, 10 a day will keep you pretty busy, that is at first, a little later more, but I would limit the counselling to 15 minutes, don't tell them everything you know, just tell them what to do and where to get the materials and the health food store will send you more people than you can make from the profits of the sale of vitamins and minerals. Now, if the health food store doesn't handle them that's a cat of a different color but make it available, don't recommend something that's not available to people. So what I'm trying to say is, try to do as much good to as many people as you possibly can.

Another thing I am counselling you to do is that if the husband gets so busy, or the wife gets so busy that she can't come in herself and bring the specimen or if they're so busy don't let anybody else bring it. In other words, if they don't bring it themself just don't pay any attention to it. Just refuse to do it. If their health is not important enough to come at your office hours, to the hours that you work forget about it. If they're in such a hurry to get to the cemetery you can't stop them, and not only that, but if the wife has finally nagged the husband to send in a sample in order to get her to shut up her mouth he's not going to do anything about it anyway. So the thing about it is unless he thinks enough of his own health to come and be counselled directly, face to face, don't bother about it, and the same way about the child in school. In other words, insist that you see the patient. Insist that they come, and stick to it, and don't send word by the husband or by the wife or brother-in-law or mother-in-law or uncle or aunt to send somebody, don't send it, tell it directly face to face to the person that whatever you want them to know because as sure as you were born by the time they've got it there they've changed it like they want it, they have heard terms they are not sure about and therefore they'll twist it and by the time it gets to them it will not be recognisable. I'm telling you things to do to build up a practice and build up confidence, in other words, they are not accommodating you by coming, not at all. They're not doing you a favor by coming, they're doing themselves a favor.

Now many times I had people call me up, "well doctor if you can't see me when I want to be seen then I'll go to somebody else" I said, "that's what I advise you to do, exactly".
In other words they wanted me to cancel somebody else's appointment and take them. I have also said at times, "if you'll come and want to sit for a few hours I will try to work you in, but I'll do my best to get you as soon as I can", but what I'm trying to tell you is this, you work for them but after all in your business you set the hours and the appointments and if you will follow these rules very quickly you will be booked up a few weeks in advance. Of course there's always emergencies that you can handle.

Now here's another thing that will happen, people will call you up a month later about their report, now don't try to counsel anyone on their report that's over two weeks old because their body

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chemistry has changed, or it might have changed, or it may have changed and therefore unless they come back and get a test ".. well I haven't had time to start on it"
"well, I'm just sorry I don't know whether your body chemistry has changed or not."
"I just now got a chance to start on it and haven't started on and I forgot what you said, would you mind telling me over."

Now what they're trying to do is to get out of paying you for another call and want to take up two or three hours on your telephone, so the thing to do is to just say, "I'm sorry, if the reading is over two weeks old, it's too old for me to give you any counselling on whatsoever". So, have a principle, have a set of rules. A little later, a very little bit later these rules are going to come out in a paper to you and guidance from week to week or from month to month or how often is the paper comes out, it's going to make suggestions to you on how to operate your business so as to establish confidence in the people.

Now if a person needs to go to a retreat do not give them a diet sheet. Do not give them a diet sheet, don't let them talk you into it because their body chemistry's going to change in a day or two and not only that but a lot of them fudge, a lot of them fudge and do things they ought not to do. We just had a young man with cancer just below the right joint of his right shoulder, almost the size of a grapefruit, and he would do all through the day what he was told, but at night he'd go over an get an ice cream and pop and drink it, and thought we didn't know the difference. Though he could flush it out before the next morning. Now this happens.

Also one time we had a case of advanced collagen disease and the person was a colored woman, about 30 years old, married with some children and she had been a wonderful maid and the person that she'd worked for a number of years was paying her way over there. Anyway her appearance was so bad, so terrible, and she looked more like an animal than a human, in fact her appearance was so bad we could not even let her come out at the table or among the people during the meals.

For the first two weeks we kept her confined to her room because of her appearance, but the first day she was supposed to drink her lemonade and water, 4 oz of the lemonade on the hour and the water on the half hour and she was plainly capable of doing it, I mean she was not a bedridden patient by any means, and I called her in that evening and I said, "listen, I told you to drink your lemonade on the hour and your water on the half hour, I don't want to tell you this again".

Now I tried to be as kindly as I can but I'm firm, and anyway the next day I called her in in the evening and I said, "I told you yesterday to drink your lemonade on the hour and your water on the half hour, and I don't know what I'm going to do to impress it on your mind that you've got to do this and not fail. Now this is the last time I'm going to tell you and if you don't do it tomorrow I'm going to send you home.

The next day I called her in and I said, "call your husband and tell him to come and get you because I'm tired of fooling with you, and I'm not going to bother with you any more, if you're just determined to die you go home and die, because I can't help you if don't do what I said".

She begin to cry hysterically for about five minutes and she cried and she said Doctor, "why are you sending me home?"
I said, "because you're pouring your lemonade down the toilet and not drinking it."

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And she said, "doctor if you just won't send me home I'll drink every drop of it tonight if you'll just give me one more chance."
So I did. Instead of being on a fast three days she was on one 6 days because then she started to drink it correctly and in two weeks you should have seen the difference, she begin to look like a human being and she could come out among the people but she said this, "don't never pour your lemonade down the toilet 'cause the doctor can see right through the door."

Now what I'm trying to tell you is this, when people don't respond they're not fooling anybody, you or the numbers or anything else, and if they say they are then send them to a retreat because these numbers will change if they'll do what they say providing there's not a brain tumor that interferes, or damage to the vagus nerve, and if you have any suspicion of that send them to a retreat because they need help.

About 5% of all the people that you test, if you're testing very many, you'll find need to be in a retreat, but they come in waves. I tested as high as 60 or 70 in a day, I don't mean an 8 hour day, I mean a 20 hour day when I had somebody testing and just reading I'm giving them approximately 5 minutes each and I would go 2 or 3 days and not a one need go to the retreat, and the next day a bunch of them need to go, they come in waves. For instance, leukaemia patients, you may go for 3 or 4 months without hitting one and then hit 2 or 3 within two or three days. In fact I was hitting a leukaemia patient about every 2 months 3 years ago in testing and then one day I hit 3 in one day, a wave of them, and I didn't hit another one for about 3 months again. So these things come in waves. I can't explain to you why, but they do, and two of them was in the same family, and one of them was in another family, not even related to each other.

So what I'm trying to tell you is this, have a set of rules to go by and live by it, and always keep your cool, never argue with your patient because you're no bigger than the person you argue with, or debate with and so forth. Be patient with people and if you can't push somebody up don't push them down and you will find that if you will use these words regardless of what people say to you, "I will help you", "I will help you", "I will do my best to help you", God will do the rest. "I will help you" regardless of what they say or accuse you of say "I will help you".

Whenever a policeman arrests me I say, "I will help you to obey the law as you have to obey it". When I'm put in jail I say to the jailer "I will help you do your job", "I will help you do your duty". There's no one that you can't help, or at least offer your help to, some people won't let you help them, but anyway you can offer to help them, so what I'm trying to say is let your life be a living sermon, everything you say and everything you do is a sermon, somebody is listening, somebody is walking in your footsteps, and some of the greatest sermons that's ever preached is preached without saying a word. Somebody is watching you, somebody is using you as their example so be careful what you say.

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