

This Electronic book NATURAL MEDICINE By Dr. Hoover is packed with useful information on natural health.

**Chapters on AIDS, ANEMIA, ARTHRITIS,
CANCER, DIABETES, HEADACHES, HERBS, HIGH
BLOOD PRESSURE, OVERWEIGHT,
OSTEOPOROSIS, etc.**

Author: Dr. Hoover
DrJerryLeeHooverND@yahoo.com

THE MAIN PURPOSE OF WRITING THIS BOOK WAS TO HELP OTHERS

Author's Note

This revised electronic edition of my book is being made available to the general public. I am now retired and I feel compelled to share once again the results that were accomplished when I had my clinic. The clients checked into the clinic for a period of 26 days and because I was able to control nearly all aspects of their diet, exercise, herbs, etc we had impressive results. Most of the clients had their health restored, all improved and Thanks to God we had no deaths. So the information you are about to read can help you just as it helped my clients. Gods ways are simple, mans are not. By faithfully following these simple remedies you to can live a healthier life.

PREVIEW

NATURAL CURE FOR AIDS To increase T-cell production use raw garlic.

NATURAL CURE FOR ANEMIA For an iron deficiency use blackstrap molasses, as it is 3 times higher in iron than liver.

NATURAL CURE FOR ARTHRITIS A scientific study done at Wayne University Medical School showed that a meat free, dairy free diet resulted in complete remission of arthritis in the majority of participants.

NATURAL CURE FOR CANCER The herb Red Clover, (*Trifolium Pratense*), has been used for over 100 years to treat and prevent cancer. It is good for cancer on any part of the body.

NATURAL CURE FOR DIABETES Sunlight helps lower blood sugar, so everyday be sure you are getting plenty of sunshine.

NATURAL CURE FOR HIGH BLOOD PRESSURE A study done by the government, (MRFIT) as reported in the Journal of American Medical Association (1982 JAMA 248: 1465-1477) found that the coronary mortality was 70% higher in a group of hypertensive patients that received aggressive treatment when compared to a control group who received no treatment. Conclusion High blood pressure drugs killed more people than they helped. One simple way to help lower your blood pressure is to eliminate all caffeine as found in coffee, tea and colas from your diet.

NATURAL CURE FOR HEADACHES Drink more water, as the brain is close to 90% water and when you are dehydrated your brain is one of the first organs to let you know it.

WHAT HERBS TO USE FOR CERTAIN DISEASES Herbs are nature's medicine. The father of medicine Hippocrates, was an herbalist. For example one of the best herbs for the prostate is the herb Saw Palmetto Berry

OVERWEIGHT 62% of the American people are overweight. If you desire to lose weight adopt a diet that primarily consists of fresh fruits, (especially lemons), vegetables, whole grains and beans.

NATURAL CURE FOR OSTEOPOROSIS The major cause of osteoporosis is eating too much protein. One simple thing to improve osteoporosis is to get plenty of exercise.

ABOUT THE AUTHOR



Jerry Lee Hoover N.D. is deeply committed to teaching others the proper way to stay healthy by the use of natural remedies. Dr. Hoover was born and raised in Rapid City, South Dakota. He served his country in the U.S: Navy, spending time in Vietnam. He graduated from California State University, Chico as a teacher. After teaching Secondary School in the States, he served as a principal of a mission school in the South Pacific. He also was the pastor of a church in Texas for 9 years. His interest in natural health increased while working at a mission hospital in Central America, so he pursued his education and received his degree as a Doctor of Naturopathy. Since then, Dr. Hoover has lectured on natural health in the U.S: and abroad. He has written numerous health articles in the U.S: and abroad, many of which have been published in national health magazines and major newspapers. He was founder and director of a Health Lifestyle Center in the

U.S: He presently lives in Latin America and is continuing to write and lecture on Natural Health. He has a website on Natural Cure for Cancer which has helped thousands over the Internet. Dr. Hoover's hobbies include missionary work in foreign countries, building houses, singing, writing and traveling.

NATURAL MEDICINE

By Jerry Lee Hoover, N.D.

With forewords by

Mark D. White, D.C.
Wayne Pickering, N.D.
Sheryl Hooker, M.S.

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FOREWORDS

As a health professional, I am excited about the information that Dr. Hoover shares in this book. The health field is flooding with new information about health, much of it being very risky and dangerous. This information ranges from new drugs and high-tech surgery to the effectiveness of simple natural treatments that people can do at home. This can be a very confusing time for people. How can a person differentiate between fact and fiction with so much information to examine? I believe the answer to that important question can be found in this book. People need to have the facts. If they understand the basic laws of health, then by reasoning from cause to effect they will be able to wisely determine the best health care answer for their health problems.

These facts are time tested and apply to all people all the time. They are the laws that govern the human body. These laws cannot be broken without consequence and cannot be kept without benefit.

In my practice, I have observed in working with hundreds of patients that those who follow these laws of health get well much more quickly and hold their adjustments much better than those who don't.

Dr. Hoover's years of experience in teaching and applying these laws of health has made him very effective in sharing them with others. His straightforward style, using layman's terminology, makes the facts exciting to read as well as clear and logical. Those who read this information will have a real advantage in today's health jungle. Not only will they be armed with the facts, but they also will enjoy better health as they follow the simple truths that they learn.

Mark D. White, D.C.

"The will to win" is more important than "the skill to win" We are all designed to win; and in order to win we must focus on What's Important Now. In my years as a Naturopathic Physician and a Florida State Licensed Nutritional Counselor, I feel What's Important Now is that we make health our first concern and not our last resort; most of us give up on our health in quest for wealth, just to spend the wealth to regain our health. Dr. Jerry Hoover's monumental piece of work, "Natural Medicine", has laid out the simple truths of taking care of this miracle machine we call the human body.

I feel this book will satiate your quest for zest ultimately adding cheers to your years. We are all healthy by design and sick by default. If you invest in yourself, you'll never make a bad investment and the interest just keeps growing and growing with no service charge!

As an international Speaker and Mentor to thousands, books about health come across my desk all the time asking for my opinion and approval; and I am glad to see one such as Dr. Hoover's pass the test... straightforward answers to keep us happy, healthy and in control!

Wayne Pickering, N.D. Sc. M.

Writing on health and nutrition is an arduous task since much is to be desired in terms of answers from contradictory scientific review on diet and disease. Recognizing that there is a Master Physician (Balm in Gilead), naturopathist, Jerry Hoover, has

endeavored to compile and interpret controversial research issues on nutrition and wellness using the scaffold of eight natural remedies.

While not an exhaustive work, this book provides a fundamental overview for the layman interested in natural remedies and a collection of techniques with advice for assisting the healing process. Moreover, this work provokes the professional to re-investigate present and previous unbiased research without being encumbered by heretofore assumptions.

Cheryl Hooker, M.S. Nutritionist

DEDICATED

To our Creator who has given us our marvelous body and an immense variety of medicinal plants for restoring our health.

To Ellen G. White, who was over 100 years ahead of her time in the area of health. Her writings have greatly influenced the contents of this book.

To all those physicians, nurses, dietitians, nutritionists and natural health personnel who are striving to heal with the use of natural means.

To those who have attended my programs, lectures and seminars and have applied these principles to regain their health. Their success encouraged me to publish this book.

To all those who have an interest in maintaining or recovering their physical health by using natural remedies described in this book.

To the multitudes who suffer and die needlessly – uninformed and unaware that simple, safe and effective means of correcting their ills and restoring health are available.

ACKNOWLEDGMENTS

Special Thanks

The author is deeply indebted to a large number of natural health authors who have made their priceless information available to the reading public. Some things can never be repaid in monetary terms. To all the great people who have encouraged me and have contributed to this book in any way, I extend my deepest appreciation.

PREFACE

Naturopathy is a therapeutic system that does not use drugs or therapy, but employs natural forces such as light, air, water, etc. "Nature" means "not artificial, but lifelike." "Pathy" means "healing crises." So, a true Doctor of Naturopathy will not use anything artificial to cure illness. But will allow the body to heal itself by using natural methods. Thus: A Naturopathic Doctor is a Doctor of Natural Healing.

When a naturalist sees a person suffering from disease caused by improper eating, drinking and other wrong health habits, yet neglects to tell him of this, he is doing his fellow being an injury. We are complex beings, functioning on physical, mental and spiritual levels. The factors most strongly influencing our health are the eight natural remedies of Fresh Air, Pure Water, Sunshine, Natural Food, Rest, Exercise, Temperance and Trust in God.

I have been a health advocate for over 35 years. I can still remember back on New Year's Eve, 1969, when I made a resolution to become a vegetarian and since then I have continued learning how to use effectively the natural means for healing.

The writing of this book was the best way I could acquaint you with the many natural ways to better health. I see many for whom no drug or surgery will restore health. In spite of many scientific advances, we still remain humbly, pitifully, dependent upon the natural forces of nature to bring about the abundant health that many of my clients have experienced.

75-year old Swimming Champ's Healthy Lifestyle

The following story is taken from "Healthful Living"/1986 and reprinted here by kind permission of the author:

"Catherine Cress, 75, glides through the water with scarcely a ripple. She could be demonstrating the perfect breast stroke to a swimming class...

"She can swim faster than anyone else in the country her age. She can swim faster than most people far younger."

So wrote Pamela Livingston, staff writer for the Roswell Daily Record, Roswell, New Mexico, in the July 1, 1985, edition.

At 5'2" and 95 pounds, Catherine Cress is the fastest 75-79 year old breast stroke swimmer in the United States.

In Milwaukee in the spring of 1985, she broke all the records of any previous winners of 75 – 79 year olds for the 50 yards, the 100 yards and the 200 yard breast stroke. She has received all kinds of medals for swimming, recently and when she was a 15 to 20 year old girl.

How does Catherine Cress, now age 76, stay in shape to swim extraordinarily in these meets? For the past 18 years, she's been swimming one mile four to five mornings a week. She says: "I never miss because I never get sick. For 25 years I haven't been to a

doctor.” Says Catherine: “I am 76 years young and so happy my body functions so perfectly. Everyone I know my age and younger, all suffer from one thing or another and take all kind of drugs.”

What’s Her Secret?

Catherine Cress has no secrets! Ask her and she’ll tell you why she’s healthier than her peers and most younger people. She’ll tell you why she’s in better shape than her mother was at the same age. Not only does Mrs. Cress stay fit with regular exercise, but “I gave up meat 15 years ago. I never eat sugar. Most of the time, I eat raw fruits and vegetables and seeds and nuts.

“I belong to a food co-op and buy my fruits ad nuts there. People gobble up all those vitamins. They ask me which ones I take. I say ‘NOTHING!’”.

To prove how healthy she is, Catherine told me: “Last night I slipped in water and fell in the garage. I got up and wasn’t even hurt. My bones must be strong.”

For further proof of her unusual health, Mrs. Cress told me: “My son is an oral surgeon in Chicago. When he checks me, my blood pressure is always normal and my temperature is only 97.2 degrees.

“I’ve worn glasses since I’ve been 53 or 55. My family said, ‘Get new glasses’. I said, ‘I can still see fine with these.’ I just want to stay healthy just as long as I’m living.”

Introduction

When we mention living healthfully, many people groan. They immediately think of tasteless food, rigid exercises, regimentation and unhappiness. This is not true; and this book has been written to prove to you that true happiness is feeling good about yourself because you are in control of what is happening to you.

Everybody wants to be happy, healthy and free from the threat of illness and disease. Every day countless numbers die from the dreaded cancer or from Aids, from heart disease or from some other serious illness. All of these illnesses can be traced to one source: failure to maintain a healthy immune system.

We all have within our bodies a certain number of germs, but the body has an immune system to protect us from these germs. As long as our immune system is strong, these germs cannot develop into full blown, life-threatening diseases. However, if we do not strengthen our immune system or if we weaken it by engaging in bad health habits, then the disease germs multiply and we suffer. The secret to a healthy life then is to learn how to strengthen and maintain a healthy immune system.

Many people visit our Center where we teach them how to strengthen their immune system by eating properly, exercising and abstaining from putting harmful things in the body system. Dozens of these clients have left us happier, healthier and free from disease.

Margie is a classic example of what a healthful lifestyle can do to improve your quality of life. She had suffered a toxemia pregnancy early in her marriage, leaving her with chronic hypertension, which eventually developed into a heart disease.

When she came to me, she was 30 pounds overweight and suffering from congenital heart failure. She had a rapid pulse, dangerously high cholesterol and had been taking blood pressure medication for over 30 years.

We immediately began her on a program of natural foods, exercise, daily walking program and pure water. When she read in the Physician's Desk Reference about the side effects of the medications she was on, she decided to stop taking them.

During the 26-day program, Margie entered enthusiastically into all activities; she learned about how to take better care of her body and how to prepare delicious and nutritious meals in a more healthful way. Every day she attended health classes to learn how her body functions and what is required to maintain health. These are the same health tips you will learn in this book.

At the end of the program, she was 15 lbs. lighter, more energetic and happier about her newly found lifestyle. One year later she was still feeling good, maintaining a healthy blood pressure, had a low pulse rate and has reached her target weight of 145 lbs. She has also learned how to deal with the stresses in her life that was affecting her heart condition.

"God answered my prayers," she said, "when He allowed me to learn about the proper diet and lifestyle that all should follow if they plan to live in the New Earth."

In this book, I will share these same health principles with you. There is no secret magic formula, but following these health principles produces miraculous results. If you are underweight or overweight, suffering from some disease known or unknown, the health principles outlined within the pages of this book can revolutionize your life.

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PART I

Part I of this book takes a close look at the Eight Natural Remedies that we can all use and take advantage of to maintain and improve our health. These Eight Natural Remedies are Fresh Air, Pure Water, Sunshine, Natural Food, Rest, Exercise, Temperance and Trust in God.

FRESH AIR



Air is an invisible, tasteless, odorless mixture of gases surrounding the earth. Air at sea level is composed of 21% oxygen, 78% nitrogen, 1% water vapor, carbon dioxide and traces of ammonia, argon, helium, and other rare gases. Experiments have shown that death will occur from prolonged inhalation of air, in which the proportion of oxygen is much greater than that in which it naturally occurs in the atmosphere. Therefore, we know that the mixture called air is not an accidental compound, but one perfectly adapted by our Creator to the needs of the human body.

The first need of all living creatures on this earth is oxygen. They can not live without it. Oxygen must always be present in the air we breathe. All of the trillions of cells in the human body must receive a constant supply of oxygen or those cells will weaken and die. Through the tissue fluids the cell obtains the oxygen it needs and gives up the carbon dioxide it does not need. This transportation of oxygen from the outside air to the tissue cells, and the carrying away of carbon dioxide is done through our lungs. Our lungs are light and spongy in texture. If placed in water, they will float. Normally we breathe about fifteen times a minute, inhaling about a pint of air each time we take a breath. The lungs normally hold about six pints of air, so that about one sixth of the air is exchanged each time we take a breath. A person sleeping uses only about 10% of his lung capacity. Hard work increases lung use to about 50%. The singer or woodwind player uses his lungs almost to the fullest extent possible. ⁽¹⁾

AIR IS ELECTRICALLY CHARGED

Air contains electricity. The air we breathe affects the body as if it were charged with electricity. This electrical energy, absorbed by the blood, is carried to all parts of the body. The air we breathe contains both negatively charged ions and positively charged ions. Our bodies need a larger portion of the negatively charged ions for optimum health. As we breathe large quantities of positively charged ions (the bad kind), we may feel such adverse effects as headache, nasal obstruction, hoarseness, fatigue, dry throat, dizziness, etc. Breathing mostly negatively charged air (the good kind) will produce feelings of exhilaration and well-

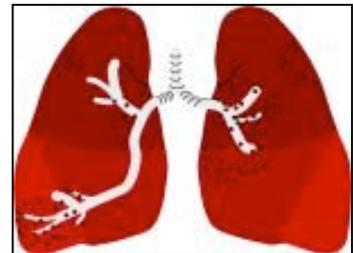


being. Negatively charged air has been shown to decrease the respiration rate and lower blood pressure, while positively charged air does just the opposite. One group of researchers reported that patients who had high blood pressure and breathed negatively charged air had an average drop of 39mmHg in systolic blood pressure. ⁽²⁾

Negatively charged air (the good kind) is found in abundance at the ocean, in the mountains, at the foot of a waterfall or by a river or stream. All outside air has a large amount of negative ions. This is why we feel so good when we go camping or to the ocean. Or, if one is fatigued, a short walk outside in the fresh air will liven up the whole body. There are over 3-4 thousand negative ions in one cubic centimeter of mountain air, but only 100 negative ions in one cubic centimeter of air in an office building at the end of an eight hour day. Enclosed buildings have mostly positively charged ions which are harmful to health. All electrical appliances, air conditioning units, etc. use up the good negative ions and give off positive ions. All the air we exhale is positively charged; that's why a person gets drowsy after sitting for a long time in a closed room that is full of people.

The Lungs Give Off Positively Charged Poisonous Gases

Both food and oxygen are taken by the blood to the cells and are there converted into heat and energy by a process similar to combustion. When common fuel is burned, a by-product is formed, a gas or smoke which is deadly and must be removed. In like manner, the burning of food and oxygen in the body cells produce a positively charged carbonic acid gas which is taken by lymph and blood to the lungs to be exhaled, thus, saving the body from harm. If this elimination should cease for a few minutes, life would cease. About thirty quarts of this positively charged carbonic acid gas are exhaled per hour by one person. About one third of the body wastes, which are poisons, go out from the lungs. We should always so arrange our ventilation that those wastes will quickly go out-of-doors rather than accumulate in the room, thus enabling the lungs to always have a good supply of fresh, clean, negatively charged air.



Our skin also needs pure fresh air. The skin has millions of minute openings known as pores. One of the functions of these pores is to breathe in the fresh air. If we covered the skin of a person with a material like paint and closed these pores up, the person would suffocate in a short time.

Dr. Kellogg, an authority in natural medicine, who stressed adequate ventilation in homes, offices, and school rooms, estimates that each person requires at least 3000 cubic feet of fresh air per hour to dilute the poisons poured forth from his own lungs and skin. He tells us that any system of ventilation is inadequate which does not supply this amount of air to each occupant of a dwelling. Sick rooms and hospitals require two or three times as much air as this on account of the increased amount of contamination.



An old army surgeon who had charge of large hospitals during the war related a very interesting experience illustrating the importance of giving the sick, especially persons suffering with fever, and abundance of pure air. He said that in a large hospital he had at one time 320 cases of measles during the winter season. The hospital caught fire and burned to the ground and the patients had to be placed in tents. All but one or two recovered. He said he had no doubt but that the number of deaths would have been thirty or forty at least, had the patients remained in the hospital.

One would never think of eating food some other person had chewed, yet we don't realize how breathing enclosed, foul air over and over again will poison the blood stream and injure the lungs. To enjoy good health our homes should have plenty of ventilation (windows opened winter and summer). With our modern, sealed homes and air conditioning units re-circulating a large percentage of the impure indoor air, we are starving our lungs of pure, fresh air. The oxygen the body obtains from the air is very important in maintaining good health. Without the abundance of pure fresh air, the important work of normalizing the blood chemistry could not be successfully performed and the individual would suffer serious consequences.

"Scientific evidence shows that the indoor air can be more seriously polluted than what's out of the window, even in the largest and most industrial cities," says Dave Ryan, an air pollution expert and spokesman for the Environmental Protection Agency (EPA) in Washington D.C.

FRESH AIR CRISES IN BUILDINGS

In the 1970's around the time of the energy crisis and the resulting trend toward conservation, many of the buildings built, were to be so-called energy efficient. New homes and offices were built with fewer windows. Sealing buildings to make them energy efficient became the norm, leaving occupants dependent on mechanical systems rather than open windows for fresh negatively charged outside air and ventilation.

In large office buildings the problems are much worse. One Environmental Protection Agency study of indoor air quality in various public buildings found a typical air sample contained 100 to 200 different chemicals at levels that were much higher indoors than outside. Some of those chemicals were paints, adhesives, caulking, vinyl, telephone cables, printed documents, furniture, various solvents, formaldehyde, etc. Many dangerous biological agents such as viruses, bacteria, fungal spores, algae, pollen, mold, etc. are also found. These biological agents can cause many allergic reactions. Legionnaire's Disease and severe respiratory problems are also caused from these biological agents. By inhaling this impure air, the blood is poisoned, the lungs become affected, and the whole system is diseased.

A clear connection between poor building ventilation and disease was made in a four-year study published in 1988, the Walter Reed Army Institute of Research in Washington D. C tracked the respiratory health of recruits at four separate army training centers. The study was notable because the subjects were a highly controlled group. They were drawn randomly from all over the country; they all received identical immunizations during processing; the soldiers in one barracks tended not to have contact with those in another; and at each camp the soldiers did the same activities outdoors, under the same conditions. Indoors, however, some subjects lived in energy-efficient barracks; and some lived in open window barracks. At each camp the incidence of acute respiratory disease was at least 45% higher in the energy-efficient barracks.

Air conditioning units just take the impure positively charged air from the room, cool it down, add a very small amount of outside air with it and re-circulate this impure positively charged, germ-laden air right back into the room again. And people wonder why they don't feel good after being inside all day long! Our forefathers didn't have air conditioners; instead they had large ceilings with tall windows that opened from top and bottom, and ceiling fans to help keep them cool in the summer.

NATURAL WAY TO PURIFY AIR

One natural way to help purify the air in your home or office is to have plenty of live plants, for they take the carbon dioxide we exhale and convert it into oxygen. One plant will remove up to 87% of all toxins in 100 square feet of living area every 24 hours. So, if your home or office is 2000 sq. ft. in size you would need 20 plants placed throughout your home or office.



IMPROPER BREATHING

Millions of people suffer from a wide variety of ailments that are partly caused by an insufficient supply of oxygen. The problem is that most people do not breathe correctly. Many people are shallow breathers, only filling the top portion of their lungs. When we completely fill our lungs with air the bottom portion of the lungs will push the diaphragm down, and this action will push the stomach out. If your stomach doesn't come out as you breathe, then you are not breathing correctly.

Exercise stimulates you to breathe faster and deeper. Your diaphragm, a dome-shaped sheet of muscle fibers dividing your chest from your abdomen, contracts with each breath and pulls downward. This in turn creates a vacuum in your chest cavity that sucks air into your lungs. Then when your diaphragm muscles relax and rise, the air is pushed out. This forces open millions of air cells that you do not use in sedentary living. Vigorous breathing not only brings in the needed oxygen for your blood-stream to carry to the tissues, but it also strengthens and protects your organs against disease and keeps them fit for action. The great advantage of abundance of lung exercise is seen in the fact that professional singers suffer less from lung infections than others.

FRESH AIR AND CHEERFULNESS

One of the benefits that children and adults receive from being much in the open air is cheerfulness. It has been shown that positively charged air, (the bad kind) causes an overproduction of a stress hormone called serotonin in mammals. This hormone is associated with sudden changes in mood. So, when our children get in a bad mood and are cross or whiny, take them outdoors to run and play where they can get some generous doses of negatively charged pure fresh air, to counteract their stress.



OXYGEN KILLS CANCER CELLS

Cancer cells cannot live in the presence of negatively charged oxygen. When exposed to oxygen they die. (3) That tells me that we need to learn to breathe deeply of pure fresh country air. We know that oxygen makes up 21% of the earth's atmosphere, yet researchers have found that the levels have dropped to less than 15% over some metropolitan areas.

WOUNDS HEAL FASTER

It is a well-known fact that wounds exposed to sunshine and fresh air heal more rapidly than when bandaged. In fact, no wound will heal without air. In order, then, for wounds to heal quickly, it is most important that they be exposed to a constant supply of pure fresh air.

THE BEST PLACE TO LIVE



Pollutants in the air! Everyone is worried about what modern technology is doing to us. This is especially true in cities, where car exhausts, industries and waste disposal facilities spew pollutants into the air. So the best place to live is in the country where the air is purer. What kind of country home is best to live in? A home of frame construction is preferable to a block



home which tends to be damp and cold. Do not rent or purchase a home that does not have plenty of windows with cross ventilation. Shade trees and shrubbery too close and dense around a house are unhealthful, for they prevent a free circulation of air. Make sure the home is not in any kind of low concavity. Watch out for homes in hollowed out places, for they tend to be drained ground; this will help prevent the danger of disease due to dampness from low-lying, ill-drained land.

IN CONCLUSION

One of the finest statements I have found written on the importance of air are these words penned by an outstanding health educator: "In order to have good blood we must breathe well - full, deep inspirations of pure air, which fill the lungs with oxygen and purify the blood. They impart to it a bright color and send it, a life-giving current, to every part of the body. A good respiration soothes the nerves; it stimulates the appetite and renders digestion more perfect; and it induces sound refreshing sleep. If an insufficient supply of oxygen is received, the blood moves sluggishly, the waste, poisonous matter which should be thrown off in the exhalations from the lungs is retained, and the blood becomes impure. Not only the lungs, but the stomach, liver, and brain are affected. The skin becomes shallow; digestion is retarded; the heart is depressed; the brain is clouded; the thoughts are confused; gloom settles upon the spirits; the whole system becomes depressed and inactive, and peculiarly susceptible to disease."⁽³⁾

As you can readily see, the health of the whole body depends in part upon the healthy action of the respiratory organs and the kind of air we breathe. Man can live weeks without food, days without water, but only minutes without air

(1) *Science Newsletter* 85:374; June 13, 1964

(2) *Zane Kime: Sunlight Could Save Your Life*; pg. 192, 193; 1980.

(3) *Eddy, W. H., et al. "The Effect of Negative Ionization on Transplanted Tumors"; Cancer Res. 1:245; 1951.*

(3) *E. G. White, Ministry of Healing, pg. 272-273, 1905.*

PURE WATER



This chapter will cover three major aspects of water: What is pure soft water? How much water should one drink? How do you use water externally (hydrotherapy) to heal the body?

WHAT IS PURE SOFT WATER?

With the exception of pure air, there is no other element of nature that is as important in sustaining life as pure soft water. The chemical composition of pure soft water is represented by the chemical formula H_2O , which means that it is composed of two parts hydrogen and one part oxygen. Both are odorless, colorless, tasteless and transparent.

Where can one find pure soft water today in our chemicalized society? Municipal water supplies have been found to contain over 700 different chemicals, yet federal laws require testing for only 16 of these. Recent research now indicates that chlorine, which is used by municipal water supplies to kill bacteria, is much more dangerous to human health than was originally assumed. It has been shown to be a significant contributing factor in certain types of cancer and heart disease.

In 1987, a major study by the National Cancer Institute concluded that the risk of developing bladder cancer rose with increased intake of beverages made with chlorinated surface water - which is what comes out of the tap in about half the households in the U. S. (1) Bladder cancer primarily affects the elderly and is the fifth most common cause of cancer in the U. S. The incidence of bladder cancer increased by more than 50% since 1950.. True, properly chlorinated water kills most germs and viruses, but it also kills many cells in our bodies. If you drink chlorinated water it is best to let the water sit a few minutes after getting it from the faucet, as chlorine evaporates from the water once it is exposed to the air.

DON'T DRINK WATER CONTAINING FLUORIDE, CHEMICALS, METALS AND PESTICIDES

Fluoride is derived from fluorine, a deadly chemical to humans, and, while not dangerous in small amounts, as it accumulates in the human body, it can eventually cause cancer and/or other illnesses which can be fatal. Toothpaste is the second largest source of fluorine, next to water which is number one. Fluorides attack almost everything. Their chemical action is such that all containers must be lined with rubber or plastic, for they eat through all metal material. What must it do to the tissues of the body?

"In recent years, public health professionals have become increasingly concerned over the presence of toxic chemicals in our drinking water, particularly heavy metals, chemicals, and pesticides. These substances are extremely difficult to remove once they get into the water supply."⁽²⁾ Eight out of ten Americans live near a toxic waste



dump or source, according to the Council of Economic Priorities. These toxic sites can and do contaminate ground water.⁽³⁾ One pollutant, TCE (commonly used for degreasing metals) has been appearing in the most unexpected places. Half the water supply of Silicon Valley, California is contaminated by it. This has stopped people from using drinking fountains in Amana, Iowa, and New Brighton, Minnesota. In Green Bay, Wisconsin, residents have requested emergency wells. The Environmental Protection Agency (EPA) reported that TCE has turned up in significant amounts in one out of ten major ground water systems.

Forty-two million people - one out of every five Americans served by public water systems - consume dangerous amounts of lead in their household drinking water. (3) Can a person tell good water from bad water by tasting it? Many chemicals and toxic substances are odorless and tasteless. There is no way you could taste them. Your water could be loaded with toxic levels of lead and you would never know it. You can't taste lead. You can't see lead. Also, it is best not to drink water from plastic bottles as the chemical in the plastic leaches into the water. This is why much of the distilled water you buy in the store in plastic bottles tastes bad.

A warning about tap water - Most people think their city is responsible for giving them safe tap water. This is not so. A federal court has decreed that a city cannot be held responsible for the purity and quality of its drinking water. . At least 4,200 cases of bladder cancer and 6,500 cases of rectal cancer in the United States each year may be a direct result of drinking chlorinated water. Robert Morris, at the Medical College of Wisconsin, reached this conclusion after evaluating 10 separate studies on the connection between cancer and chlorinated water consumption, (American Journal of Public Health, July, 1992). We obviously need to look to another source for our drinking water, since only half of one percent of our household water is used for drinking and cooking. What about bottled water? A New York survey found traces of carbon tetrachloride, and other solvents in 48 of 93 bottled waters sampled in 1987. Bottled water is less regulated than tap water. So where do we get pure soft water?

DISTILLED WATER IS PURE SOFT WATER



Distilled water is water which has been heated and turned into vapor, so that virtually all its impurities are left behind, since they are incapable of turning into a vapor. Then the water vapors are cooled down leaving you distilled water. Distilled water has no taste, color, odor, bacteria, heavy metals, acids, inorganic minerals, toxic chemicals, poisons, etc. Rain water is also distilled water, but it becomes polluted as it falls through the sky; so distilled water is the purest water available. A simple experiment to try at home is to boil a pan of tap water. Let it

boil until all the water has turned to vapor. What is left in the bottom of the pan? White chalky mineral deposits. The harder the water, the more minerals it will contain; and the fewer the minerals the softer the water. Distilled water has no minerals, so it is the softest water possible. The only other kind of filter unit which is good as a distiller and provides pure soft water and is more economical to operate than a distiller is a Reverse Osmosis filter unit.

INORGANIC MINERALS, ARE HARMFUL TO THE HUMAN BODY

Regular water consists of inorganic minerals which cannot be assimilated by the body. The only minerals the body can utilize are organic minerals. All the inorganic minerals must be eliminated or they will in time cause health problems. There is a big difference between powdered iron filings (inorganic iron) and the iron found in plants (organic iron). Inorganic minerals are excellent for the plants which take them and convert them into organic minerals that our bodies can use. Plants also take the water that is used to grow our fruits and vegetables and convert it into distilled water. For example, a fresh apple consists of 83% distilled water. When we consume hard water saturated with calcium, magnesium, iron, copper, silicon, etc., we do not realize that the body is unable to assimilate these inorganic minerals. These solids or mineral deposits are deposited in the joints as arthritis, in the intestinal walls causing constipation, and along the arteries causing them to harden. The kidneys roll up the mineral deposits into little stones, called kidney stones until they get too large for the ducts. Calcium deposits in the heart chambers and valves can become so cemented with mineral deposits that heart surgery becomes necessary. Calcium deposits in the inner ear cause deafness. Skilled surgeons can now remove these deposits and in many cases restore hearing again. Mineral deposits often coat the crystalline lens of the eyes with a fine film possibly resulting in cataracts. ⁽⁵⁾

DISTILLED WATER OR REVERSE OSMOSIS WATER HELPS RESTORE HEALTH

You may have heard that distilled water leaches good minerals from the body. This is not so. The only minerals that are leached by distilled water are the inorganic minerals that the body cannot use. Distilled water will not leach organic minerals that have become part of the structure of the cell system. Once an organic mineral has become part of the cell structure, it cannot be leached. As distilled water enters the body, since it is so pure, it begins to pick up inorganic mineral deposits that have accumulated in the joints, artery walls, or wherever such deposits occur, and begins to carry them out. Gall stones and kidney stones get smaller and smaller until they pass through the ducts. Little by little arthritic pains become less as joints become more supple and movable. Arteries gradually become more elastic and blood pressure tends to become more normal as the inorganic

minerals are removed from the body. I have personally seen many of my clients, who switched to distilled water or reverse osmosis water and modified their diets, totally recover from many of these health problems.

Note: For those who can afford it, I strongly encourage you to buy a good quality water distiller or a reverse osmosis filtering system. As for bottled water, I have tested many types of bottled water and distilled is purest with Reverse Osmosis running a close second. The major drawback for both of these is that they come in plastic bottles and the chemicals in the plastic leach into the water. This is why much of the distilled water you buy in the store tastes so bad. Glass jars are best. So, if you can't afford a distiller, take your empty glass jars to the Reverse Osmosis machines that you now see in front of many grocery stores and fill them with Reverse Osmosis water.

HOW MUCH WATER SHOULD ONE DRINK?



It is generally recommended that a sedentary person drink a minimum of eight, 8 oz. glasses of water a day, which would be two quarts. If you are overweight, then you need more, a small child would need less. There is a simple formula one can use to know how much water they need. Take your weight divide it into half and that is how many ounces of water you need. Of course, if you are working out in the hot sun and sweating



profusely you would need considerably more. One simple test to know if you are drinking enough water is that if your urine is pale with very little odor you are getting enough water. If your urine is dark with a bad odor, you need to drink more water. The only exception to this would be someone who is taking medicine which will often color the urine. Many people do not like water; they would rather drink coffee, tea, cocoa, soft drinks, alcohol, etc. which are harmful to the body. These things should be eliminated; they are not natural. If the good Lord wanted us to drink these He would rain them from the sky. Pure soft water is the very best liquid for our body; there is nothing better. Water is the principal chemical constituent of the human body, comprising approximately 65% of the body weight of an adult male, and 55% of the adult female. When we do not drink enough water our blood thickens and flows with greater difficulty (causing blood pressure to rise). This can cause trouble not only in your body tissues and organs, but also to your heart as it must pump this thicker blood to all parts of the body.

Water is the most transient of any element taken into the body. It is eliminated four ways: namely, lungs, skin, kidneys and intestines. Drinking adequate amounts of water helps remove from the blood its foulest materials, rendering the blood cleaner for the building up of tissues, and better health.

WE LOSE APPROXIMATELY THREE QUARTS OF WATER DAILY

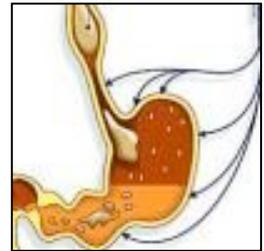


Our bodies lose on the average of 3 quarts of water every day. Each time we blink our eyes, we lose water. Every time we breathe our bodies lose water. Blow on a mirror, and observe the moisture; this came from your lungs. A sedentary person will sweat approximately 2 glasses of water a day. By drinking two quarts of water a day and getting the other quart from the food we eat (an apple is 83% water), we will be replacing the water we lose each day. It would require 2500 gallons of water a day (that's 40,000 glasses) to keep the body organs functioning properly, if the body didn't have a unique method of conserving fluids. This is done by our kidneys which are a marvelous filtering system. Our kidneys weigh between 4-6 oz. each, are about 4-1/2

inches long and 2-3 inches wide, and they process an amount of blood equivalent to all that is in the human body (about five quarts) every four to five minutes. These small filters know exactly what substances to let pass by, and then they reabsorb the fluid after the poisons are passed on to the bladder as urine. The kidneys excrete one to one-and-a-half quarts of urine each day if the body is receiving enough water (8 or more glasses a day).

WHEN SHOULD WE DRINK WATER?

The very best time for drinking your water is to drink two or more glasses first thing upon arising in the morning. We should never drink water with our meals as it will dilute the hydrochloric acid in the stomach. The diluted hydrochloric acid will have a harder time breaking down the food, causing the food to stay in the stomach longer, and causing indigestion, ulcers, etc. We should wait at least one hour after we eat before drinking water and no sooner than 15 minutes before we eat. It is also not advisable to drink real hot or real cold water or liquids of any kind as these extremes are debilitating to the stomach. Water is needed to help regulate our temperatures. Our skin covers approximately 3,000 sq. inches and receives one third of all the blood circulating in the body. The way it regulates our body heat is by opening the blood vessels and also by cooling itself by the millions of sweat glands in our skin. If you are working out in the hot sun all day long you can lose over two quarts of water through the skin by perspiring.



Water is also a lubricant - preventing friction between the body's joints and muscles. During manual labor, the body is stretched, twisted, and bent in ways that wouldn't be possible if water wasn't present, such as in the fluid that surrounds the knee.

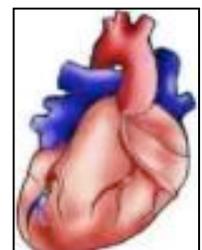
LACK OF WATER CAN CAUSE THESE HEALTH PROBLEMS

Our brain is approximately 90% water. When we do not drink enough water our brain becomes dehydrated and we can get a headache. There have been patients admitted to the hospital, who were so far off in their thinking that their family had thought they had a nervous breakdown. Upon checking them over, their doctors found them to be dehydrated. By simply giving them fluids (water and salt mixture) their mental problems disappeared within a matter of hours.



Our blood is 78% water and one of its functions is to carry away the waste materials in the body. If a person doesn't drink enough water the blood becomes thicker with a higher concentration of waste materials in the blood stream, and as it circulates through the brain it can cause headaches. It can also cause a burning sensation during the act of voiding as the urine is very strong from the lack of water in the urinary tract. This strong concentration of waste materials can also cause kidney stones and kidney and bladder infections.

One of the most important things to remember about water is the effect upon your heart and bloodstream from drinking insufficient water. Dehydration thickens the blood and puts a strain on the circulatory system. This can cause high blood pressure, heart attacks and strokes. If you want a healthy heart, drink plenty of water to keep your blood stream free flowing. Constipation is another problem caused many times by a lack of



insufficient water. The fecal matter in the large colon should be moist and soft; but if you are not drinking enough water the body will reabsorb this impure water from the fecal matter, making it hard and causing constipation and hemorrhoids. Lack of water can also cause swelling of the ankles, psoriasis of the skin, eye problems, fatigue, etc.

Most all of us are very conscious of our outward appearance to the extent that we bathe regularly, wear clean clothes and smell nice, but what about the inside of our bodies? Just as it takes water on the outside of our bodies to keep them clean, it is even more important to use plenty of water on the inside to keep us clean. A person who has a body full of accumulated waste will not have good health. So for optimum health drink a sufficient amount of water everyday.

HOW DO WE USE WATER EXTERNALLY (HYDROTHERAPY) TO HEAL THE BODY?

DAILY BATHING FOR OPTIMUM HEALTH

The external application of water is one of the easiest and most satisfactory ways of cleansing the body and regulating the circulation of the blood. A warm bath opens the pores of the skin and helps in the elimination of impurities. Both warm and neutral baths soothe the nerves and equalize the circulation. The skin has millions of pores from which flow constantly a stream of poisons that are left on the skin. If the person doesn't bathe often, these poisons will continue to accumulate and cause many health problems. Note: If the underclothes are not changed daily, the impurities that are on the clothes will be reabsorbed by the pores of the skin; thus they are taken back into the blood stream, and these impurities put an extra load on the internal organs of elimination sometimes causing infections and sickness.

COOL BATH OR SHOWER VERY STIMULATING

Most people would receive tremendous benefits from a cool or tepid bath or shower every day. It will improve one's circulation by bringing the blood to the surface. It is also very invigorating to the body; and after you dry off, you feel terrific.

MOIST HEATING THROAT COMPRESS

A cold wet cotton cloth is placed around the neck, then covered very well with a dry flannel cloth to prevent air circulation. The body will heat this wet cloth up and you have a mild prolonged application of moist heat. The best time to do this is in the evening just before you go to bed, leave it on all night, and remove it in the morning. The compress will be dry by then. As soon as you remove the compress, rub the neck with a cloth wrung out of cold water. This compress is very good for sore throats, hoarseness, tonsillitis, laryngitis, eustachian tube inflammation, etc. This compress can also be used on a swollen knee, elbow, etc.

HOT AND COLD FOOT BATH

Simply fill two large containers. Fill one with hot water and the other with ice water. Then immerse the feet first in the hot water for 3 minutes, then in the ice water for 1 minute. Do this three times in each and finish in the ice water. This alternate hot and cold foot bath is very good for improving circulation to the feet, for helping to remove fluid retention in the feet, for those with a cold or low grade fever, etc. The alternate hot and cold will increase the body's white blood cell count, which will help build the body's

immune system, and improve your general health. This hot and cold bath can also be done to the leg, hand, arm, etc.

TUB BATH TO LOWER FEVERS

If one has a fever of approximately 102 degrees F., then put them in a tub of water with a temperature of about 98 degrees F., and this will bring the fever down. Never put them in a tub of real cold water as this will drive the blood from the limbs of the body toward the trunk of the body and will cause congestion of the blood.

These are just a few of the simple natural ways to use water externally to improve health. For more information on this subject, I highly recommend the book Home Remedies, by Drs. Calvin and Agatha Thrash, published by New Lifestyle Books, Seale, AL., 36875.

- (1) National Cancer Institute 79:1269, 1987
- (2) S. Environmental Protection Agency, Is Your Drinking Water Safe?
- (3) American Demographics, Jan. 1987
- (3) Lead Astray: The Poisoning of America, Discover, Dec. 1987
- (5) Alien Banik, The Choice Is Clear, Pg. 10-12, 1989

SUNSHINE, NATURE'S HEALER



Sunlight is one of nature's healing agents. It takes 8 minutes for the sun's rays to reach the earth. Fifty-four percent of the light reaching the earth is invisible. Forty-nine percent is infrared light and 4.6 percent ultraviolet. The visible light reaching the earth accounts for 46 percent.

Invisible Ultra Violet Light	4.6 percent
Invisible Infared Light	49 percent
Visible Light	46 percent

Throughout most of recorded history man has lived and worked out of doors with full exposure to sunlight. In our modern society today, millions live in the cities, working indoors in factories and offices. We live in a glass environment, where the larger portion of the day is spent behind window glass, which keeps out the ultraviolet light that is so healing to the body. Fluorescent and incandescent light is used in our offices, schools, and factories. This light source is entirely different from the kind that comes from natural sunlight.

Full, direct natural sunlight ranges as high as 10,000 foot candles while the maximum intensity from a fluorescent fixture containing ten 8 foot tubes is only approximately 1,000 foot candles at a distance of 10-12 inches.

SUNLIGHT'S ABILITY TO STRENGTHEN THE BODY'S IMMUNE SYSTEM

It is now believed that disease can only occur when one fails to maintain the delicate balance of power between one's body and the organisms that produce disease. This is so, for we find people who are carrying within themselves the germs capable of causing an infection and yet they are apparently free of disease. Their body's immune System is strong enough to keep these organisms from growing and developing.

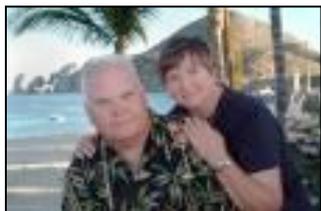
Studies have shown that exposure to natural sunlight increases the number of white blood cells in the human blood. The white blood



cell that increases the most is the lymphocyte, which is the one that plays a leading role in defending the body against an invasion of germs.

Because the lymphocytes increase in number after a sunlight treatment, antibodies, their products of defense, also increase in the blood ⁽¹⁾ Ultraviolet light also has an effect on the deep internal organs. The pancreas, stomach, liver, kidneys, and adrenal glands are apparently benefited by sun light treatments seemingly due to the Stimulation of the sympathetic nervous System.

SUNSHINE FIGHTS CANCER



Sunlight is able to speed up the body's metabolism to eliminate toxic poisons the body has accumulated. The ultraviolet light would help to remove them. Thus by aiding in the removal of many cancer-causing agents, sunlight is able to reduce the incidence of cancer.⁽²⁾ Studies show that as the amount of available sunlight increases, the incidence of internal cancer decreases. The total cancer deaths of the various American states and Canadian provinces are shown to fall with increasing available sunlight ⁽³⁾

Sunlight increases the use of oxygen in the tissues. This can be very important in stimulating the immune System especially in the production of antibodies. Many types of cancer cells do not like oxygen, and when exposed to high concentrations they will begin to slow their growth and division, finally stopping completely ⁽⁴⁾ In this indirect way, sunlight can fight against cancer, stimulating the immune System and increasing the oxygen in the tissues.

In humans, the evidence that light is involved with cancer is coming into focus. When the pineal gland in humans becomes calcified, it cuts down its production of melatonin. This, in turn, stimulates the production of estrogen, which causes an increased amount of breast cancer. Over 60% of Americans have calcified pineal glands when they are over 50 years of age, while in Japan only 9.9% and in Nigeria 5% of the persons beyond the age of 40 have calcified glands. Since the incidence of breast cancer is low in Japan and South Africa and high in North America, it would appear, according to Dr. Kirne, M. D. that calcified pineals are associated with an increased incidence of breast cancer. The reasons why the pineal gland becomes calcified remain obscure. The low-light intensity that the human eye receives while indoors combined with the lack of Stimulation of the pineal gland, may be factors contributing to calcification of the pineal gland.⁽⁵⁾

CAN SUNLIGHT CAUSE CANCER?

Some humans are very sensitive to sunlight and will burn easily. Blond and red haired persons seem to be most troubled with chronic burning. Skin cancer patients appear to be very sensitive to sunlight. They sunburn more easily and the burned area takes longer to heal. They also have a harder time tanning. The current medical concept pictures a destructive sun, one responsible for aging of the skin and capable of causing skin cancer. Research stemming from this concept provides Information on the sun and its relation to human health. Undeniably, the sun plays a role in skin cancer and aging, but is it the primary contributor?

Dr. Zane Kirne, M. D., author of Sunlight Could Save Your Life, became increasingly convinced as he studied the available research data, that the highly refined western diet, particularly that of refined oils, plays the leading role in the development of skin cancer, and that sunlight seems only to accelerate the problem. The intake of salad and cooking oils has increased dramatically since 1909 when oils were consumed at the

rate of 1.5 pounds per person per year. By 1972, this figure had risen to 18 lbs. Now today, it is over 58 lbs. per person. There is little doubt, in the research literature, as to whether or not a high fat diet promotes a higher and earlier incidence of skin cancer due to ultraviolet light. Not only skin cancer, but breast and colon cancer as well, seem to be increased by a high fat diet ⁽⁶⁾ Not only does saturated fat stimulate cancer formation, but unsaturated or polyunsaturated fat will do the same in many cases. In scientific literature, the polyunsaturated fats are shown to apparently stimulate cancer formation more quickly than do the saturated fats. ⁽⁷⁾

Nutrition and sunlight are intimately related. Sunshine on the skin produces certain hormones and nutrients like Vitamin D. Unless one has a proper diet, sunlight has an ill effect on the skin. This must be emphasized: sun bathing is dangerous for those who are on the Standard high-fat American diet (which is 45% fat) or who do not get an abundance of vegetables, whole grains, and fresh fruits. It is not only the dietary fat that promotes skin cancer formation, but also fat of oil applied directly to the skin. This is why sun bathing lotions, creams, or oils cannot be recommended, for they may stimulate cancer formation. Polyunsaturated fat, itself has been shown to inhibit the immune System. In fact, it does this so well that researchers are now using polyunsaturated fat in the diets of kidney transplant patients and those with skin grafts taken from other people, so the patient's bodies will not reject the foreign tissue.

SUNSHINE LOWERS CHOLESTEROL

Cholesterol is a substance that can only be found in meat, poultry, fish, and animal products such as eggs, milk, and cheese. Cholesterol is not found in fruits, vegetables, nuts, grains, etc. Our bodies manufacture cholesterol from fats, oils, sugars, and proteins. Cholesterol is a member of the steroid family. This family is a group of substances that are similar in their molecular structure, but very different in their effects on the body. It is important to understand that vitamin D and cholesterol are in the steroid family. It was in 1904 that one research scientist discovered that sunlight was able to transform cholesterol to Vitamin D. Human skin has a very rich supply of cholesterol, and this cholesterol keeps moving back and forth between the skin and the blood stream. If it is removed from the skin, then the cholesterol from the blood stream moves into the skin to replace the cholesterol that was lost.

It has been found that not only does sunlight cause a prompt and significant reduction in the amount of cholesterol in the skin, but that it also affects the overall cholesterol metabolism of the whole body. When the skin is exposed to sunlight, cholesterol is destroyed so rapidly and to such a great extent that the total body cholesterol is decreased. A study was done using 30 patients who had hardening of the arteries. Each of these patient's blood cholesterol level was lower after a single sunlight treatment. Other studies with larger numbers of patients show similar results.

SUNLIGHT LOWERS BLOOD PRESSURE

A study done at Tulane University on the effect of ultraviolet light on blood pressure showed that after a single exposure of the sun to a group of men with high blood pressure, there was a marked lowering of the blood pressure lasting 5-6 days. In another study done on average subjects, blood pressure dropped an average of 6 mmHg systolic and 8 mmHg diastolic after a single sunlight treatment. In individuals with high blood pressure the effect is more striking. Some patients had the systolic pressure drop as much as 40 mmHg and diastolic by 20 mmHg. ⁽⁸⁾

Contrary to most learned opinions, diastolic blood pressure is apparently not more important than systolic blood pressure. Systolic blood pressure is believed to rise with

age. But the famous Framingham study showed that elderly individuals with high systolic pressures had significantly higher mortality rates than their contemporaries with lower systolic pressures.⁽⁹⁾

SUNSHINE LOWERS BLOOD SUGAR

Exposure to sunlight appears to have an insulin-like effect in that it causes a lowering of the blood sugar. This is minimal in normal individuals, but dramatic in diabetics. Sunlight facilitates the absorption of glucose into the cells of the body and stimulates the body to convert its blood sugar (glucose) into stored sugar (glycogen), which is stored in the liver and muscles. This is the body's energy reserve that can be instantly changed again into glucose to meet demands under normal or emergency conditions.

Sunlight removes the sugar in the blood by increasing glycogen levels. Because of this dramatic effect, a diabetic may need to adjust his insulin dose when he is following a sunbathing program because sunlight combined with insulin can have a very powerful hypoglycemic effect. A diabetic must sunbathe with caution. By gradually decreasing the dose of insulin, one may avoid a hypoglycemic reaction⁽¹⁰⁾

SUNLIGHT IMPROVES ARTHRITIS

We find that the use of sunlight for helping arthritis dates back many centuries. The warm rays of the sun loosen stiff, sore joints and can have a general relaxing effect. Sunlight also builds up the body's immune System. In Russia, sunlight treatments are given routinely to miners because of their beneficial effects. In one study there was a definite reduction of arthritis in those miners who received sunlight treatments.⁽¹¹⁾ Cortisone was given to one group of children with severe arthritis, while a similar group was given sunlight treatments. The arthritic Symptoms of those taking cortisone decreased more rapidly, but the people in that group were also more susceptible to infections and suffered some side effects from the cortisone. Although the arthritic Symptoms of the group getting the sunlight treatments decreased more slowly, relief did come. Resistance to infection increased, and of course, no one suffered from any of the side effects that accompany cortisone treatment.⁽¹²⁾

SUNSHINE AND VITAMIN D

Recent discoveries reveal that Vitamin D is not so much a vitamin as it is a hormone. As we become aware of Vitamin D's intricate functions as a hormone, we need to seriously review the practice of widespread Vitamin D supplementation to our foods, such as milk, baby foods, beverages, prepared breakfast cereals, flour, margarine, etc. With all this supplementation, the average per capita intake is 2,435 I.U. per day or six times the recommended 400 I.U. per day.⁽¹³⁾

Dietary intake of Vitamin D by pregnant women has been implicated in kidney calcification and severe mental retardation in their offspring.⁽¹³⁾ Children with mothers taking extra Vitamin D in their diet may be born with a certain type of congenital heart disease.⁽¹⁴⁾

Many authorities have recommended that Vitamin D be removed from our food. Dr. Kinden, who gave a report from the University of Tromso, makes this Statement: "Attempts should be made to restrict the intake of Vitamin D. from all sources." Also recommending that Vitamin D should not be supplementally added to food is the British Medical Association (1950), the Canadian Bulletin on Nutrition (1953), and the American Academy of Pediatrics (1963, 1965).

From the University of Tromso in Norway comes a report that a long term intake of Vitamin D, only slightly above the 400 I.U. recommended may stimulate a heart attack. Not only heart attacks, but also degenerative joint diseases and arthritis are mentioned in the report, as diseases that are apparently promoted by an increased Vitamin D intake.⁽¹⁵⁾

In a study done in England, Vitamin D obtained from the skin's exposure to sunlight was far superior to that obtained from oral ingestion. (16) One can easily see that the best source of Vitamin D is the natural one, SUNSHINE. No report in scientific literature has ever shown that a toxic dose of Vitamin D has been obtained from sunlight.

SUNLIGHT AND PINEAL GLAND

Research conducted at the National Institute of Health has now revealed that a small gland near the center of the brain actually responds to light entering the eye. This response is independent of, and apart from, the normal visual process. Under Stimulation of light entering the eye, this gland - called the pineal gland -controls the synthesis and release of chemical substances (hormones, enzymes) into the bloodstream to be carried to any one of several target sites in the neuro-endocrine System including the brain, the pituitary, and the gonads.⁽¹⁷⁾

SUNLIGHT DESTROYS BACTERIA

Skin blemishes can be improved with sunshine. When sweat glands become plugged and infected, sunlight can help to sterilize the area. Dead cells in the outer layer of skin tend to plug up the sweat glands, and sunlight causes a faster removal of the outer layer of skin, allowing the sweat glands to drain, and thus decreasing the congestion. Wounds receiving sunlight treatments seem to heal faster, and have a much greater blood supply.⁽¹⁸⁾

Exposure to sunlight aids in the skin's resistance to disease by killing those germs that are on the surface of the skin. Ultraviolet wave lengths that reach the earth vary in length. The shorter wave lengths of ultraviolet light are the ones that are more bactericidal, penetrating the superficial layers of the skin and killing bacteria in those layers. Not only does the sun have a direct bactericidal effect on the skin, but it also changes the oils in the skin into bactericidal agents themselves. Even the vapor rising from natural skin oils (after exposure to sunlight) are capable of killing bacteria.

Recent studies examining the value of ultraviolet light in the disinfection of water showed that if the irradiation was sufficiently strong and the flow of water slow enough, water could be purified satisfactorily. Scientists reporting the results of one study concluded that the sun's ultraviolet rays are an important factor in the natural purification of water because of their effectiveness in killing E. Coli. By testing water samples from a marine sewage disposal, it was demonstrated that sunlight could kill the microorganism E. Coli to depths of 12 feet in sea water. (19) In another study, done approximately 10 years after the study just mentioned, waste stabilization ponds were exposed to sunlight, and the researchers concluded that solar ultraviolet light is indeed an important, though seldom appreciated factor, in the natural purification of water.⁽²⁰⁾

SUNLIGHT AND SEX HORMONES

Our twenty-four hour days are divided into periods of light and darkness. This division appears to play an important role in our hormone production. If this division of light and dark is changed, it will affect the hormone balance. Humans when kept in darkness,

such as children who are blind, will become sexually mature sooner than children who are not blind.⁽²¹⁾

Americans over the past few decades have been moving from country living and outdoor life into the cities and indoor factory or office life. Lighting indoors provides only one-tenth as much light as out-of-doors in the shade. During this same period of time when Americans have been moving indoors, the age when children become sexually mature has been decreasing.

Sunlight affects the hormonal balance of the body in two ways: by stimulating glandular production when light passes through the eye into the brain, and by producing hormones directly in the skin. When light enters the eye, it stimulates nerves in the back of the eye to send impulses to the spinal cord. From there the impulse is sent back into the brain to a tiny organ called the pineal gland. The pineal gland produces a hormone called melatonin. This hormone affects the brain and other glands such as the pituitary, adrenals, ovaries, and testes. It also seems to have control of various glandular functions: for example, it can stop the ovaries from ovulation and can delay sexual maturity. When sunlight strikes the skin, it produces sex hormones in the skin itself. Research reports show that sunlight produces an estrogen-like substance in the skin which moves into the blood. It elevates female hormones, but the male hormones are elevated to an even greater degree. When the chest or back is exposed to sunlight, the male hormones may increase by 120%.⁽²²⁾

PLENTY OF SUNLIGHT GIVES US A SUNNY SPIRIT

Sun baths improve our general health, stimulate the appetite, give a feeling of well-being, and enable us to sleep at night. Next time you're under stress, go out for a walk in the sunshine and watch what it will do for you. Those who take advantage of the weather by sunbathing find that the sun definitely has a tranquilizing effect, more than the effect one obtains from just lying down and relaxing or resting. In a study done at the University of Illinois the effects of sunlight treatments on Student behavior were observed.

The students who were given the sunlight treatments showed greater interest in their class work, attended classes more regularly and felt more wide awake during the day. They voted unanimously to continue sunlight treatments following the experiment. It has been shown that sunlight treatments actually affect the brain and can help balance the nerve impulses. Sunlight can alter the flow of hydrochloric acid, which may be the reason stomach and duodenal ulcers respond so favorably to light therapy. The adrenal glands contain more adrenaline following sunlight treatments, and this may account for one's increased ability to withstand stress after such treatments. It has been shown that in certain areas where one has a limited amount of sunshine, such as Alaska in the winter, there is a higher rate of suicides. For optimum health, live in a home that is located on high dry ground with plenty of windows and with shade trees kept far enough from the home to let in plenty of sunshine.

When the sun is permitted to shine on the skin it quickly stores up a tremendous amount of energy in the body. Millions of nerve endings absorb the radiant energy of the sun and transmit this energy to the entire nervous system of the body. That is why one feels so full of energy and life after a sun bath. Generous amounts of sunshine do give one a cheerful sunny disposition. Clients that I work with often comment on how great they feel after a series of sunbaths.



SUNBATHING



A sunbath is best taken in the morning when the air is clear, and the heat not too great. In the summer it may be taken as early as eight o'clock. In cool weather, it may be taken later in the forenoon. Care must be taken to prevent overheating or chilling. In order to avoid a sunburn it is necessary to start with a short exposure and to increase the time gradually on following days. The ultraviolet light is the light that has proven to be the most health restoring. Unfortunately, it is also one that is most easily eliminated by window glass, sunglasses or

clothing. The most important part of our body that the sun's ultraviolet rays need to reach is our eyes. Sunglasses and regular glasses will not let the ultraviolet rays (the healing rays of the sun) reach the eyes. So, when you are sunbathing use no glasses-just close your eyes and look at the sun with your eyes closed so the ultraviolet rays can penetrate the eye lids. It would be good to do this a minimum of 10 minutes each day. This is especially good for women with a hormonal imbalance (during their monthly cycle), and anyone with a nervous disorder. During sun bathing the amount of ultraviolet light available depends upon the location of the earth and the season. The more atmosphere the ultraviolet light must pass through the less there will be to reach the earth. In the winter there is less ultraviolet light available as the northern hemisphere is tilted away from the sun; so the best time to sunbathe is between 10 AM and 2 PM. In the summer ultraviolet light is available over a longer period of time, so it is best to sunbathe between 8 AM and 4 PM.

SUNBURN

During the sunbath you should feel good. There should be no feeling of depression or discomfort. If, as a result of exposure to the sun, you feel weak, too warm, or there are signs of headache, stop at once. The degree of injury to the skin depends on the concentration of ultraviolet rays, the duration of the exposure, and the amount of pigment within the skin of the individual. Blondes and redheads are particularly susceptible. On repeated exposure to sunlight, most persons develop an increased amount of pigment in the skin (suntan) and thus become less susceptible to sunburn while the excess pigmentation lasts. Drugs, cosmetics and soaps can so sensitize the skin that burning becomes a real problem. One should not be afraid of sweating, as the sweating process cools the body and eliminates toxins. One has to take into consideration, when sunbathing, the time of day, location, season of the year, latitude and elevation. Sun burning can take place faster in mile high Denver, Colorado, than it can at sea level, for the sun's rays have a mile less of atmosphere through which to pass. If one is sunbathing at the beach, he will probably burn faster than on the back lawn. The amount of ultraviolet light reflected from the environment can make a big difference. Snow will reflect about 86% of the ultraviolet, dry sand 17% and grass 2.5%. Water is a poor reflector of ultraviolet light.

Reflection of the sun's rays by a clear, blue sky overhead, may double the effect of the ultraviolet rays which come from the sun itself. One other thing to remember is that wet skin will burn more rapidly than dry skin. While sunbathing, use no kind of lotions, creams, sun screening agents, etc. Sunscreens containing a tanning ingredient may promote skin cancer. Lyle Cartwright, M.D. of the University of California Medical Center at San Diego, found tumors and skin changes in laboratory mice that had been covered

with the tanning ingredient and exposed to sunlight. The researchers reported that 100% of the mice, having sunscreen applications and a dose of sunlight equal to one hour of midday sun in a temperate climate, developed tumors. Mice, not treated with sunscreen, but given large doses of sunshine, did not develop tumors. (American Medical News, June 24, 1983, pg.18). Clean skin is the best for sunbathing. Natural sunshine is best for sunbathing. There are no sun lamps made that can match our natural sun. Some are different from the sunlight and may actually be harmful. Light is a nutrient much like food; and, like food, the wrong kind can make us ill, and the right kind can keep us well.

SUNSCREENS/TUMORS

Urocanic acid, found in sun screens, body lotions, foundations or make-up bases, may trigger or stimulate growth of skin tumors. Laboratory animals exposed to sunlamps after the applications of urocanic acid had four times more tumors than those not treated with urocanic acid. (Medical Tribune, April 18, 1991)

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NATURAL FOODS



"Let your food be your medicine and your medicine be your food"
Hippocrates

What are natural foods? They are foods that are natural, such as apples, potatoes, corn, almonds, etc. They have no added artificial flavorings, colors, or preservatives; and they are foods that are not refined, such as white flour or corn oil.

142 YEAR OLD MAN

In 1980, the Los Angeles Times and Weekly World News carried articles about Wu Yunging, a man who lived in China. Mr. Yunging was an extraordinary person, for he was 142 years old. What do you suppose his diet consisted of? He said that he eats corn, rice, sweet potatoes, fruits and vegetables. In other words, he eats no meat, milk, eggs, refined oils, sugars, etc. He had reached the age of 142 because he ate the kind of foods that God originally gave to mankind to eat in the Garden of Eden. These foods were fruits, nuts, grains and vegetables or herb bearing seeds.

DIET IS THE MAJOR CAUSE OF DISEASE

A 712 page report, issued by the U.S. Surgeon General in 1979, which cites more than 2,000 scientific studies from around the world and was compiled with the advice of more than 200 doctors, nutritionists and biochemists, came to the conclusion that the normal American diet is dangerous. Of the 2.1 million Americans who died the report said that 1.5 million died from diseases associated with diet. The report brought out that most people should reduce the consumption of fat, especially saturated fats, such as from eggs, butter or untrimmed red meat. It suggests more vegetables and fruits, more whole grain foods, and cereal products. The report recommends that dried beans and peas be used as a source of protein to replace some animal products. Dietary fat, the report said increases risks for obesity, some types of cancer, gallbladder and heart disease. The report also said excess cholesterol levels, strongly associated with heart attacks, should

be reduced by limiting consumption of foods of animal origin, such as eggs, dairy products, meat, poultry and fish.

Our refined food is now killing us on the installment plan. More than 4,000 heart attacks occur every day in the United States. Every 50 seconds a new diabetic is discovered. Half of all Americans over 40 have high blood pressure. These diseases are not found in 75% of the world's population. Why? Because Americans like to eat; they eat too much; and they eat the wrong kinds of foods such as meat, milk, eggs, sugar, oil, refined and processed foods.

"You are what you eat, Natural food, unadulterated, just as it comes from the Creator, is the food that gives energy, health and life. Refined food on the other hand, brings fatigue, sickness and death. Yet man has tried to improve (is that possible?) upon the natural food God has given us.



What should Americans be eating in order to stay healthy? Simply this "the more natural the food, the better", whole wheat flour instead of bleached white flour; brown rice, instead of white rice; fresh peaches, instead of canned peaches; beans and nuts instead of meat; dried figs instead of a candy bar, etc.

HARMFUL FOODS THAT DESTROY YOUR HEALTH

There is such a large variety of good natural foods that it would be very time consuming to try and mention them all. But there are such a limited amount of unnatural foods that I shall list the majority of them that most Americans use and then proceed to explain why they are harmful to the body and should not be Used.

Group I - All kinds of meats, this includes chicken and fish.

Group II - All animal products: cheese, ice cream and eggs. (milk covered in another chapter)

Group III - Alcohol, coffee, tea, colas, chocolate, baking powder, and soda (covered in another Chapter)

Group IV - All spices such as pepper, nutmeg, cinnamon, etc.

Group V - All refined oils.

Group VI - All refined sugars, such as corn syrup, date sugar, etc. (covered in another chapter).

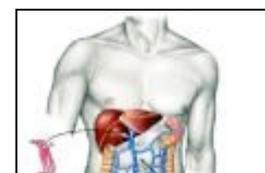
Group VII All refined grains, such as white flour, white rice, etc.

Group VIII All vitamin and mineral Supplements (covered in another chapter).

After covering these harmful foods and how they hurt the body the last section of this chapter will be on simple rules for eating natural foods.

GROUP I - ALL KINDS OF MEAT

Man's Body Was Not Designed To Eat Meat. Let's look at some simple physiological aspects of meat eating. A carnivore's teeth are long, sharp, and pointed for ripping and tearing flesh. Man has molars for crushing and grinding. A carnivore's jaw moves up and down only, for tearing and biting. Man's moves up and down and from side to side for grinding. A carnivore's tongue is rough; man's is smooth. A carnivore's saliva is acid and geared to the



digestion of animal protein. Man's saliva is alkaline for the digestion of starch. A carnivore's intestines are three times the length of its trunk, designed for rapid expulsion of food stuff, which would otherwise quickly rot. Man's intestines are twelve times the length of his trunk and designed to keep food in them until all nutrients are extracted. The liver and kidneys of a carnivore are capable of eliminating large amounts of uric acid whereas man's liver and kidneys have the capacity to eliminate only a small amount of uric acid. A carnivore's urine is acid. Man's is alkaline.

Consider the elephant. How much dead flesh does he eat? none, and an elephant can live for over a hundred years because he is a vegetarian. Whereas, carnivorous animals, such as a cat, or dog live anywhere from 10-15 years. What are the strongest animals in the world? The ones used for centuries because of their endurance and strength: elephants, water buffalo, camels, mules, and horses; and they all have this one thing in common, they are vegetarians. A lion, which exclusively eats flesh has very little endurance, for he sleeps approximately 20 hours a day.



PESTICIDES IN FOOD

The presence of at least some pesticide residues in food is an inescapable fact of life. Plant foods are much lower in pesticide residues than meat and other animal products. Dairy products generally contain two-fifths the pesticide residues found in meat; leafy vegetables contain only one twenty-fourth the pesticides found in meat. Nathaniel Altman's - Total Vegetarian Cooking, p. 21, 1981.

MORE BACTERIA IN MOST MEAT THAN IN MANURE

Meat is dead flesh, and something that is dead should be buried and not put into our stomachs. Flavor in meat is due to the presence of uric acid that is in the meat. What is uric acid? It is one of the waste or excretory products of the body, or simply said, it is the urine of the animal. Uric acid is not the only thing about meat that is bad. Another thing wrong is the putrefactive bacteria found in meat. The bacteria in meats are identical in character with those of manure and are more numerous in some meats than in fresh manure. A microscopic count has been made of bacteria found in meats of various kinds, so that people may know what they are getting when they eat meat ⁽¹⁾ See chart.



Source	Bacteria Per Gram
Beefsteak	1,500,000
Corned Beef	31,000,000
Hamburger Steak	75,000,000
Pork Liver	95,000,000
Fresh Calf Manure	5,000,000
Fresh Goat Manure	20,000,000
Fresh Horse Manure	25,000,000

HIGH MEAT DIET (WHICH IS ALSO HIGH IN FAT) IS MAJOR CAUSE OF HEART ATTACKS, STROKES, AND CANCER

Meat is an incomplete source of nutrition. As a consequence, reliance on a meat based diet actually becomes a liability to human health. But meat is not only a liability for what it does not contain; it is also a liability for what it does contain; excess protein, fat, cholesterol, and blood, besides worms, microbes, and cancer viruses. ⁽²⁾

Over three out of every four people in this country die of cardiovascular disease, (heart attacks & strokes) or cancer. We haven't always died so massively of heart attacks, strokes and cancer until after World War I, when we could afford high fat diets of meat, fish, poultry, eggs and processed foods. Back in 1960, sufficient research evidence was available to prompt an editorial Statement in the Journal of American Medical Association which said, a vegetarian diet can prevent 90% of our thrombo-embolic disease (blood clotting diseases of the head, heart and legs) and 97% of our coronary occlusions. ⁽³⁾

Nearly everyone knows that Americans today eat too much fat. Around 40-45% of the calories eaten in the average American diet is from fat. Meat, especially red meat, is the single largest source of fat in the U. S. diet. For percentages of fat in certain animal products, see accompanying chart.

Animal Product	Fat Content (% of total calories)
Steak	65 – 80%
Lamb	75%
Ham	80%
Hot Dog	85%
Whole Milk	50%
Cheese	60 – 85%
Cream Cheese	90%

The Dietary Guideline Advisory Committee has proposed to limit fat intake to 10% of the calorie intake in 1990. The American Heart Association was totally in support of these new guidelines. If the American people would reduce their fat intake to 10%, we would see a large decrease in heart attacks, strokes, diabetes, and cancer.

FAT AND CANCER

Populations with a high incidence of cancer were always consuming high fat diets. The U.S. Academy of Sciences in Washington, D. C., says, "Of all the dietary factors that have been associated epidemiologically with cancers of various sites, fat has probably been studied most thoroughly and produced the greatest frequency of direct associations." In 2005 over 510,000 people in the United States, died of cancer, 1,397 people a day, or one every 62 seconds. The National Cancer Institute and the American Cancer Society have now clearly shown that the incidence of several cancers increases with the amount of meat and fatty foods consumed. ⁽³⁾ Women who eat meat daily have nearly four times as much breast cancer as those who use meat less than once per week. ⁽⁵⁾

Fats elevate serum cholesterol and impede circulation leading to strokes and heart attacks. Fats increase the chances of getting cancer. Fats increase the chances of getting diabetes. Fats reduce muscular endurance. Animals store poisons in their fats. Fats delay digestion. Fats are fattening.

CANCEROUS ANIMALS SOLD FOR FOOD

Despite growing evidence of similar cancer viruses in man and animals, animals with malignancies are still allowed to be sold by merely removing the obvious cancer area. Each year millions of cattle are sold for food that had malignant eye tumors when slaughtered. Nevertheless, after condemning only the heads, the carcasses were sold for food. It is not possible for all the meat stamped, "Grade A Inspected", to have been inspected. One processing plant in Georgia, processes 85,000 chickens per day with eight inspectors. That would require each man to "inspect" more than 10,000 chickens in a day.



Ralph Nader charges that the United States Department of Agriculture favors big "agribusiness", and therefore fails to protect otherwise defenseless Americans from bad meat, contaminated poultry and toxic pesticides. In most states, nearly unmonitored inspectors tend to be subjected, both to intimidation and bribes. As a result, they routinely approve for processing "4-D" animals - that is, animals that were dead, dying, diseased and disabled. ⁽⁶⁾

CHICKENS – DON'T EAT THEM



Chickens today are commercially raised on many drugs! They are cramped into very small crates; they are not permitted to touch the ground or exercise; and they are full of diseases, especially cancer. Chickens bought by consumers are heavily contaminated by intestinal microorganisms from the animals, chiefly E. Coli. If the chickens have been fed antibiotics, those germs are usually resistant to antibiotics. ⁽⁷⁾ In addition to antibiotics and contagious infections, sometimes, chickens are subjected to contaminated feed. Chickens and eggs were contaminated by polychlorinated biphenyls in Idaho and Montana in 1979.

FISH - GOOD FOR THE FISH BOWL. BUT NOT FOR YOU

Many fish are full of toxic chemicals that have been dumped into our lakes and oceans. Human viruses present in contaminated water are now found in fish, and can be carried to man without infecting the fish in the transaction. These organisms have been found in unprecedented numbers, and include human polio viruses, cox sackie viruses and rheo viruses. ⁽⁸⁾



In several areas in the United States, the fish tapeworm (*Diphyllobothrium latum*), has been identified in man. Infection occurs when undercooked fish is eaten. ⁽⁹⁾

IF I DON'T EAT MEAT, WHERE WILL I GET MY PROTEIN?

Protein is the most complex of all food elements, and its assimilation and utilization are the most complicated. The hardest food for the body to break down is protein. When protein food is eaten, it takes more energy for it to go through the process of digestion than any other food. Protein is not built in the body by eating protein. Protein is built from the amino acids in food. It must first be digested and split into its component amino acids. The body can then use these amino acids to construct the protein it needs.

There are twenty-three different amino acids that have been discovered. Fifteen of these can be produced by the body; and eight must be derived from the foods we eat. That is why these eight are called essential. There are no "essential" amino acids in flesh that the animal did not derive from plants, and that humans cannot also get from the plants they eat. If you eat fruits, vegetables, nuts, and grains on a regular basis, you are receiving all the amino acids necessary for your body to build the protein it needs.

Plant foods contain all the amino acids necessary to make protein, according to Suzanne Havala, author of the American Dietetic Association's position paper on vegetarian diets. She says that it is no longer necessary to consciously "combine" plants to make a complete protein. Eating a variety of plant matter and getting enough calories to satisfy energy needs is a better way to insure that a vegetarian diet is healthy. She also notes that the belief that animal products are necessary for healthy eating is simply based on a combination of culture and habit.

Americans eat too much protein, from 80 to 125 grams a day. The human body recycles approximately 70% of its protein and loses about 23 grams a day, that's eight-tenths of an ounce. It is lost through the feces, urine, hair, skin and perspiration. The RDA requirement for protein is 56 grams a day, which, I believe, is still too high. I think that 30-35 grams a day is more than adequate. The Hunza people and half a billion Hindus eat very little protein and they have no protein deficiencies. Studies show that excess protein in the diet is harmful, contributing to kidney disease, osteoporosis, arthritis, heart disease, cancer, etc.

3000 PHYSICIANS RECOMMEND ELIMINATING MEAT AND DAIRY

Well, scratch the milk and meat, a physician's group advises. The Physicians' Committee for Responsible Medicine announced a new attack on the "Basic Four" urging the U.S. Department of Agriculture to replace the 35 year old guide with new groupings that concentrate on fruits, vegetables, legumes and whole grains, and with meat and dairy products optional. Who is this Physicians' Committee for Responsible Medicine? They are a group of 3,000 physicians dedicated to preventive medicine. Why have they recommended such a drastic deviation from our traditional four food groups? They are aware of the overwhelming evidence which demonstrates that plant foods not only provide adequate, but also superior nutrition. As one of the members of the Committee, Dr. Denis Burkitt, an Irish surgeon, states, "Knowledge of the diet and lifestyle to which we are genetically coded will lead to the prevention of disease".



NEW FOUR PROPOSED FOOD GROUPS



Grains - Breads, pasta, cereal, corn, millet and barley are rich in fiber, complex carbohydrates, protein, 7 vitamins and zinc.



Vegetables - All provide essential nutrients, including Vitamin C, beta-carotene, riboflavin, iron, calcium and fiber.

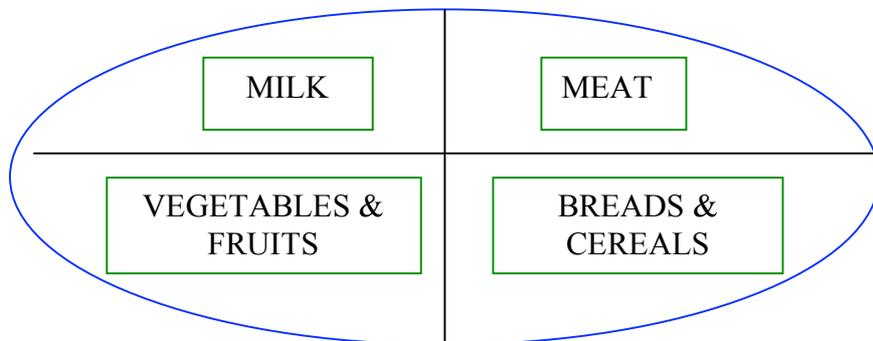


Legumes - Beans, peas and lentils are good sources of protein, fiber, iron, calcium, zinc and B vitamins.



Fruits – Rich in fiber, Vitamin C and beta-carotene. Choose whole fruit over Juices, which don't contain As much fiber.

MAN'S BASIC FOUR



GODS BASIC FOUR



When you eat grains and vegetables, you are obtaining your food first hand; but when you eat meat, you are getting your grains and vegetables second hand. The only effect meat eating has on health is that it deteriorates it.

GROUP II - ALL ANIMAL PRODUCTS, CHEESE, ICE CREAM, AND EGGS (MILK COVERED IN ANOTHER CHAPTER)

Cheese has harmful effects on the body. As we know that milk is harmful for one's health it stands to reason that cottage cheese or hard cheese would be doubly so, since it is concentrated and fermented milk.

Rennet is used in the curdling of milk for cheese making. Rennet is obtained from the whole stomach lining of calves, lambs, kids or pigs. During the fermentation or curing of cheese, a mixed group of microorganisms grows in the milk curd. Protein, fat, and carbohydrates are the major nutrients affected during the curing process. The protein portion of cheese is fermented to peptides, amines, indols, skatol and ammonia. The fat in cheese is hydrolyzed to irritating fatty acids. The carbohydrates of milk, mainly lactose, is converted to lactic acid by putrefaction. Most of the products of fermentation are toxic and irritating, including the esters, the acids, and certain of the amines.

Polio viruses can survive in cheddar cheese throughout the life of the product. Most cheeses are made of unpasteurized milk. Salmonella, staphylococci, and brucella organisms can survive long periods in the cheese. A number of outbreaks of disease, as well as food poisoning, have been traced to cheese ⁽¹⁰⁾.



ICE CREAM AND ITS HARMFUL EFFECTS ON THE BODY

As we well know, ice cream is usually made from milk, sugar and eggs. We also know that these are all harmful to one's health. But how many people are aware of some of the other ingredients that are found in some ice creams? The majority of ice cream manufacturers take full advantage of the fact that they are not legally required to list all of the additives they use in making ice cream. Operating on priorities of freezer stability, cost effectiveness, and taste, they mix up concoctions of chemicals which are packaged and sold as ice cream, but have no authentic claim to the name. According to Arrow Magazine of September 1985, laboratory analyses have found that the following ingredients may commonly be found in your cheaper grades of ice cream.



Diethyl glucol - A cheap chemical used as an emulsifier (agent used to hold two ingredients together in Suspension) instead of eggs; identically the same chemical used in antifreeze and in paint removers.

Piperonal - Used as a substitute for vanilla; a chemical used to kill lice.

Aldehyde C17 - Used to flavor cherry ice cream; an inflammable liquid used in aniline dyes, plastic and rubber production.

Ethyl acetate - Used to give ice cream a pineapple flavor; used as a cleaner for leather and textiles, and its vapors have been known to cause chronic lung, liver and heart damage.

Buytyraldehyde - Used in nut-flavored ice creams; also used as an oil paint solvent.

Amyl acetate - Used for a banana flavor; also used for oil paint solvent.

Benzyl acetate - Used for a strawberry flavor; also a nitrate solvent.

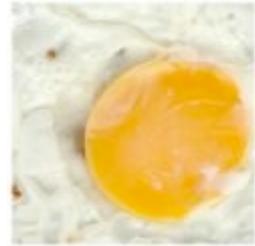
As Arrow so aptly puts it, "The next time you are tempted by a luscious looking sundae or banana split or ice cream soda, think of it as a mixture of antifreeze, oil paint, paint remover, nitrate solvent, leather cleaner and lice killer!" And if this is done to ice cream, what are they doing to color, flavor, thicken and embalm hundreds of other foods on the store shelves?



EGGS AND THEIR HARMFUL EFFECTS ON THE BODY

Eggs are not a natural food, since they come from an animal source that contains many diseases. Ordinary cooking of eggs, including boiling, frying and baking, often fails to kill bacteria such as salmonella in eggs.

A large number of allergies are produced by the use of eggs. Bladder allergies resembling cystitis, urethritis, various skin inflammations, gastrointestinal Symptoms, and even conjunctival allergies (reddening of the eyes) occur as a result of eating eggs. ⁽¹¹⁾



A cerebral food allergy has been ascribed to eggs in which transient loss of vision occurs, along with headache, hives, and partial amnesia. ⁽¹²⁾ Eggs are very high in cholesterol, which leads to heart attacks and strokes. There is more cholesterol in three eggs than there is in 2 pounds of hamburger; eggs account for over 1/3 of all the cholesterol eaten in America. For optimum health we need to eliminate eggs from our diet, and let eggs do what eggs were created for: to hatch baby chicks.

GROUP III - CHOCOLATE, BAKING POWDER AND SODA ARE COVERED IN OTHER CHAPTERS

GROUP IV - SPICES ARE HARMFUL TO THE HEALTH

Spices have varying quantities of irritating chemicals in them. All three types of pepper (red, black, and white) have been shown to cause hemorrhaging in the stomach. According to scientists at the University of Texas, black pepper and turmeric alter cells permanently. Turmeric causes breaks in chromosomes in such a way as to alter the normal cell's ability to reproduce itself "Curry and other hot spices can cause damage to the kidneys, particularly kidney stones." ⁽¹³⁾



There are various condiments and spices that contain acids or volatile oils that are potentially harmful to the kidneys. These include vinegar, black pepper, ginger, allspice, mace and cinnamon. Some additional spices, which are irritating to the body and should not be used, are: nutmeg, cloves, anise seed, caraway, chili powder, curry powder, mustard, hot paprika, poppy seed, etc.

GROUP V - REFINED OILS

Oils are harmful to the body. Most plant foods contain very little fat, however, modern food technology has made it possible to chemically remove these natural fats and process them into oil. Twelve ears of corn are processed to make one tablespoon of corn oil. During the processing all the good fiber, vitamins, minerals, enzymes, etc. are removed from the corn, leaving nothing but oil which is 100% fat. Oils of any kind, whether corn oil, olive oil, safflower oil etc. are not natural and are harmful to the body.



All refined fats are a burden to the body, they thicken the blood, slowing down circulation which affects the heart and blood vessels. These oils contribute to overweight, diabetes, and gallstone formation; and recent studies suggest they may be involved in breast and colon cancer ⁽¹⁴⁾

GROUP VI - ALL REFINED SUGARS COVERED IN ANOTHER CHAPTER

GROUP VII - REFINED GRAINS

Refined grains are harmful to the body. Grains are made in such a way that the vitamins and minerals are carried almost entirely on the outer layer. Milling removes this layer leaving a white, easily ground central kernel, which is almost devoid of vitamins and minerals. The central portion has the starch and the protein, but both of these are more difficult to metabolize without the accompanying minerals and vitamins.



The milling of wheat into refined white flour removes much of the fiber, 40% of the chromium, 86% of the manganese, 76% of the iron, 89% of the cobalt, 68% of the copper, 78% of the zinc and 48% of the molybdenum. These are all trace elements that our body needs. The milling process also destroys a large percentage of the vitamins. Bleaching is yet another process that destroys additional vitamins and minerals in grain.

Natural grains such as whole wheat, barley, corn, millet, oats, rice and rye are what we need for proper nourishment. But when these are milled they are almost worthless.

GROUP VIII - ALL VITAMIN AND MINERAL SUPPLEMENTS COVERED IN ANOTHER CHAPTER

SIMPLE RULES FOR EATING NATURAL FOODS

Eat breakfast like a king, lunch like a prince and supper like a pauper. Eat your meals at regular times; and between meals eat nothing. It is best that five hours elapse between meals. Two meals a day, breakfast and the afternoon meal are better than three for those who have a slow metabolism, who are overweight and who have sedentary Jobs or do very little physical exercise. Late suppers, just before bedtime, are particularly harmful, as much of the food eaten is stored as fat instead of used. For those who eat three meals a day, the third meal should be a light meal and eaten several hours before going to bed.



As we learned in the chapter on water we shouldn't drink with our meals. Our water can be taken up to 1/2 hour before our meal or else we have to wait until 1 hour after eating before we drink.

The benefit derived from food depends upon the quality of food eaten. Good food builds good blood; and poor food builds poor blood. Never eat fruit or vegetables if they have any decay on them. Decayed fruit and vegetables ferment in the stomach and poison the blood.

The ideal diet should have a balance of 80% of total calories as carbohydrates, 10% of total calories as fat, and 10% of total calories as protein. The ideal diet should consist of at least 50% raw food, as raw food is live food. If one is sick, they need to eat almost all their food raw. Take a cooked ear of corn remove a kernel and plant it and it will not grow, because cooked food is dead food. Whenever we cook food we destroy many of the minerals and vitamins and all of the enzymes. For more detailed information on this subject, see the chapter on "Fresh Food is the Best"

FOOD COMBINING

There are many food combining charts that are out on the market today, and each one advocates different food combinations. Some of these charts are very complicated and advocate not mixing a sweet fruit (apple) with an acid fruit (orange). I believe there is some validity in this if you have a very weak stomach, but this doesn't apply to most people. My chart is very simple and easy to understand. There are three different characteristics of a true fruit and a true vegetable. A true fruit has seeds within it and a true vegetable does not. A true fruit can only be eaten when it is fully ripe, whereas a true vegetable can be eaten at any stage of growth. A true fruit grows on a tree, vine, etc. A true vegetable doesn't grow on anything, such as a carrot, onions, cabbage etc. It is best not to eat fruits and vegetables at the same meal for the following reason. Fruits digest in from one to two hours. Whereas, vegetables take three to four hours to digest. Thus, when eaten together, at the same meal, the fruits cannot leave the stomach until the vegetables are digested. In most cases, Fermentation takes place in the stomach because the fruits are held back. We also have a group of foods called neutral foods, and they can be mixed with either fruits or vegetables. These neutral foods consists of grains, nuts, and vegetable-fruits. Foods such as the cucumbers, is a vegetable-fruit, because it has characteristics of both the fruit, (has seeds within) and the vegetable, (it can be eaten at any stage of growth) By following this food combining chart, you will have very few problems with indigestion, gas, heart burn, or constipation.

Fruits	Neutral Foods Vegetable-Fruit	Vegetables
	(have both characteristics and can combine in either direction)	
Apples, pears strawberries grapes, figs peaches oranges mangoes, cherries bananas, coconuts apncots, avocados	squash, cucumbers bell pepper okra, eggplant pumpkin peas, all beans	Potatoes, turnips, Onions, cabbage lettuce, carrots, beets, parsnips, celery cauliflower broccoli all greens
	Grains	
	NUTS	

"NATURAL" DEATH AND ITS CAUSES

To close this chapter out, I want to share a typical story with you that happens many times every day here in the United States. Most American people with their poor dietary habits, are killing themselves off by the thousands every day. You don't have to be one of them.

On the morning of his 45th birthday, John Doe awoke to a peal of thunder. Glancing out the window, he saw written fiery letters across the sky "Someone is trying to kill you, John Doe." He didn't question the message. His only questions was "Who?"

At breakfast as he salted his fried eggs he told his wife, Mary, "Someone's trying to kill me."

"Who?" she asked in horror.

John slowly stirred the cream and sugar into his coffee and shook his head.

"I don't know," he said.

On the way to the office John tried to think of a way to outwit his would-be murderer. But the frustration of making time by beating traffic lights and switching lanes occupied him wholly.

Nor, once behind his desk, could he find a moment to resolve the mystery, what with jangling phones, urgent memos and the problems and decisions piling up as they did every day.

It wasn't until his second martini at lunch that the full terror of his position struck him. It was all he could do to finish his steak. "I can't panic," he said to himself while Lighting his cigar. "I simply must live my life as usual."

So he worked till seven as usual. Drove home as fast as usual. Ate a hearty dinner as usual. Had his two Cocktails as usual. He took his usual two sleeping capsules in order to get his usual six hours sleep.

As the days passed he manfully stuck to his routine. His pride grew as he managed to go on living for years. But, as it must to all men, death came at last to John Doe. It came at his desk on a particularly busy day. He was 54.

His grief-stricken widow demanded a full autopsy, but it showed only emphysema, arteriosclerosis, duodenal ulcers, cirrhosis of the liver, cardiac neurosis, a cerebrovascular aneurysm, pulmonary edema, obesity, circulatory insufficiency and a touch of cancer.

"How glad Bill would have been," said Bill's widow, smiling proudly through her tears, "to know that he died of natural causes."

THE NATURAL WAY IS THE HEALTHY WAY

Natural foods encourage life, promote strength and endurance and help restore lost health. Unnatural foods cause sickness and decay. You will find the natural foods close to nature, in the gardens and orchards. You will find unnatural foods on the grocery shelf, preserved and packaged in a bag, box or can.

It isn't any sacrifice at all to eat natural foods, It's just another step toward an unblemished skin, a new spring in your step, a new light in the eye. It's a step toward a strong heart and untainted breath. It's just another step toward untroubled sleep and new vigor each morning. It's another step toward an unclouded mind and clear decisions. It's just another step toward the abundant health you've always wanted.

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PROPER REST

INSOMNIA AND SLEEPING PILLS

Almost 100 million Americans occasionally suffer from insomnia; and another 20 million complain of chronic sleep problems. Seven or eight times more women than men report sleeping difficulties. Americans take about 600 tons of sleeping pills a year. Side effects from sleeping medications are too numerous to mention, but a few are depression, skin rashes, poor coordination, digestive problems, respiration difficulties, etc.

For persons who sleep well, insomnia is hard to understand. The good sleeper lies down, closes his eyes and goes to sleep. The insomniac's experience is decidedly different. He lies down, and closes his eyes only to begin a nightly struggle to get enough sleep to keep going through the next day. Emotionalism and anxiety are the great enemies of sleep and the most common cause of insomnia. Desperation for a decent night's sleep drives the insomniac into taking sleeping pills. The threat to good health that is bound up in a sleep-inducing drug is apparently not considered. The toxic reaction is immediate, or side effects can sneak up with one tablet, so the dose is upped to two; eventually 3 or 4 might be needed to knock him out for a night's sleep. And the idea of even attempting to sleep without the nightly quota gives him a terrible feeling of uneasiness.



Meanwhile, instead of a wide-awake day, the drugged insomniac is bleary-eyed and exhausted at work. Even his emotional reactions have been changed. He is hard to get along with, unenthusiastic, and disinterested in life. His wife gets on his nerves, and the children make him nervous. Before, he was unhappy for two or four of the hours he should have been sleeping; but now he's miserable for the sixteen hours he's awake.



PROPER REST IS ESSENTIAL

Rest is one of the most basic healers known to mankind. When you become sick, what is the first thing you do? You lie down in bed most of every day, as well as all the night, until you recover, because the restorative power of rest is the key to health. Every bodily power requires rest after exertion. Even your heart - the hardest working muscle in your body - rests after each beat. You rest at the end of each breath.

Your muscles require relaxation after every contraction. During the sleeping hours the body is busy repairing itself. Our bodies are a lot like a battery; They run down during the day and need to be recharged at night. The most energetic people I know are quite consistent in getting their rest.

One of the purposes of sleep is to repair losses and damage caused by work. When awake, we eat as well as work: that is, we both consume and replenish our stores of energy. But the food we take in is not available as energy until it has become a part of the living cell. Food in the stomach, in the blood and body fluids does not add to our store of energy until it becomes a part of the body. After it is digested, it must be assimilated; this work is largely done during sleep. This has been observed with the microscope. When

the cell is fully rested, it is well filled with minute energy granules. A tired cell shows the granules greatly reduced in number.

Since the inception of television, millions of people do not get enough sleep. They go to bed late, get up early to go to work, and in the middle of the afternoon they have to force themselves to keep going. The importance of sleep cannot be over emphasized for it is during the restful hours of sleep that the body rebuilds its tissue. One reason so many people have nervous breakdowns is that they try to surpass their limitations. They are always on the go without adequate rest, until the body machinery breaks under the load. Take time to refocus your life; take time to rest. Go outside



and sit in a chair and do nothing. If the very thought of that sounds ominous to you, then you are the very one who needs to change your attitude toward adequate rest. One does not always have to sleep in order to rest. A change of pace, doing something different, will bring rest to your mind and body. If your daily job is to sit behind a desk all day, rest for you might be to go out and work in the garden in the evening. Whereas a farmer who works all day would get his rest by sitting down in the evening chair and reading a good book.



REST FOR TENSION OR FATIGUE

Tension increases as the day goes on until it is at a high point in the late afternoon. If this point is reached day after day, week after week, the results may become unbearable. But if the person takes a break at noon with a short nap, the tension drops and he awakens for the afternoon's work with much improved nerves. The same rule applies to young mothers attempting to raise children, run a house and maintain an active social life. My advice to these mothers is to take naps with their children, for this will greatly reduce their tension and fatigue.

REST FOR THE EYES AND EARS

To protect your eyes, be careful to have the light coming over your shoulder on your reading or your work, and not into your eyes. Be sure you have plenty of light. Don't try to read in dimly lit rooms.

Fluorescent lights ruin the eyes as they blink on and off 60 times a second. Whenever possible use outside light for reading and working. If you have to spend many hours of reading, occasionally give your eyes a rest by looking out the window, closing them, or doing some eye exercises.

Various forms of noise present in our modern age is one of the greatest enemies of rest. Noise acts as a constant irritant to the entire nervous system of the body, whether we are asleep at night, or during the day when we are awake. Eighty decibels represent the level at which continuous or prolonged exposure to noise can result in hearing loss.

Normal conversation	60 db.
Rush hour traffic; TV	80 db.
Food Blender	90 db.
Subway	100 db.
Jet Airpor	120 db.
Shotgun Blast	140 db.



Noise has been shown to increase the stress level of those continually exposed to it. Those who work 20 years or more around noisy equipment have a life span 5 years shorter than those working in quieter areas of the same firm. Television almost consistently raises the stress hormone level in the blood regardless of the programming. Rock music has also been shown to affect the body's stress level adversely.

HOW MUCH SLEEP DO WE NEED?

The requirement for sleep varies with age. A baby sleeps most of the time. A young child before the age of 6 needs about 14 hours of sleep per day. A grade school child needs at least twelve hours, and a teenager should have from nine to ten hours of sleep per day. This much sleep is not necessary for older individuals, but it is for young people. The adult needs only to repair the daily waste of tissue, whereas the young requires in addition much energy for growth and development. Nevertheless, statistics show that good sleepers amongst the aged are those who live longest. Sleep requirements may temporarily change. During illness, pregnancy or stress, a person may need more sleep.



When anxieties, cares and business perplexities are carried to bed, sleep during the early hours is not refreshing and the time of sleep is necessarily extended. The occupation during the day likewise regulates the amount of sleep at night. Brain workers, and those undergoing severe nervous strains, require considerable sleep: their fatigue is mental and nervous, and sleep is the only form of rest that is beneficial. People who are doing manual labor, usually fail to sleep readily upon retiring and don't require as many hours of sleep.

STAGES OF SLEEP

Sleep is classified into two distinct states, Rapid Eye Movement (R.E.M.) is the first state and Non-Rapid Eye Movement (N.R.E.M.) is the second state which accounts for about 75% of the normal sleep. N.R.E.M. is divided into four states. Stage 1 of N.R.E.M. sleep is a light sleep and a person is easily awakened during this stage. Stage 2 of N.R.E.M. is a deeper sleep with heart and respiratory rates slowing and the temperature dropping. Stage 3 of N.R.E.M. begins 20 to 40 minutes after onset of sleep and the body processes continue to slow down. Stage 4 begins about 10 minutes later; this is the deepest sleep, and anyone awakened during this stage will be temporarily confused.



Within an hour or so of falling asleep, the sleeper rapidly progresses through three stages until he gets to the deep sleep stage, then they reverse until he gets back to the light stage. This first sleep cycle (stages 1, 2, 3, 4, 3, 2, and REM) are completed 70-80

minutes after falling asleep. This complete cycle is repeated four to five times a night. The second cycle usually lasts about 110 minutes and the third cycle about 120 minutes, but the later cycles are shorter, approximately 90 minutes each.

This is why sometimes in the middle of the night you wake up (you're in the light stage) and it takes you some time to fall back to sleep. If the phone rings and wakes you up during the first stage, the light stage, you are alert, but if the phone rings and wakes you up during stage 4, the deep stage, it takes you a while to get your thoughts together. Some individuals, awakened during the deep stage, answer the phone and the next morning don't even remember they had a phone call during the night.
sweet"

NATURAL WAYS TO HELP ONE SLEEP

. Only those who use their muscles during the day in physical work can enjoy sweet sleep at night. If you are a sedentary worker, then in the evening spend at least one hour outside, go for a walk, mow the lawn, wash the car, work in the garden, paint the garage, etc., do some physical work before going to bed.

Regularity is important for good sleep patterns. Arising at the same time every morning will assist one in falling asleep at the same time every night. Going to bed at an early hour will greatly benefit one's health. It has been observed that the body's temperature and vitality is at its lowest ebb about 2 A.M. and for this reason every hour of sleep before midnight is worth two hours; and every hour after midnight is worth one. Sleeping in on weekends disrupts the clock, causing difficulties in sleeping.



Tobacco, caffeine (as found in coffee, tea, colas) chocolate, sugar, fatty foods, chemical preservatives, additives, etc. can stimulate the body causing insomnia. It is true that food puts you to sleep at first, by diverting the blood from the head; but it disturbs sleep later in the night. When you eat a large meal before going to bed, the food has to be digested and the stomach fails to get its proper rest. The sleep is disturbed, the brain and nerves are wearied, the appetite for breakfast is impaired and the whole system is unrefreshed and is unready for the day's duties. If you go to bed with an empty stomach, you can often get along well with six or seven hours sleep: but if you go to bed after a big meal, you usually need from eight to ten hours sleep.

Plenty of fresh air in the sleeping room is an important part of the rejuvenating effect of sleep. Your body is working less, and the air you breathe is used to restore and rebuild body tissue. Therefore, be sure there is a current of outdoor air (even in the winter) entering your room while you sleep. If you do not have fresh air at night, you will tend to awake tired and exhausted.

Neutral temperature baths, between 92 - 95 degrees, for 10 minutes or more are excellent for relaxing and calming the mind, and preparing one for sleep. Herb tea made from either hops or catnip will usually help one to sleep. Bring 8 oz. of distilled water to a boil, turn the heat off, add 1-1/2 tsp. of herb and let steep for 20 minutes. Strain and drink it one half hour before bedtime.

The most healthful position for sleeping is upon the right side with the limbs extended as much as possible. This position avoids pressure upon the heart, keeps the heavy liver (which is the largest organ in the body), downward, and affords the stomach the fullest freedom. While lying upon the side, the pillow should be of sufficient size to keep the head in its natural relationship to the shoulders. You should not use more than one pillow. The object is to get in the correct position so that the spine is straight. Contrary to popular belief, the mattress should not be firm, but fairly soft. The best type of mattress is a foam mattress, or one can use a firm mattress with a thin egg crate mattress on top.

RECREATION IS A FORM OF REST

Recreation is a vitalized form of rest. A change of activity is needed from time to time. We need variety in our lives; that is why it's good to get away from the normal routine occasionally, such as a weekend trip to the mountains, or sea shore camping with the family. Eating good natural food cooked over a campfire, sleeping in the great out of doors, getting plenty of fresh air, being away from all the traffic noises such as sirens, relaxing and enjoying the birds singing, soaking up the sun, or going for a swim in the ocean or lake are various ways to rest and relax.

The great out of doors was created for us to enjoy; the only problem is that we don't



take advantage of it often enough. It is sad to say but many people never take time off from their busy schedules to enjoy the finer things in life. Our American society is too materialistic; they want to acquire more and more, and then have to spend most of their time maintaining and taking care of all their belongings which have entrapped them. I now live in Central America and the people have very little in regards to material possessions. The average wage of a common worker living in Nicaragua is \$2.00 a day. But I have noticed something unusual:

most of the Nicaraguan people are happy. I have since come to the conclusion that the more you have, the unhappier you are; and the less you have, the happier you are. Maybe we here in America have our priorities turned around. After all, if many material things don't make you happy, then why have so many?

EXERCISE IS FOR EVERY BODY



In the biological world purposeful movement is life: inactivity is death. Action is a law of our being, and body functions must be kept going. More people rust out than wear out. The medical practice has been slow in recognizing this fact.

Early in this century if a woman went to the hospital to have her baby, she would probably be kept there for four weeks; today, a mother is permitted to walk off the delivery table if she wants to. In fact, she is encouraged to walk right after delivery.

Physicians are now prescribing exercise as part of the program for speeding up the recovery of surgical and maternity patients, thus preventing blood clotting, kidney stones and loss of calcium from the bones of bed patients.

While muscular work greatly strengthens physical power (there are 633 muscles in the body), man's inventions have left little need for the use of muscle. Most of our country's labor is done by machines that are kept in running order by a few experts. The large muscles of the body are little used after childhood and early adolescence. One hundred years ago it was real work to just take a bath. You had to take the buckets outside to the hand pump to pump the water, then you had to heat the water on the stove (that needs more wood to keep it going), and then pour it into the tub. Of course, after the bath you had to empty the large tub, bucket by bucket. What a lot of work just to take a bath!

WHAT DOES EXERCISE REALLY DO FOR YOU?

- EXERCISE** reduces the risk of heart disease.
- EXERCISE** increases efficiency of your lungs and help those with asthma.
- EXERCISE** helps arthritis.
- EXERCISE** helps those who are obese.
- EXERCISE** improves varicose veins.
- EXERCISE** helps prevent certain types of cancer in women.
- EXERCISE** will help osteoporosis.

EXERCISE helps relieve stress and anxiety.

EXERCISE REDUCES THE RISK OF HEART DISEASE

Exercise will improve the tone of your muscles and blood vessels, changing them from weak and flabby tissue to strong and firm tissue. Exercise will increase the efficiency of your heart in several ways. Gradually the heart will grow stronger and pump more blood with each stroke, which will reduce the number of strokes needed to supply your body with life giving blood, thus lowering your pulse.

If you are a sedentary person, your heart beats 70 to 80 times a minute at rest, and pumps out two to three ounces of blood with each beat. If it is accustomed to exercise, its larger size and stronger contractions can pump as much blood in 60 beats as the shallow stroke of the unconditioned heart does with 80 beats. A saving of 20 beats a minute means a saving of 1,200 beats an hour or 29,000 beats a day.

"Those who don't exercise have twice the risk of developing heart disease than those who exercise regularly," says Carl Caspersen, Ph.D. M.P.H., exercise epidemiologist for the Center of Disease Control in Atlanta. Exercise increases the amount of blood pumped per heart beat as well as the amount of blood that circulates in the body. "The exercised heart is thus more efficient, transferring more oxygen to the body's cells more easily", explains Dr. Caspersen. Consider the amount of work the average heart does every 24 hour period. It will beat over 100,000 times and it pumps around 4,000 gallons of blood. The average pulse or heart rate is 70 - 80 beats per minute. Athletes can have a heart rate down to 35 or 40 beats a minute. A woman's heart beat is generally higher than a man's. Children and babies have still higher rates, from 80-150 beats per minute.

Your heart rests between beats; of course the interval between beats is only about a half a second. But it's enough, and here's why. At a rate of 70 beats to the minute, the heart rests approximately half the time and works the other half. Through a whole day, that gives it 12 hours rest,. Not bad, even if it is split up between beats. But if the heart rate goes up, the extra beats take away from the rest period, and the interval between beats is shortened. So when your pulse is higher than 70, it means your heart is working more that it is resting. At a rate of 90 beats per minute, it is on the job two-thirds of the time, and taking it easy one-third.



In a study of 55,000 men ranging from 25 to 64 years of age who were enrolled in the Health Insurance Plan of Greater New York, it was shown that heart attacks, when they occurred, were more likely to be lethal in sedentary men than in active men.

Exercise will also increase the size and number of your blood vessels, thus helping to lower your blood pressure; and studies have shown that regular exercise can reduce blood cholesterol levels.

EXERCISE WILL INCREASE THE EFFICIENCY OF YOUR LUNGS AND HELP THOSE WITH ASTHMA

Exercise will increase the efficiency of your lungs, conditioning them to process more air with less effort, making



more oxygen available to the cells of the body. Normally, a person will inhale about 500 cubic inches of air every minute. If they are walking at 4 miles per hour, their air intake increases to about 2,500 cubic inches per minute.

Asthmatics should be encouraged to have a program of regular physical exercise. Brief exercise periods of from one to two minutes can actually open up constricted lungs according to a report from the Committee on Rehabilitation Therapy of the American Academy of Allergy.

EXERCISE HELPS ARTHRITIS

Arthritics can exercise! An ongoing five-year study at the University of Missouri, Columbia Multi-purpose Arthritis Center, is looking at the effects of aerobic exercise on people with either rheumatoid arthritis or osteoarthritis. The majority of those participating in the 12 week exercise programs have shown improved aerobic capacity and reported that they felt less pain and stiffness from their arthritis.⁽¹⁾

EXERCISE HELPS THOSE WHO ARE OBESE

Sixty two percent of the people in this country are overweight and the percentage is still rising. Why? Two major reasons are too much of the wrong kinds of food and not enough exercise. A person who is fifty pounds overweight is like an individual with a fifty pound sack of cement on his back. Can you imagine someone carrying a fifty pound sack of cement on his back all day long? It would sap your energy! This is one reason you will rarely see a person who is considerably overweight going for long walks or being very active; for it is a chore just for them to get up from the sofa.

Obesity is simply caused by eating more fatty and energy foods than the body can use in its energy program, and the body stores the excess food as fat. A mild exercise program for those who are considerably overweight and a vigorous one for those who are slightly overweight will help the body to use up more of that energy so that it cannot be stored as body fat.

When exercising you are taking in more oxygen; and oxygen burns up more fat and waste matter in the body helping you to lose weight. That is one reason why it is important to exercise outside in the fresh air where there is a higher percentage of oxygen. Exercise also helps to regulate the appestat, which is located in the brain and controls appetite and food intake. This is one of the reasons that a person who exercises regularly will eat less.

EXERCISE IMPROVES VARICOSE VEINS

Several things contribute to varicose veins. One is occupational, where a person has to stand on his/her feet a large percentage of the time; another is constipation; and the third is a lack of exercise, especially the feet. Severe varicose veins cannot be cured, but they can be helped. A simple exercise which is excellent for varicose veins is to stand on the floor with your hands at your side, then go up on your toes and lift your hands and try to touch the ceiling. This exercise is to be repeated constantly for five minutes and should be done morning, noon, and evening and before going to bed at night.

EXERCISE HELPS PREVENT CERTAIN TYPES OF CANCER IN WOMEN

"Studies show that inactive women have a two and a half times greater risk of developing cancer of the reproductive system and almost twice the chance of developing breast cancer as those who do exercise," says Rose E. Frisch, Ph.D., associate professor at the Harvard School of Public Health in Boston. The reason, Scientists hypothesize that the lower body fat of long-term exercisers results in decreased estrogen production as well as less potent estrogen than is found in non exercisers. This in turn causes cells in the breasts and uterus to divide less frequently, decreasing the chance of tumor formation.

EXERCISE WILL HELP OSTEOPOROSIS

Exercise will help osteoporosis. Bone is living, dynamic tissue composed of a meshwork of gelatinous protein called collagen (from which gelatin can be made) in which the mineral salts of calcium, phosphorus and magnesium are held.⁽²⁾ If you want your bones to be dense and strong, you must continue to be active. Inactivity causes bones to lose minerals and become weak, causing osteoporosis. Astronauts on space flights lose minerals but as soon as their mission ends and they begin to exercise again, the loss is restored. This restoration however does not equal the amount lost.

EXERCISE HELPS RELIEVE STRESS AND ANXIETY

According to Diana Kenepp, academic athletic counselor at Penn State University, "During periods of high stress, the body builds up hormones and other chemicals in the blood. Exercise dissipates these and induces a period of deep physical and emotional relaxation that sets in ninety minutes after a vigorous workout. Exercise aids in the production and circulation of endorphins (happy hormones) in the bloodstream. Endorphins reduce anxiety, stimulate immune-system response, and contribute to a feeling of well-being that also helps combat feelings of stress. "Physiologists point out the beneficial effects of physical activity. Exercise is said to be an outlet for unconsumed accumulated energy, and so reduces "free floating tension" and channels outward aggression. Fretfulness, restlessness, and insomnia are outcomes ascribed to as failure to relieve tension by physical activity.⁽³⁾ Tests have shown that a brisk walk is as effective as a tranquilizer without the harmful side effects.



It has been said that a five mile walk will do more good to an unhappy but healthy adult than all the medicine and psychology in the world. Here is an interesting story showing the health benefits of an exercise program, (though I don't approve of running).



In his book, "Aerobics", Major Kenneth H. Cooper of the United States Air Force Medical Corps, tells an interesting story of an Air Force pilot, Captain Art Yarrington. Yarrington was a pilot of a jet supersonic F-104 Starfighter, and was flying combat missions in Vietnam. Captain Art Yarrington was 30 years of age. He was a dashing young fighter pilot when his annual physical showed a serious heart condition and he was promptly grounded for keeps - never to fly U.S. Air Force planes again. The young flyer was crushed. Flying to him was living, and now it had come to an end at age 30. Then he heard of Dr.

Cooper's reconditioning program and came to him for help. After Dr. Cooper had finished his tests, he gave Art only a chance in a million to recover his flying status. But Art grasped at even that infinitesimal straw. So Dr. Cooper put him on a program. The first requirement was to stop smoking. He did. Then he was started on a supervised walking program with gradual progression to running. He was a young man of almost unbelievable motivation.

Back at his base doing ground duty, he followed the program Dr. Cooper prescribed. This was in May. By July he was running three miles a day averaging nearly a mile in eight minutes; by August, it was four miles; by September, five miles in forty minutes; by October, six miles in 46 minutes. About this time he came back to Dr. Cooper for another checkup and was given the severest kind of endurance test. He broke every previous record on the treadmill. Dr. Cooper says he was in the best physical condition of any man he had ever examined. He kept running until he could do 25 miles in just short of 2 hours. Two years after his dismissal from the Air Force, his adamantly final disqualification was reversed; and he returned to flying status for combat duty in Vietnam.

Exercise will improve the overall condition of your body; it will slow down the aging process and give you new zest for living.

WHAT TYPE OF EXERCISE IS BEST?

Walking outdoors in the fresh air and sunshine is the simplest and best exercise one can do. One should avoid jumping and pounding activities. Low impact exercise such as walking, cycling or hiking is more beneficial than are the high impact exercises such as jogging, basketball, weight lifting, etc.

A study published in the Spring of 1986 in the "New England Journal of Medicine", described an analysis of nearly 17,000 Harvard Alumni. It was found that those who engaged in such moderate exercise as walking and climbing stairs lived up to two years longer than their sedentary peers. Most significant of all was the fact that those who engaged in the "high impact" vigorous exercises, such as jogging, did not gain any significant health advantage or longevity over those whose exercise program was also consistent each day, although less strenuous and exhausting.

Mounting scientific data suggests that jogging and other strenuous exercise might not be worth the effort if the only reason people are doing it is to prolong their lives. The consistent finding from several recent major studies involving thousands of people and lasting many years - is that regular brisk walks or other moderate exercise is enough to achieve significant health benefits. Kenneth E. Powell of the Federal Centers for Disease Control said that experts used to think that intense physical activity was necessary to achieve health benefits, but now it is clear that substantial gains can come from moderate exercise. Those who can benefit the most are sedentary men.

Three years ago, Ralph Paffenbarger Jr. of Stanford University presented the results of his now famous Harvard University alumni study, which tracked the longevity and lifestyle of almost 17,000 graduates who entered Harvard between 1916 and 1950. The conclusion was that inactive alumni were much more likely to die prematurely than their more active classmates. Even mild exercise, such as walking a total of 9 miles a week, offered substantial protection.



EXERCISE PROGRAM - KEEP IT SIMPLE

Try to find an exercise that is rewarding and fun for you. Exercising with family members or friends makes it more enjoyable. Your exercising program should not become highly competitive. There are many types of exercise that exist, but not all bring health for the mind as well as the body. There are many amusements that over-stimulate the nerves of the brain, and actually cause a following depression. True re-creation is to restore any imbalance of our physical, mental and spiritual powers. Do not exercise when you're not feeling up to par. It is better to do vigorous exercise before a meal than right after a meal; although a leisurely walk is excellent after eating.

Light exercise calls for a four-fold increase of blood to the working muscles; and strenuous exercise may require a ten fold increase. But exercise produces heat and so considerable blood is shunted to the skin for cooling. As the surface vessels dilate and fill with blood the face gets flushed and hot. The heart itself also requires more blood. This increased demand is met by a reduction of blood flow to the kidneys, the abdominal and miscellaneous organs. Thus it is not wise to do vigorous exercise right after eating.

Most of the indoor occupations exercise only certain muscles of the body. But for the best health, we need all around exercise, to keep all the muscles strengthened. Ideally, exercise should be done in the temperature range of 40 to 85 degrees Fahrenheit.

The preferable type of clothing would be loose fitting cotton clothes, not polyesters or synthetic as this would be synonymous to wearing a plastic bag and not letting your skin breathe. Clothing should be of proper weight. A good pair of walking shoes is also important, preferably leather or cloth rather than plastic. There are more sweat glands on the foot than anywhere else on the body and our feet need to breathe. Our feet contain 26 bones, and we will walk an average of 65,000 miles in a lifetime. Forty percent of all American children have flat feet. Women have four times as much trouble as men with their feet - could it be because of high heels? Buy shoes in late afternoon when your foot is largest. If shoes are too tight, don't wear them.

Exercise in the best gym or health spa, however, just can't take the place of exercise in the fresh air. Outside exercise, such as walking, gardening, or washing the car etc. are the best. Most gyms are so ill-ventilated that it would be like exercising in a dirty tennis shoe! One authority on natural health stated that exercise outside in the fresh air and sunshine is ten times more beneficial than exercise indoors. I strongly agree with this statement. Choose a regular time of day to exercise. Most people prefer the early morning hours. Start slowly and progress gradually; don't try to overdo it at first.

You will find that fitness improves as you exercise regularly. It would be best to exercise a minimum of 1/2 hour per day 4 days a week; although 45 minutes per day 5 or 6 days a week would be best. Exercise improves the quality of life at every age. If you have succumbed to sedentary habits and would like to upgrade your physical fitness, you can do it if you will adopt a program suited to your individual need and ability. The type of exercise you engage in is less important than that you exercise.

HOE HANDLE MEDICINE

It was a bright, pleasant summer morning and the young man, silk scarf around his neck and a woebegone look on his face, had ventured to ring the bell at the doctor's house. The lady answering the door directed him to the garden behind the house where he found the doctor hoeing sweet corn.

"Well, sir, what's the matter?" the doctor asked after the young man stated that he needed medical advice and assistance.

"Doctor, I feel poorly all through. My head has spells of aching, my appetite is poor, my food does not set well, and I am very weak. Really, I need help."

"Yes, I see," the doctor smiled kindly at the young man. "Let me see your tongue. Ah! yes. Now your pulse."

The doctor felt his pulse and after due deliberation said, "Look, young man, you certainly do need help. I must attend an important meeting at 10:00 and I must have this corn hoed before I go. So while I am gone to make up a prescription for you, take my hoe and go on with my work here. You know how to use a hoe?"

"Yes, sir. My father was a farmer, but I haven't worked on a farm since he died."

"And you haven't worked much anywhere else, I take it," the doctor said pleasantly.

"No, sir; I am not obliged to."

"Very well. I 'm sure the work here won't hurt you, so go on with it until I come back."

With that the doctor trudged off, and the young man went to work hoeing. He hoed to the end of the row, and there removed the light scarf from his neck. Then he went at it again. Halfway down the second row he stopped and looked up, but no doctor was in sight. At the end of the row, as the absent doctor had not yet appeared, he pulled off his coat.

The third row he hoed more slowly, stopping several times before he reached the end; but he finished it, and after a good rest, he attacked the fourth row. There was but one more row after this, and the fancy seized him to have it done before the old fellow got back. It would be a surprise to him. The thought quickened his pulse and gave him renewed vigor. He had just completed the last hill of the last row when the doctor came back.

"Well, well, my young friend, how are you feeling now?"

The patient really had to think. He had been looking to see what medicine the physician had brought with him, but he had brought nothing; his hands were empty.

"The work hasn't hurt you, has it?"

"Oh, no sir." he replied, his face glowing from the exercise.

"I thought not. Let me feel your pulse again." He held the young man's wrist for a few moments.

"It has worked like a charm. Now, sir, you go home and repeat this dose twice a day, every morning and every afternoon. Do it faithfully, be honest with your diet, and don't use tobacco and if that doesn't work a cure, come and let me know. My fee, sir is \$1.00."

"One dollar?" gasped the astonished youth.

"That's all I charge when patients call at my door."

"But, sir, what is it for? Where is your prescription? What have I taken of yours?"

"My prescription, my dear young friend, I gave you before I left; the medicine you have been taking in my place - a health giving potion that I should have enjoyed had I not given it up to you. And now, dear sir, I will tell you frankly, you are rusting out, literally tumbling to pieces, for want of exercise of both body and mind. That is all, sir. You can follow my prescription and be cured, or take your own way."

The young man paid the dollar and went his way. Not then could he be cheerful; but afterward, when he had allowed reason fair play, and had come to prove the lifesaving and the new life-giving virtues of the doctor's prescription, he came and thanked him.



IN CONCLUSION

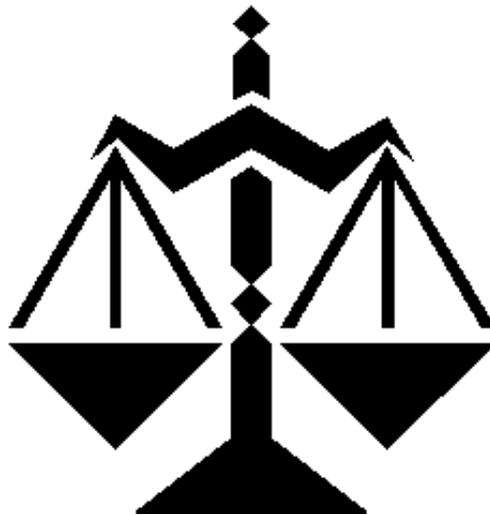
Walking is the simplest type of exercise and the best all-around prescription of healthful living. It is free, requires no expensive equipment, and is suitable for all ages. It can be done at your own convenience, either alone or with a companion. The best way to keep fit is to walk, and walk, and walk, and walk.

(1) *Arthritis Today*, May-June 1989, pg. 36-40.

(2) *E. S. West and W. R. Todd: Textbook of Biochemistry*, New York, Macmillan Co., 1961, pg. 1195.

(3) *Nutrition and Physical Fitness* (1984), pg. 530.

TEMPERANCE - A REMEDY FOR DISEASE



"Every man that striveth for the mastery is temperate in all things." (1 Corinthians 9:25). Our problems and our sicknesses are often the result of our own intemperate habits. A man does not die; he kills himself. A healthy, happy person is one who is well balanced physically, mentally, and spiritually.

Temperance means self control or moderation in the enjoyment of those things which are good, and the avoidance of that which is harmful. For a better understanding of temperance, I am breaking this chapter into two sections. Part I will deal with moderation in that which is good; and part two will deal with avoiding that which is harmful.

PART I - MODERATION IN THAT WHICH IS GOOD

We learned earlier in this book that sunshine is very healing to the body, but too much sunshine will result in sunburn; too much exercise will cause exhaustion; too much sleep causes one to become lazy; too much money causes one to become selfish; too much entertainment causes one to become irresponsible; too much reading can ruin one's eyes; too much hurrying can cause a nervous breakdown, and too much food can cause obesity. We can plainly see that we all need some sunshine, some exercise, some food, etc., but too much is harmful. If a little is good that doesn't mean that a lot is better. This is especially true when it comes to food. We need moderation in all good things, and I'm going to be covering just three of them, moderation in food, cleanliness, and entertainment.

MODERATION IN FOOD

Most obese people can improve their situation by simply reducing their intake of food and increasing physical activity. Overeating can be the root cause of any number of illnesses, from gastric indigestion, obesity, heart disease, etc. The less active an individual is, the less food is required. Overeating not only puts undue stress on the digestive organs, but it weakens the entire body system making it more prone to disease. A person who can control his appetite is a self-disciplined individual.

MODERATION IN CLEANLINESS

Personal cleanliness is actually another type of moderation, cleanliness of body and clothes. No one wants to be around someone who doesn't regularly bathe or wash their clothes. Cleanliness of one's home and belongings is also important. Have you ever had the unfortunate experience of visiting someone whose house was so dirty and cluttered that you could hardly get in the front door? Many diseases are the result of poor sanitation. Closely related to cleanliness, is neatness and tidiness. Keeping things neat and in order is encouraging to our mental attitude.

MODERATION IN ENTERTAINMENT

The major entertainment in America is the television set. The average child watches over 40 hours of T.V. a week. That adds up to almost 6 hours a day. This is not moderation at all and that is why we are having so many problems with our youth today like violence, sexual permissiveness, disrespect, lying, stealing, etc. What can we expect when they watch this on T.V. over 40 hours every week?

Television is a very poor substitute for entertainment. What happened to the days when families did things together, like biking, camping, hiking, father and son building something together, mother teaching her daughter how to bake bread or make a dress? What do most families do together today? They watch T.V. together, where there is no communication between them; it is all one way. The T.V. is communicating its negative system of beliefs to them. Why do we have a generation gap? Why do we have poor reading skills? Why do we have such negative outlooks on life? Why are we overweight and physically unfit? Why do we have such short attention spans? Why does actual life seem boring? The answer to all these and more is the television. We as a nation have not been selective in the programs we see nor the amount of T. V. we watch. The Bible tells us what we sow, we shall reap; and we here in America are now reaping the results of improper television viewing. May God help us to see our errors.



PART II - AVOIDING THAT WHICH IS HARMFUL

The second part of the definition of temperance is "avoidance of that which is harmful". There are literally thousands of things that are harmful, but we will be looking at just a few of these. We all know we should avoid such things



as alcohol, tobacco and drugs. They are a poison to the body and we should stay away from them. Since you already know this, I will not make any further mention of them. What I want to share with you are things that you may not be aware of that are harmful to your body. I have picked out 6 that we're going to look at. They are coffee, tea, colas, chocolate, baking powder and soda.

HARMFUL EFFECTS OF COFFEE. TEA. COLAS AND CHOCOLATE

These all contain methylxanthines which can cause physical and physiological damage. All of the methylxanthines have been associated with chromosome damage and deformities in the offspring of the user; and cancer is more common in those who use methylxanthines, especially chocolate, which may begin developing cysts and fibrous tumors especially in the breast, the so-called fibrocystic disease. Methylxanthines have the ability to alter the very protoplasm of cells, and to attach or concentrate in cells for an unknown period of time. The effects begin shortly after taking the drink containing them, and lasts for about four hours. Some of the symptoms can be imperfect balance, rapid



heart beat, insomnia, fatigue, finger tremor, headache, restlessness, irritability, depression and gastrointestinal disturbances.⁽²⁾ If one is accustomed to the regular use of coffee, tea, colas or chocolate, one may feel less alert, less contented, more sleepy and irritable when there is a delay in having these products. The shocking thing is that over 90% of the American population uses caffeine, which is found in coffee, tea and colas. (See chart). Decaffeinated coffee and tea have more harmful substances than the caffeinated. A special note on chocolate - it is full of insects, (mainly cockroaches), rodents and other

contaminants. Visible or solid animal excreta must not exceed 10 milligrams per pound. For chocolate powder or pressed cakes, there must not be more than 75 insect fragments in 3 tablespoons of the powder. These are all allowable according to the booklet published by the United States Dept. of Health, Education and Welfare, entitled "The Food Defect Action Levels".

90% of the American Population use caffeine

HARMFUL EFFECTS OF BAKING POWDER AND SODA

The use of soda and baking powder is harmful. Soda causes inflammation of the stomach by eating away the lining of the stomach. Soda also decreases the pancreatic juices, which are used for digestion; and all baking powders leave a residue of soda and bicarbonate of soda which destroys vitamins. The alum baking powder leaves a residue consisting of Glauber's salts (sulfate of soda) and aluminum hydrate (which itself is poisonous to the body). The cream of tartar baking powders leave a residue of tartar of soda and potash -Rochelle salts. The phosphoric baking powders leave a residue of phosphate of lime and soda.⁽³⁾ Some health food stores carry a baking powder which they are told is a health baking powder and is not harmful. This is not true, there has never come on the market a baking powder that does not leave a residue of soda.

CLOSING

Our bodies are not our own, to treat as we please, to cripple by habits that lead to decay. The wonderful mechanism of the human body does not receive half the care that is often given to a mere lifeless machine. Our bodies belong to God, He has arranged every fiber and nerve and sinew and muscle and will keep our bodies in perfect health, if we will cooperate with Him by being temperate and obeying His natural laws of health.

Medical World News, March 19, 1979.

(2) Psychopharmacology in the Practice of Medicine by Murray E. Janik. Reviewed in Journal of Family Practice 4 (6): 1180-1888, 1977.

(3) Hoffman, Jay Ph.D., The Missing Link, pg. 83, 1984.

TRUST IN GOD



Stress today is one of the major causes of disease and death in our modern society. Worry and fear are burning out the life forces. As many as 32 million people, 15% of all Americans, require some form of mental health services. In addition, approximately 25% of the American population suffers severe emotional stress; this means that a total of 40% of the American population have severe emotional problems.



I have found that one's problems are most often the result of one's own wrong habits and decisions. Great intellectual and spiritual powers are not the result of chance; they are the fruits of effort. Many of the diseases from which men suffer are the result of mental depression. Certain classes of thoughts produce hormones that tend to destroy the health of the mind and break down the life forces. These include hatred, anxiety, jealousy, anger, fear, envy, excitement, prolonged or abnormal sexual stimulation, excessive ambition, worry, guilt, etc.

The condition of the mind affects the health to a far greater degree than many realize. People who always frown, worry, lose their tempers very quickly, hold grudges, or are always tense, are causing toxic poisons to circulate through their body. As the adrenal glands secrete their adrenaline (which is very toxic if not used up) into the bloodstream, it causes many adverse side effects, such as headaches, ulcers, high blood pressure, etc. For example, if you are attacked by a dog, your adrenal glands immediately pour adrenaline into your system to give you supernatural strength to run or fight. However, when you get mad or unhappy, this adrenaline again pumps into your system and if you do not use up this adrenaline, it becomes toxic and affects the internal organs of the body. It is very important then, that you learn to take your problems to God and He will help you smile your worries away, and help you control your temper so that the adrenal glands

won't dump adrenaline into your system. But if you do get upset, go out for a brisk walk, chop wood, etc. to help burn up some of the excess toxic adrenaline.

WRONG ATTITUDE CAN CAUSE DISEASE

Disease is sometimes produced and is often greatly aggravated, by the imagination. I've known people who have had minor illnesses and felt so sorry for themselves, that if the normal recovery rate for their illness was 6 weeks, it would take them 3 or 4 months to recover. I've known others who have had major illnesses, who were given just a few months to live, but these people didn't feel sorry for themselves. They were fighters; they said, "No way, Doc. I'm going to beat this cancer;" and many do. A positive mental attitude can cure us, or a negative mental attitude can put us in the grave.



The American people today are programmed to be negative. Our news media, the newspaper, television and radio, scream the trophies of pain each day. Almost everything is negative. If I were to publish a newspaper I

would print mostly positive news, relegating negative news to the back page; in that way anyone who wanted to make the news would have to do something positive. Today, the opposite is true, and the news is slanted to cover the unpleasant, the ugly, the tragic; and this promotes feelings of suspicion, envy, unhappiness, etc. A man's mind may be likened to a garden, which may be intelligently cultivated or allowed to grow weeds: but whether cultivated or neglected, it will bring forth according to what he has dwelt upon. Good thoughts will produce good actions; bad thoughts will produce bad actions.

MENTAL THOUGHTS AFFECT PHYSICAL HEALTH

You've been invited to a friend's house for a dinner party. You are there with all your friends eating and having a great time. You especially are enjoying the good food. You hear the phone ring and the hostess says it's for you. As you pick up the receiver your mother on the other end says your brother was just killed in a car accident two hours ago. Suddenly you feel weak and dizzy, you can't think straight; your appetite is now gone, your whole body just shuts down, and you are in a daze. What changed your whole physical well-being? Just 5 words ('your brother was just killed'). I am thankful that this is not a true story; but I believe it shows us that the relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes.

Another class of thoughts produces hormones that have a beneficial effect on circulation, digestion, movement of the intestines, and even the production of blood and antibodies. These thoughts are patience, love, joy, peace, kindness, sympathy, etc. Nothing tends more to promote health of body and soul than does a loving, forgivable spirit.

I believe we were put on this earth to be a blessing to others; our lives should be a life of service for humanity. Did you know that the average American dies just three years after he begins receiving Social Security? Studies have shown that early deaths are partly due to the fact that, when retirement is suddenly thrust upon a person they find that they have lost their purpose in life. The best preparation for retirement is to begin working for God by helping others now. This will give you a purpose for living and then you will have something very worthwhile to do when your retirement years come.

Deeds of kindness and unselfish service are twice a blessing, benefiting both the giver and the receiver of the kindness. The consciousness of right doing is one of the best

medicines for diseased bodies and minds. When the mind is free and happy from a sense of duty well done and the satisfaction of giving happiness to others, the cheering, uplifting influence brings new life to the whole being.

CHOOSING TO FOLLOW GOD IS THE SECRET OF HAPPINESS

In the human mind we have the greatest potential force for good or evil depending upon how we choose to use that great intellect God gave us. There are only two powers in this world of ours, the power for good and the power for evil. Each one of us has a choice to make - a choice to serve God and follow Him, or to serve self and follow the devil.

Power for Good (God) versus Power for Evil (Devil)

*God wants to save you
He is the author of life
God wants you to be healthy
To be temperate in all things
God wants you to be happy
Helping those in need brings
happiness*

*The devil wants to destroy you
He is the author of death
The devil wants you to be sick
To be intemperate in all things
The devil wants you to be sad
One who lives only for self
is never happy*

The secret of happiness is to go beyond the call of duty in all things - to render more and better service than is expected of you no matter what your task may be. The surest way to doom yourself is to perform only work for which you are paid. Think not that you are being cheated if you deliver more than what you receive. There is a pendulum to all life: if not rewarded to day it will swing back tomorrow ten-fold.

The Power of Choice is a Great Gift

**Choose to love rather than hate
Choose to laugh rather than cry
Choose to create rather than destroy
Choose to go ahead rather than quit
Choose to praise rather than gossip
Choose to heal rather than destroy
Choose to give rather than steal
Choose to pray rather than curse**

THE BIBLE HAS THE ANSWERS



For those interested in studying the Bible, I would suggest that you first always pray before opening the Bible to read it. In your prayer ask the lord to help you to understand what you are about to read. There are many infidels who have studied the Bible, but they were the studying it for the wrong reason. Those who study the Bible to find God are studying it for the right reason, and they will not be disappointed.

PART II

This section of the book deals with specific information on various health problems. There will be some repetitions in this section due to the overlapping of certain health problems and what one should do for them.

Part II can be used as a quick and easy reference guide to enable the reader to look up information on specific health problems.

AIDS & CANCER

Note: My program for aids and cancer are exactly the same so I have combined these two so not to have to duplicate it twice. Of course there are some sections that are not applicable to Aids such as the facts about chemotherapy. The greatest Doctor of all is your body with the power of God. For example: when you get cut, no doctor heals the cut, your body does the healing. When a person has aids or cancer they need to help their body to heal itself and this program listed below for Aids and Cancer does just that.

Cancer is a uniquely western problem. People in China, Japan, and Southeast Asia seldom have cancer. Most people in Africa and South and Central America have little fear of the dread disease, yet in North America, Australia, New Zealand and affluent countries in Europe, cancer is epidemic. In 2006 cancer will claim the lives of more than 600,000 persons. More Americans will die of cancer in the next 14 months than have perished in every war the nation has ever fought in.

FACTS ABOUT CHEMOTHERAPY

Chemotherapy is thirteen drugs are used in chemotherapy and their consequent side effects (as listed in the drugs package inserts for physicians), which include: destruction of the immune system, leukopenia, hemorrhage, gonadal suppression, bone marrow depression, phlebosclerosis (hardening of the veins), severe cellulites, vesication(blistering), tissue necrosis(death), fever, chills, nausea, prolonged vomiting, partial or total hair loss, lethargy, disorientation, ataxis(inability to coordinate muscle movements), dysarthria(impaired speech), anorexia, enteritis, stomatitis, erythema, (morbid redness of the skin), anemia, liver failure, kidney failure, cancer, and death

For decades there has been a great deal of controversy within the medical community over what kind of medical treatment is most efficacious in treating cancer. Latest findings reveal all conventional medical treatment for cancer is not helpful. The late Dr. Hardin B. Jones, Professor of Medical Physics and Physiology at Berkeley, California, made a study lasting 25 years of the lifespan of cancer patients, and concluded that untreated patients do not die sooner than patients receiving orthodox treatment, (surgery, radiation and chemotherapy), and in many cases they lived longer. After almost 40 years as a cancer researcher, Dr. Jones found for example that survival in breast cancer is four times longer without conventional treatment. He stated, "People who refused treatment lived for an average of 12 and a half years. Those who accepted other kinds of treatment lived on an average of only 3 years." It is important to note that no refutations of Dr. Jones work have appeared, while on the other hand, his studies have been supported by other researchers, as a search of the Science Citation Index reveals.

Even the Journal of the American Medical Association took note of the phenomenon when, in its diagnosis and treatment of breast cancer by Dr. Maurice Fox, a biologist from the Massachusetts Institute of Technology. On the basis of studies carried out at the

Harvard School of Public health, Dr. Fox found, among other things, that: Those who refused medical procedures had a lower mortality rate than those who submitted.

NATURAL CURE FOR AIDS AND CANCER

MUST CHANGE YOUR DIET

In 1979 a special report was issued by the U.S. Surgeon General, citing more than 2,000 scientific studies from around the world, and compiled with the advice of more than 2,000 doctors, nutritionists and biochemists, who concluded that the normal American diet is dangerous. Of the 2.1 million Americans who died that year, the report said that 1.5 million died from diseases associated with diet. The report stressed that most people should reduce the consumption of fat, especially saturated fats, such as from eggs, butter, or untrimmed red meats.(1)

Researchers at the University of Victoria in British Columbia did a careful follow up on 200 persons who underwent a "spontaneous remission of cancer". They found that 87% of those persons had switched diets, usually to a vegetarian diet. **Note: A vegetarian diet will also put aids into remission.**

Recently a link between excessive meat eating and cancer has been explained by Dr. Williard J. Visek a research scientist at Cornell University. The problem, according to Dr. Visek, is ammonia the carcinogenic by-product of meat digestion.

Although aids and cancer are increasing at an alarming rate and they can be prevented, by keeping our body's immune system up. Much poisoning of the body has been caused by the use of improper foods, such as meat, dairy products, white sugar, white flour, white rice, along with the use of liquor, tobacco, coffee, soda and all other denatured foods. Good wholesome food builds good blood, where as unwholesome food builds a poor quality of blood. Cancer will not develop where there is a pure blood stream and the body's immune system is functioning at its optimum.

For years the National Cancer Institute held fast to the principal that diet had nothing to do with cancer. Recent overwhelming evidence has forced them to change their mind. They now even recommend that one consume certain fruits and vegetables in order to prevent cancer. "Fruits, such as oranges and bananas, and leafy green and yellow vegetables, including carrots and broccoli, all contain cancer preventing vitamins and fiber, and should be a part of everyone's daily diet", says the National Cancer Institute.

To prevent and cure aids or cancer we must keep our body's immune system high. This is done by following eight simple rules that I will briefly cover here. Lots of fresh air, using lots of pure water, eating lots of wholesome natural foods, getting sufficient rest, moderate daily exercise, getting outside in the sun everyday, being temperate in all we eat and do and having faith in God.

Every one of us has cancer cells within us. Cancer has to be treated by building the body's immune system then the body's white blood cells, etc. will attack and destroy the cancer from within. Cancer cells are weaker than normal cells and will not get out of control if our immune system is high.

HOW DO WE FIGHT AIDS OR CANCER

There is no one drug, herb, or treatment that will put aids or cancer into remission. Aids or cancer has to be treated by building the body's immune system. Listed here are some natural ways to help build the immune system.

ELIMINATE SUGAR AND JUNK FOODS



Eating white sugar will paralyze and hinder your white blood cells from fighting off an infection. Eating 25 teaspoons of sugar will paralyze 92% of your white blood cells for approximately five hours. The average American eats over 42 teaspoons of sugar per day. For example: A banana split has 24 teaspoons of sugar. A 12 oz coke has approx. 8-10 teaspoons, a piece of white bread 2 teaspoons. See chart on sugar content in chapter on sugar. It must be remembered that sugar or empty calories and

junk foods interfere with the working of the body's immune system.

ELIMINATE HIGH FAT DIET

Diets high in refined fats have long been associated with increased cancer risk. Breast cancer is more frequent in women on diets high in both saturated fats, (whole milk), and in animal fat.(2) A low fat diet not only prevents breast cancer but increases the survival of women who already have breast cancer. (3)

EAT A TOTALLY RAW DIET

This is or will be the hardest single thing to follow, but it is very important. Only raw fruits, vegetables, nuts and sprouted grains are what you will be eating until your aids or cancer is in remission. Nothing cooked no cooked beans, bread, potatoes, etc. Sounds tough, but let me tell you this is much easier then taking chemotherapy and having your hair fall out, vomiting, being weak, etc. And, of course chemotherapy for cancer or AZT for aids will not build up your immune system. Instead it will tear it down. Raw food is live food and possesses the highest nutritive value. It is full of vitamins, mineral, enzymes, phytochemicals, etc. Cooked food is dead food, plant any seed and it will grow. Cook the seed and then plant it and it will not grow, because it's life principle has been destroyed. . Place cancer cells in a cooked media and they will proliferate. Now place the cancer cells in a raw matter and they will disappear! This astounding fact is known to the Cancer society, but the public was never informed. (4)

DO NOT EAT BETWEEN MEALS

A Swedish study indicated the frequency of snack eating may be related to the risk of colon cancer. Earlier, largely ignored studies have suggested that each eating episode over the course of the day increases colon cancer risk. Regular meal intake did not seem to produce the same risk as did snack consumption. (Cancer Causes and Control3: 77-81,1992)

DRINK ONE TO THREE GLASSES OF CARROT JUICE DAILY



Carrots are a very good source of Vitamin A, and the juice should be taken 15-30 minutes before your vegetable meal. A recent study done by Dr. Raymond J. Shamberger, Professor of the Dept. of Biochemistry, the Cleveland Clinic, Ohio, showed that Vitamin A is one of the most important aids to the body's defense system fighting and preventing aids or cancer.

When subjected to carcinogens, this vitamin has a remarkable ability to inhibit the introduction and or retard the growth of both malignant and non-malignant tumors. (5)

DRINK PLENTY OF PURE SOFT WATER

How much is plenty? It depends upon how much you weigh, you take your weight, divide it in half and that is how many ounces of water you need in a 24 hour period. Of course if you are working out in the hot sun and perspiring a lot you would need more. For example: you weigh 160 lbs. Half of that is 80 so you need 80 ounces, which would be 10 eight ounce glasses. The type of water we need to drink is soft water that is water that has no minerals, as the minerals in water are inorganic and are harmful to our health. Where as the minerals in food are organic and our body needs these type of minerals. Two types of water that have no minerals are distilled water and reverse-osmosis water.

TAKE DAILY SUNBATHS

Expose as much of the body to the sun. If you have a light complexion start with ten minutes and gradually increase it to a minimum of one hour a day. While sun bathing use no lotions, sunscreens (they can cause cancer), or oils. Do not wear glasses while sun bathing as it is important for the ultraviolet light to get into the eyes, and glass of any kind will keep the rays out. Interferon is effective against several different kinds of cancer including carcinoma, sarcoma and leukemia. This fact spurred the American Cancer Society; to purchase interferon from Finland for experimental use. Dr. Hans Strander of Finland discovered that he could give interferon to terminal bone cancer patients and double the number of long term disease free survivors. White blood cells in our bodies manufacture this wonderful interferon that can help so dramatically in cancer. Sunlight is a great stimulus for increased white blood cell production and thereby increases the production of interferon.

BARE FEET ON THE SOIL EVERY DAY

Everything on this earth has an electrical frequency, the earth, the seeds, the plants animals, and the human body. Cancer cells have a different electrical frequency than normal cells. Our bodies can easily get off the electrical frequency that they are suppose to be on. How can we get it back on track? Very simply, by standing or walking bare foot in the soil. Wearing shoes is not a natural thing, although we need to protect our feet, as shoes insulate our body from the earth so it would be good to spend at least 10 minutes a day outside barefoot in the soil.

GET PLENTY OF FRESH AIR

Deep breathing of fresh outside negatively charged air, (the good kind), helps cleanse the lungs and increase circulation. Fresh air from the ocean, near a river or waterfall or after a rain storm is not only negatively charged but is high in oxygen which is very beneficial for cancer and aids. Be sure to have plenty of fresh air in your bedroom as you sleep, keep a window open, even in the winter the window should be partially open. A fact worth knowing is that cancer cells cannot live in the presence of oxygen. (6)

EXERCISE OUT OF DOORS

Brisk walking, no jogging, from one to five miles a day is excellent exercise. If you do not have the strength, start slowly and gradually increase the distance. Exercise outside is 10 times more beneficial than indoors. When exercising inside you do not receive the sun's rays or the pure fresh air. Working out in a gym is like working out in a smelly tennis shoe.

GET 7-8 HOURS SLEEP EVERY NIGHT

The earlier you go to bed the better. Every hour of sleep before midnight is worth two hours, every hour after midnight is worth one.

USE HERBS TAKE NO SUPPLEMENTS OF ANY KIND

There are many herbs for cancer, but the one I highly recommend is Red Clover. Note: Red Clover is now being studied for the treatment of aids. You use only the flower, not the stem or roots. Red clover contains the following chemicals: biotin, choline, copper, coumarins, glycosides, inositol, magnesium, manganese, and selenium. It also contains vitamins: A, B1, B3, B5, B6, B9, B12, B17, C, P and the mineral Zinc. This is quite an assortment of minerals and vitamins for one herb. And possibly in the future we will discover it contains other important ingredients. Red Clover has been used in America for over 100 years to treat and prevent cancer. It is good for cancer on any part of the body. I have personally used it for many years at my clinic and have seen many individuals recover from cancer.

Use only the bulk red clover flowers, not the stem or roots, use no red clover capsules. Make a tea by bringing the water to a boil, removing from the heat and adding the herb. Let it steep for 20 minutes or longer. Use one to two teaspoons of herb per cup of tea. The best time to take the tea is at night before bed on an empty stomach. If you take it twice a day, then also first thing in the morning when you first get up on an empty stomach. You can order the herb Red Clover from Frontier Herbs Phone 1-800-669-3275 or on line at www.frontierherbs.com

Red Clover is now being studied for anti-aids and anti-diabetic activity. (7)

LEARN TO DEAL WITH STRESS

Almost everyone I have personally known, who has come down with aids or cancer, have been under a lot of stress prior to getting aids or cancer. We must learn to take the problems we cannot handle to God, (The Greatest Healer Of All Time). We cannot hold

anger, hate, selfishness, etc. inside ourselves or we will not recover. The mind greatly affects the body. I believe that 90% of all sickness starts in the mind.

Authors Note about Aids

There are many couples who are married, one of them has aids the other one does not, yet they have a sexual relationship but the one does not come down with aids, why? The answer is simple, because that person has kept their immune system at a high level by following many of the things I have just outlined above.

WHAT CANCER CAN'T DO

**It cannot cripple love,
It cannot shatter hope,
It cannot corrode faith,
It cannot eat away at peace,
It cannot destroy confidence,
It cannot kill friendship,
It cannot shut out memories,
It cannot silence courage,
It cannot evade the soul.
It cannot reduce eternal life,**

IN CONCLUSION

If a person who has cancer or aids and follows these simple things I have outlined in this article they will notice improvement within less than two weeks, the closer you follow this program the faster you will improve. **JUST THINK, it is possible for you to heal yourself**, you do not need surgery or expensive dangerous drugs. All you need to do is follow what I have outlined here.

ROSSANA WAS GIVEN LESS THAN ONE WEEK TO LIVE

I want to share with you the story of Rossana, she was 48 years old and had cancer. When the doctors did surgery on her they saw that the cancer, which was originally in her ovary had spread to the large and small intestines and it was so extensive that they just sewed her back up and gave her a week to live.

One of Rosanna's friends had heard me on the radio talking about cancer and so they encouraged her to contact me. A friend and I went to her home visited with her and started her on my special program at home, as it was another week before I was starting another special 26 day clinic. She was very sick, in lots of pain and very weak.

She made it through the week at home and attended my special 26-day clinic. At the end of the 26-day clinic she was still alive, was up walking, in very little pain and had a lot of energy and was even walking over a mile each day. Her doctor came to see her twice while she was at the clinic and he could not believe how well she was recovering without the use of any drugs

Foot Notes:

- (1) Surgeon General (1979), Report on Health Promotion and Disease Prevention, Washington, D.C.: U.S. Gov. Printing office
- (2) Tufts University Diet and Nutrition Newsletter, Vol. 7, No 4, June 1989
- (3) Tufts University Diet and Nutrition Newsletter, Vol. 7, No 11, Jan. 1970
- (4) Banik, Allen, The Choice Is Clear, pg. 24, 1989
- (5) Shamberger, Dr. Raymond A. Study on role Vitamin A plays in building the Body's Defense system. Dept. of Biochemistry, the Cleveland Clinic, Ohio
- (6) Airola, Dr. Paavo, Ph.D. How to Get Well, Health Plus Publications, pg. 59
- (7) Foster, S.& Duke, J.A., " Medicinal Plants" Houghton-Mifflin Company, Boston pg. 158, 1990

ALZHEIMER'S DISEASE AND ALUMINUM



The body requires small amounts of several organic metals for healthy functioning, such as iron, zinc, and magnesium which are found in food. But there is no known human need for aluminum, and the body is unable to handle the considerable quantities of aluminum that it routinely encounters in modern food, water, and medications.

Much of the aluminum we ingest is excreted, mainly in the urine. Still it is estimated that 12% to 25% of ingested aluminum is absorbed into the body. A typical daily intake may be 22 milligrams of aluminum, although some people may get 100 times this amount.

Scientists formerly thought that aluminum was only poorly absorbed and was non-toxic. But now we know that aluminum accumulates in various human tissues, especially the brain, lungs, liver, lymph nodes, bones, and parathyroid glands. Over the years aluminum will accumulate in the body, with older people having the largest accumulations, resulting in major health problems.

Accumulation of aluminum in the brain has now been linked to three different kinds of deterioration -senile dementia of the Alzheimer type, Parkinsonian dementia, and the dialysis dementia found in patients with severe kidney failure who require blood dialysis.

The first report of aluminum poisoning came out in 1921. It called attention to tremors, memory loss, jerky movements, and uncoordination associated with aluminum; but at that time very little was said or done about it. Several years ago aluminum once again came into the lime light with dialysis centers treating patients with kidney failure. Several times a week, patients would be connected to substitute kidney machines that filtered body wastes from their bloodstreams. But some of the patients started going mad. At first, the symptoms appeared only during dialysis - trouble with talking, confusion, and muscle spasms. The symptoms would go away only to return with the next treatment. Sliding swiftly downhill, patients became helpless, demented, bedridden, and finally they

died. Doctors called the new disease dialysis dementia. They didn't know what caused it or why some dialysis units had many patients with the mysterious illness while others had none.

The irregular but widespread distribution of cases suggested an environmental poison or a trace element, says the man who finally found the answer, Dr. Alien C. Alfrey, a professor of medicine at the University of Colorado. Autopsies of dialysis dementia victims furnished a strategic clue: high concentrations of aluminum in the brain cells.

It didn't take long to discover the source of the aluminum contamination. Large amounts of tap water go into the dialysis solution used to flush wastes out of a patient's bloodstream. (Many municipalities use aluminum to remove impurities from their water supplies.) Although the dialysis treatment removed body wastes, aluminum eluded the filtering system by attaching itself to blood proteins. As soon as it was recognized that aluminum was the culprit, dialysis centers started using aluminum-free water for their patients and there have been no new victims of dialysis dementia.

SOURCES OF ALUMINUM THAT WE INGEST

Aluminum salts are widely used as food additives, in non-prescription drugs, and as a clarifying agent in the treatment of community water supplies.

Aluminum phosphates are the most commonly used aluminum-containing food additives in the U.S., being frequently added to cake mixes, frozen doughs, self-rising flours, processed cheeses, and cheese foods. They act as emulsifying agents, giving a soft textured cheese which easily melts. Current U.S. regulations allow 3% aluminum phosphates in processed cheese products, which means that one slice of processed cheese could supply up to 50 mg of aluminum.

Aluminum sulfates (alums) are common ingredients in household baking powders. A teaspoonful of aluminum-containing baking powder may contain about 70 mg of aluminum, so that a cake prepared with 2 tsp. of this powder would contain 10 mg of aluminum per small serving of cake. Aluminum sulfate is also being used as a food starch modifier. Some companies use aluminum sulfate as firming agents in pickled vegetables and fruits. A medium-sized pickled cucumber soaked in Dill alum solution may contain 5 to 10 mg aluminum.

Aluminum silicates are ordinarily used as anti-caking agents in dry, powdered products. Some chewing gums contain aluminum at a level of 3-4 mg per stick.

Soft drinks have aluminum. Doctors at John Hunter Hospital analysed 106 aluminum cans and bottles representing 52 different beverages. Overall they found that the most acidic beverages packaged in aluminum cans had the highest aluminum content. Researchers found that non-cola soft drinks in aluminum cans contained the highest levels of aluminum at an average of 33.4 me M/L. Cola drinks contained 24.4 me M/L in cans and 8.9 me M/L in bottles. To put the following figures in perspective, you should know that the World Health Organization and the European Economic Community recommend that drinking water not contain over 7.4 me M/L of aluminum. (Medical Journal, August 92:156 (9): 604-5)

Many non-prescription drugs also contain substantial levels of aluminum, including antacids (for peptic ulcer, etc.), internal anti-pain medications (buffered aspirin for arthritic pain and swelling), diarrhea medicines (like Kaopectate) and hemorrhoidal medications. Lipsticks and antiperspirants also contain high levels of aluminum. An antacid containing aluminum hydroxide gel may provide up to 200 mg of aluminum per dose. Six grams of buffered aspirin may provide over 400 mg of aluminum.

As one can readily see, aluminum is found in many items people use daily. It is even in common table salt; however, sea salt, pickling salt, and rock salt contain no aluminum.

Aluminum interferes with handling of iron by the body as well as the formation of heme (the pigment part of hemoglobin in red blood cells). Thus, an excess of aluminum can cause anemia.

Several reports suggest that a high aluminum intake may interfere with handling of calcium, fluoride, and phosphorus by the body.

As mentioned earlier, accumulation of aluminum in the brain has now been linked to Alzheimer's disease. Patients with Alzheimer's have brain aluminum concentrations that are about four times higher than normal. In the U.S. almost 3 million people have Alzheimer's, and it kills over 100,000 people a year. European studies have recently found that communities with higher concentrations of aluminum in their drinking water had substantially more victims of Alzheimer's disease.

FACTS ON ALUMINUM COOKWARE

You buy a nice set of shiny aluminum cookware at the store, and six months later the cookware is dull and pitted - what happened to it? The aluminum has left the cookware and gone into the food that was cooked in it.

Boil some water in an aluminum kettle, pour it in a glass, and by holding it up to the light you will see aluminum particles floating in the water.

Peeled potatoes, if allowed to stand in an aluminum dish overnight, will become yellow, and when cooked will look shriveled and have dark streaks through the inner part. Why? The potatoes absorbed some of the aluminum.

An acidic food heated and stored in aluminum cookware can add up to 4 mg of aluminum to a serving of the food. One of the strongest indictments against aluminum pots and pans was the testimony of Dr. H. A. McGuigan before the Federal Trade Commission in docket Case No. 540.

A summary of Dr. McGuigan's findings, circulated by the National Committee Against Fluoridation, charges that:

1. Boiling water in aluminum produces hydroxide poison.
2. Boiling an egg in aluminum cookware produces phosphate.
3. Boiling meat in aluminum cookware produces chloride.
4. Frying bacon in aluminum cookware produces a powerful narcotic acid, which in large doses may cause coma.
5. All vegetables cooked in aluminum produce hydroxide poison, which neutralizes the digestive juices, robbing them of their value to digest food, and producing stomach and gastro-intestinal troubles.
6. Aluminum poison will produce acidosis which destroys the red blood cells producing a condition similar to anemia.

The wise thing to do is to throw away all your aluminum cookware and replace it with stainless steel, glass, teflon, etc. cookware.

Aluminum is a poison to the human body; and the higher the concentration of aluminum in the body, the more health problems one will have. For optimum health one must stop eating or drinking anything that contains aluminum, and begin drinking 8 or more glasses of distilled water or reverse osmosis water daily. Both distilled and reverse osmosis water is so pure and free of all minerals, chemicals, etc., that it will start carrying the aluminum deposits out of the body and you can once again begin to experience better health.

AMALGAM FILLINGS ARE HARMFUL



From the London Mall, November 13, 1983:
"Wife Gets Her Sight Back at Dentist's: Sweden...."
Blind housewife Gun Thoreson regained her vision at 43 after being blind since the age of 20. She had her dentist remove three heavily filled teeth.

When a pre-dental student at the age of 21 in 1981, David Harden developed rheumatoid arthritis. The prescribed drug therapy gradually became ineffective. His father and dentist, too, removed two amalgam fillings from one tooth and that was the end of David's rheumatoid arthritis.

Roy Kupsel, MD, suffered from severe headaches since the placing of his first fillings of mercury amalgam when he was about five years old. At age 55 he is now headache-free for one year. He had 29 fillings removed and replaced with composites, ceramic plastic resin materials.

Faye Does had crippling arthritis, colitis, fatigue and memory loss. At age 35, she was told that she would soon be confined to a wheelchair for life. Faye had her dentist check her mouth for mercury vapor. The level was so astronomical that, if she had been a building, the Environmental Protection Agency would have had to condemn her and tear her down. She had her mercury fillings removed. In three weeks she threw away her cane, her tremors stopped and the swelling went out of her joints. She states that she is 95% cured.

Nancy Yost of San Jose, California, was told by her doctors that she had multiple sclerosis. The diagnosis was confirmed by tests and she was declared "incurable". She had worked in the dental industry and so knew about mercury toxicity. Her doctors had told her to "get real" and not to expect too much out of life. In other words, give up.

As a last resort, she had her five mercury fillings removed. She left the dentist's office using a cane and leaning heavily on the arm of a friend. The next day she was able to walk without a cane.

How could these disastrous situations have developed? Doesn't the Food and Drug Administration protect us from such occurrences? Unfortunately, at least in the case of dentistry, the answer is no. The ADA's dental division is stacked with people from the American Dental Association who tell the ADA what to do where dental regulation is concerned. There is virtually no medical input or basic science, such as toxicology, represented on the ADA's dental board. So your health is in the hands of a bunch of political dentists who know nothing about mercury toxicity. Perhaps this explains why the ADA refused to be interviewed by 60 Minutes concerning the mercury amalgam issue.

The dental silver-mercury amalgam has been in existence for 165 years. In the United States in the 1840's, the American Society of Dental Surgeons required its members to sign an agreement not to put amalgam in a patient's mouth. Members violated their agreement, the Organization dissolved, and the American Dental

Association was born. Over 140 years ago some wise individuals realized the dangers of the toxicity of amalgams which contain approximately 50% mercury.

Since then, the American Dental Association has been stonewalling the issue of mercury amalgam toxicity. In fact, until several years ago, the ADA said no vapor at all was released from these fillings. But when the public got wind of the fact that mercury/silver fillings can damage their health the ADA met the issue head on. It denied that there was any danger and started persecuting (and prosecuting) dentists who strayed from the party line.

Dentists have been taught that mercury stays within a filling and does not come out.

If mercury stays tightly bound in the amalgam compound as dentists are taught then five-or-ten year-old-fillings would still contain 50 percent mercury. They don't. Actual tests show that they contain 25 to 35 percent mercury. Some 20-year-old fillings have less than 5 percent mercury. In 1979 researchers established that mercury does leach from filled teeth. In fact, fillings can be the largest single source of exposure to inorganic mercury. The next step came when scientists showed that the escaped mercury winds up in body tissues; autopsies at Sweden's Karolnksa Institute found in 1987 that some people with silver fillings had three times as much mercury in their brain, and nine times as much in their kidneys, for instance, as those without fillings.

Ask your dentist if the country of Sweden has banned mercury amalgam fillings!!! He'll tell you they have. Ask your dentist if the American Council on Dental Materials and Devices recommends that dentists: 1) Avoid any contact with mercury, 2) Handle It only in tightly sealed containers, and 3) Perform annual mercury-level tests on their staff and themselves. He'll tell you they have.

Dr. Heber Simmons, Consumer Adviser for the American Dental Association, was asked by Morley Safer, "You concede that there is a constant release of mercury vapor (from amalgam fillings)?"

"Oh, we don't dispute that at all. (Remember, the ADA'S position till seven years ago was to totally deny any vapor release.) But the amount that is being released when you chew is such a small amount that it is not going to cause a problem."

When asked to explain the remarkable recoveries we described earlier, Simmons reported that the cases were anecdotal and clinically insignificant.

WHAT ARE DENTAL AMALGAM MADE OF?

Although we refer to our fillings as "silver", amalgam is actually made up of about 52 percent mercury, with the remainder being copper, tin, silver, and zinc. There is a wealth of scientific documentation proving that all five elements affect all the major organs of the body, including the kidneys, liver, heart, central nervous system, and immune system. The five metals contained in the amalgam can combine to produce some 16 different corrosion products, all floating around in the body with unknown effects.

RECOMMENDATION

Since dental amalgam contains approximately 50% by weight of mercury (a substance that is highly toxic to humans) and since the workshop failed to provide evidence to substantiate the safety of dental amalgam, the International Academy of Oral Medicine and Toxicology recommends the following:

"That the governments of the United States and Canada declare an Immediate prohibition on the further use of dental silver-mercury fillings until primary scientific documentation can be provided proving that the mercury released from dental fillings is not harmful to the public."

Without a doubt, mercury is extraordinarily toxic to humans. According to the Toxicity Center at the University of Tennessee, which rates poisons for their lethal toxicity to humans scores mercury at 1,600, compared to Plutonium, the deadliest, at 1,900. This rating places it among the most toxic substances known to man.

Mercury is more poisonous than lead, cadmium or arsenic. Yet, no dentist would dream of packing your teeth with lead or arsenic. Inhaled mercury vapor is at least a hundred times more toxic than swallowed mercury. Mercury vapor is what comes off your teeth from the fillings when you chew your food. This occurs multiple times a day every time you eat or grind your teeth together. Also, a battery-like effect, resulting from two metal fillings touching each other, can cause a continuous release of mercury vapor into your mouth.

Don't let your dentist reassure you with a blood-level test for mercury. The test is not reliable and tells you nothing about the amount of mercury that your body has stored over the years.

DENTAL AMALGAM KILLS FOUR

It was late August, 1989. The place was Michigan. Four people; two men and two women who had lived in a private home, lay dead.

Just over three weeks before, they were hospitalized, complaining of chest pain, diarrhea, nausea and shortness of breath. Their breathing became more labored and difficult. Four days into their hospital stay, it was learned that one of the men living in the house had been collecting mercury amalgam dental fillings. He had been heating up the fillings in the basement in order to extract the small amount of silver in them to sell. Aggressive medical procedures to remove mercury from their bodies along with substantial respiratory support were initiated, but to no avail. All four people died of mercury poisoning.

The house in which the amalgam was heated was extensively cleaned in the hopes of removing the mercury. The cleaning failed and the contaminated house was declared unfit for habitation and had to be torn down. According to environmental guidelines, the mercury laden rubble was disposed of as hazardous waste.

These unfortunate victims died from breathing mercury vapor from the identical kind of fillings that are in 200 million Americans' teeth. It is estimated that 100 million new amalgam-fillings containing mercury are placed in teeth each year in the U.S.

I am aware of no other material except mercury amalgam that is implanted daily in our bodies by medicine or dentistry that can contaminate whole buildings and kill people simply by being heated.

Even The World Health organization concedes that the public's highest daily exposure to mercury comes from dental amalgam fillings.

MERCURY DISTRIBUTION

From the amalgams, mercury vapors may be breathed into the lungs then absorbed by the bloodstream. The mercury particles and ions may be swallowed and absorbed from the gastrointestinal tract into the circulatory system. Now, it may travel to just about any and every tissue, organ and cell. Mercury's target organs are kidneys, cardiac muscle, lungs, liver, brain, and red blood cells. Others are thyroid, pituitary, adrenals, spleen, testes, ovaries, bone marrow, skeletal muscle, and Intestines.

There's very strong evidence that mercury in ' dental fillings can cause a broad spectrum of symptoms and diseases. Everything from depression to arthritis may be involved in a particular case; it's extremely variable. Mercury poisoning has been implicated in Alzheimer's disease, colitis, kidney disease, birth defects, brain damage, and symptoms of multiple sclerosis.

As Dr. Alfred Zamm said on *60 Minutes* "Doctors very rarely make a diagnosis of mercury poisoning because of the difficulties of it. It has different faces. One (patient) has headaches, one has tiredness, one has this, one has that. It's a very difficult diagnosis to make especially when it's micro-mercurialism in very small amounts." Dr. Zamm is an allergist and dermatologist and has reported hundreds of cases of patients who have recovered from a variety of diseases after having their fillings removed.

Dentists have double the number of brain tumors....

A study at Temple University, Philadelphia, showed that dentists...who work with mercury fillings all day long....have overwhelming evidence of mercury poisoning in the form of high concentrations in the pituitary glands. The study also showed they had double the number of brain tumors.

- Jack Levinson, president of the British Dental Society for Clinical Nutrition, compiled studies showing that female dentists and personnel are 3 1/2 times more likely to suffer sterility, still-births, and miscarriages.
- **Mercury linked to Multiple Sclerosis...** The Journal of Epidemiology and Community Health (Vol. 32, no. 155, 1978) and the Swedish Journal of Biological Medicine (January 1989) have both shown an association between high mercury levels and multiple sclerosis (MS). In the latter study, the mercury levels in MS patients were on the average 7.5 times higher than in the control group- - those without the disease.
- **Mercury fillings weaken the immune system....** Mercury from amalgam fillings appears to lower T-lymphocyte cells, which are among the most important components of our Immune system. What's more, studies show that with removal of mercury fillings, T-cell levels increase dramatically...and the patient's immune system returns to normal. Dr. Hal Muggins, at the University of Colorado, has measured T-cell rises of 100 percent to 300 percent after fillings were removed.

REMOVAL OF MERCURY FILLINGS SHOWS DRAMATIC HEALTH IMPROVEMENT

This study gives support that mercury from dental amalgams may be causing health problems and could be one of the world's greatest health hazards. Most of the 133 health symptoms mentioned in the study have been associated with mercury poisoning. Approximately 69% of these symptoms were improved or eliminated after amalgam removal.

Mercury is known to affect most enzyme reactions as well as the immune system so it is easy to explain physiologically why most of these health problems can occur. Studies have shown that mercury vapors cross the blood brain barrier. Perhaps this can account for the high number of mental and emotional problems that seem to improve after amalgam removal.

An earlier study compared the health status of a group of college students without silver-mercury fillings to a group with. The group with amalgams had a history of 45% more health symptoms than the group without. Almost every aspect of health was affected with a predominance of mental and emotional symptoms which are typically associated with mercury toxicity.

The present study has shown that people's mental and physical health does improve after amalgam removal, with 80% of the subjects feeling better after the mercury was removed from the mouth.

REMOVAL OF MERCURY AMALGAM

Take 5-10 charcoal tablets half an hour before any dental treatment involving amalgam removal. The fillings should be removed in the right sequence: that is, taking out the most negatively charged ones first, in sequential order from highest negatively charged to least.

The readings are done with an Amalgameter. A copper metal ground is placed between the cheek and teeth, and the tester touches; the probe to each one of the fillings or restorations. The Amalgameter will register a reading with either positive or negative in microamps. These readings are recorded on a numbered Tooth Chart for/by the dentist. Upon completion, the readings from each quarter or quadrant of the mouth are added and the totals reflected on the Chart. Positive and negative readings are kept separately.

WHAT DO YOU REPLACE THE AMALGAM WITH?

3,000 of the country's 180,000 dentists have already switched to using gold, a mixture of plastic and quartz, or porcelain. Dr. Solomon Cohen, an Atlanta dentist, has not filled any of his patients' teeth with mercury fillings since 1982. (If you use gold make sure it is really gold as I've found out that nickel and beryllium, both toxic, are often mixed with gold).

MERCURY SOURCES OTHER THAN DENTAL FILLINGS:

Cosmetics:

Clairol hair dye, mascara (especially waterproof type), skin lightening creams.

Medications and personal items:

Preparation H, toilet paper made from recycled paper, calomel in body powders, talcs, laxatives, calamine lotion, mercurochrome, merthiolate, psoriasis ointments, contact lens solutions, vaginal gels (especially the contraceptive type).

Books available (research documented heavily) from book stores.

- Sam Ziff, D.D.S., Silver Dental Fillings - The Toxic Time Bomb, (New York, NY: Aurora Press, 205, Third Avenue 2A, New York, NY, 1984)
- Hal A. Muggins, D.D.S. It's All In Your Head - Diseases Caused by Silver-Mercury Fillings, (Colorado Springs, CO: Muggins Diagnostic, Inc. P.O. Box 2589, Colorado Springs, CO 80901, 1985.

For additional information and referrals to dentists in your area who specialize in mercury-free dentistry and mercury filling replacement, contact the following organizations:

- American Academy of Environmental Medicine P.O. Box 16106, Denver, CO 80216
- American Academy of Medical Preventives, 6151 W. Century Blvd., Suite 1114, Los Angeles, CA 90045
- Muggins Diagnostic, Inc., P.O. Box 2589, Colorado Springs, CO 80901 (800) 331-2303
- International Academy of Oral Medicine and Toxicology, Dr. Murray J. Vimy, . #615-401 9th Ave. S. W., Alberta, Canada T2PC5 or Dr. Michael Ziff, 5400 Hernandez Dr, Orlando, FL 32808

ANEMIA - LOW IRON

Iron deficiency or anemia is a serious health problem. What is anemia? What are some of the symptoms and causes; and how can one improve an iron deficiency? Anemia is a condition in which there is a reduction in the number of circulating red blood cells. It exists when hemoglobin content is less than that required to provide the oxygen demands of the body. Because iron is essential to hemoglobin formation, it is essential to life. Hemoglobin is the iron containing pigment of the red blood cells called heme, and a simple protein, globin.

About 60% to 70% of the iron found in the body is in the bloodstream; and 30% to 35% is found in the liver, spleen, and bone marrow. Iron is absorbed from the food in the small intestine, then it passes in the blood to the bone marrow, and here it is used in making hemoglobin, which is incorporated into red corpuscles. A corpuscle, after circulating in the blood for approximately 120 days, dies, and its iron is used over again. Every second, over 3 million of our red blood cells die.

The hemoglobin in the blood averages 12 to 16 gm/100 ml. of blood in adult females, 14 to 18 in males, and somewhat less in children. Studies have shown that vegetarians normally have a lower hemoglobin. I believe that the ideal for women should be 10.5 to 12.5, and no higher than 14 for men.

Some of the major symptoms of anemia are fatigue, paleness of the skin, headaches, dizziness, ringing in the ears, shortness of breath, rapid heart rate, skin sensations, and poor appetite.

Low iron levels have been shown to impair the immune system (Journal of Pediatrics 75:86: 899-902). Fungal infections of both the mouth and vagina are quite common in patients with iron deficiencies (Journal of Infectious Disease 75: 131 (1): 44-50). A two year study out of Washington, D.C. showed that patients who developed prostate cancer consumed significantly lower amounts of iron (Nutr. Cancer 87; 9:123-128).

We also know that inadequate iron levels during pregnancy can have disastrous effects on the child. This problem can easily be avoided by making sure that an expectant mother going into a pregnancy is not anemic, and by seeing to it that she includes plenty of iron-rich foods in her diet.

Heart palpitations (where the heart beat races momentarily) are often iron deficiency related. When tissues throughout the body don't get enough oxygen, the heart is forced to pump harder and faster to compensate.

Most Americans have anemia from decreased blood cell formation due to a lack of iron in their diet. Because of all the refined foods they eat, they have a nutritional deficiency of iron. Various forms of iron are not well absorbed. Inorganic forms of iron, such as ferrous sulfate, are commonly used by the food industry to fortify various products. Unfortunately, despite its widespread use, ferrous sulfate is practically useless as an iron supplement. Therefore most of the refined foods sold in the stores today are deficient in iron because they have been artificially 'enriched' with iron (which is not natural iron). There is a lot of controversy about this enrichment process. It doesn't make a lot of sense to refine a food

by taking the natural iron out of it, and then to put synthetic iron into it and call it 'iron enriched'.

When your body recognizes a deficiency of iron, it attempts to absorb more from the intestinal tract. However, even under ideal circumstances, only small amounts of iron can be absorbed daily. Because of this it often takes some time to restore iron levels to normal. When iron stores are adequate your body will absorb less; and when an excess is detected, it will actually release stored iron for excretion.

The total amount of iron in the body is usually somewhere between 3 and 5 grams. Each day, men lose about a milligram through bowel movements; and women have an average loss of 2 milligrams daily when you take into account the menstrual cycle. With a loss of such a small amount, it is not difficult to replace the iron lost if one eats natural, wholesome foods. But chronic blood loss from an accident, excessive menstruation, or internal bleeding, such as bleeding in the gastro-intestinal tract, can cause anemia.

Excessive blood cell destruction is another cause of anemia. This can be caused by exposure to toxic chemicals, or may be related to certain diseases of the blood-forming organs. Hereditary causes are very seldom the cause of excessive blood cell destruction.

SHOULD ONE TAKE IRON SUPPLEMENTS?



No! Ferrous sulfate and other iron supplements, according to the American Journal of Clinical Nutrition, have been shown to have toxic effects. They destroy Vitamins A, C, and E, and may cause liver damage. Most iron supplements are made from animal sources, are constipating, and are hard to digest. The American Journal of Disease of Children reports that coffee, tea, milk, and dairy products decrease iron absorption from other foods.

How can we improve our iron deficiency? Watch your diet! By eating good sources of natural foods high in iron, you need not fear iron deficiency. For example, gram for gram, blackstrap molasses is over 3 times higher in iron than liver (see accompanying chart). Foods especially good are fresh, raw fruits and vegetables which are high in Vitamin C. Vitamin C is needed in the digestive tract for the absorption of iron.

FOOD	AMOUNT	GRAM	IRON (me)
<i>Almonds</i>	<i>3/4 oz</i>	<i>20</i>	<i>.7</i>
<i>Cashew nuts</i>	<i>3/4 oz</i>	<i>20</i>	<i>1.2</i>
<i>Beef liver, lean*</i>	<i>8/1 oz</i>	<i>20</i>	<i>1.7</i>
<i>Blackstrap molasses**</i>	<i>1 Tbsp</i>	<i>20</i>	<i>5.1</i>
<i>White sugar*</i>	<i>2Tbsp</i>	<i>20</i>	<i>.01</i>
<i>Kelp, uncooked</i>	<i>2/3 oz</i>	<i>20</i>	<i>.6</i>
<i>Prunes, dried</i>	<i>2 large</i>	<i>20</i>	<i>.6</i>
<i>Peas, cooked</i>	<i>1/8 Cup</i>	<i>20</i>	<i>.4</i>
<i>Raisins, seedless</i>	<i>2 1/4 Tbsp</i>	<i>20.</i>	<i>.4</i>
<i>Spinach, raw</i>	<i>1/3 Cup</i>	<i>20</i>	<i>.5</i>
<i>Whole wheat flour</i>	<i>1/6 Cup</i>	<i>20</i>	<i>9</i>

* NOT RECOMMENDED. Used only for comparison.

** Contains highest amount of iron; over 3 times higher than liver.

Excesses of calcium and phosphate salts inhibit the absorption of iron from the intestines. Milk is high in both of these nutrients, and should be avoided, as it contains very little iron and tends to bind iron that is present in foods. Dr. Walker, author of *Raw Vegetable Juices*, says that the iron in fresh, raw spinach may be utilized 100%, but only 1/5 of that, or less, would be usable in cooked spinach. Some other foods high in iron are almonds, uncooked kelp, dried prunes, raisins, whole wheat flour, and oatmeal.

Some other ways to help improve anemia are as follows: Daily sunbathing as much of the skin as possible, especially the eyes (no glasses, and close the eyes as you turn your face up to the sun). This increases Vitamin D which assists the body in building blood. Exercise stimulates the bone marrow to produce blood cells, and is one of the most important treatments for anemia. Absorption of iron from the intestine is promoted by exercise. Hot and cold showers are also beneficial.

Anemic people should rest or nap during the day, and get adequate sleep at night. Two herbs which are especially good for anemia are Dandelion and Yellow Dock, used as a tea. Bring distilled water to a boil, turn off heat, add 1 1/2 tsp. of herb per 8 oz. cup, and let steep 20 minutes or longer, then strain and drink.

ARTHRITIS



What is Arthritis? It is inflammation of joints usually accompanied by pain, swelling and frequent changes in bone structure. The two main types of arthritis are osteoarthritis and rheumatoid arthritis. Osteoarthritis is a chronic disease involving the joints, especially the weight bearing ones. It is characterized by the degeneration of articular cartilage, which is the overgrowth of bone with lapping and spur formation. Rheumatoid arthritis is a chronic disease characterized by inflammatory changes in joints and related structures that result in crippling deformities.

CAUSES

One of the most interesting theories concerning one of the causes of arthritis is that which connects arthritis with psychological or emotional problems. This idea is not a new one, for there are studies on the subject that were conducted as early as 1935. Certain classes of thoughts produce hormones that tend to destroy the health of the mind and body. These include hate, anxiety, jealousy, anger, fear, envy, excitement, prolonged or abnormal sexual stimulation, excessive ambition, worry, etc. The opposite is also true, in that positive thoughts and emotions produce hormones that tend to build up the health of the mind and body. So choose to think happy thoughts and help your body enjoy better health.

Although our emotions and thoughts can affect our health, faulty nutrition is singularly the most important causative factor in the development of arthritis. An unbalanced diet of devitalized, over-processed, overcooked, and over-refined denatured foods such as sugar, chocolate, soft drinks, sweets, pies, pastries, etc. combined with foodless items such as coffee, tobacco, alcohol and irritating spices, brings about a lowering of the body's immune system. This will eventually lead to pathological changes in the joints and tissues of the body.

RECOVERY

Therefore, the first step in an effective program of helping one with arthritis is helping the person with their psychological or emotional problems and helping them adopt a complete change of nutritional patterns. Arthritis can be conquered only by rebuilding and restoring the general health of the arthritic. Arthritis is an over surplus of acids and

waste material in the body. A faulty diet fills the system with uric acid and poisons which the liver, kidneys, and bladder are not able to throw off.

ACID/ALKALINE BALANCE

Balanced body chemistry is of utmost importance for the maintenance of health and correction of disease. Acidosis, or over-acidity of the body tissues is one of the basic causes of many diseases, especially arthritis. It is therefore vitally important that there is a proper ratio between acid and alkaline foods in the diet. The natural ratio in a healthy individual is 4 to 1 - four parts alkaline to one part acid, or 80% to 20%. When this ratio is maintained, the body has a strong resistance against disease.

FRESH FRUITS & VEGETABLES

The ideal diet for arthritis is a high alkaline diet of fresh fruits and vegetables, and a diet low in protein, using no meat or animal products, as meat is high in purines, the end products of nucleo protein digestion. These break down to form uric acid which is harmful to the arthritic. Animal products such as cheese, milk, eggs, and butter are high in fat; and fats interfere with the urinary excretion of urates, and thus should be limited when attempting to promote excretion of uric acid.



The alkaline action of fresh raw fruits and vegetables helps to dissolve the accumulation of deposits around the joints, and helps balance out the high uric acid found in the body. All meat and animal products are high acid forming, and as stated earlier, should be avoided completely. All nuts, except for almonds and brazil nuts, are acid forming; and all grains are acid forming, except buckwheat and millet.

These acid forming foods should be eaten in very limited amounts when one has arthritis. Two very beneficial foods for arthritis are cherries and alfalfa sprouts.

Avoiding constipation is very important in all cases of sickness. If we eat three meals a day we should have 3 eliminations per day. Most individuals who have constipation problems are not drinking enough water. A person should drink a minimum of two quarts of distilled water daily. The distilled water will absorb many of the toxic substances, inorganic minerals, etc. and carry them out of the body.

ASPIRIN

Aspirin is the drug which has been used longest to relieve the pain of arthritis.



Aspirin is an irritant to the stomach lining, so severe an irritant that it is not advised for ulcer patients. Taking aspirin may cause any or all of the following: nausea, heartburn, stomach pain, deafness, dizziness, ringing in the ears, intestinal bleeding or hemorrhaging in other parts of the body. Aspirin destroys vitamin K, which aids in coagulation of the blood.

CORTISONE IS NOT THE ANSWER

An announcement of the discovery of cortisone was met with great joy and excitement by doctors and arthritis sufferers. Stiff joints would become mobile and pain free, and crippled patients would be able to walk. To millions of people with arthritis around the world, cortisone held out the great promise that at last an effective remedy for the disease had been found. But the exalted enthusiasm was replaced by cruel disappointment. It soon became evident that "the remedy was worse than the disease". Cortisone has caused so many toxic reactions and dangerous side effects that it is now considered "on the way out" in the treatment of arthritis.

Instead of drugs, God has given us herbs for the healing of the body. Two herbs that are particularly beneficial for arthritis are burdock root and black cohosh. Use these in tea form for best results. Bring distilled water to a boil. Remove from heat, add 1-2 tsp. herb per 8 ounces of water and let steep 20 minutes or longer. Strain and drink.

CHOCOLATE



Last year Americans bought over 3 billion pounds of candy; over 55% of it was chocolate. Over 85% of the cocoa consumed in this country is in the form of candy.

Chocolate comes from the cacao tree, a small, beautiful tree indigenous to the tropical regions of the world. Cacao beans are produced in pods from 6-10 inches long when mature, varying in color from green through reds and yellows. Each pod contains 25 - 50 beans. The average tree bears all year long but yields about 2 pounds of dried beans per year. The pod has a white pulp which is delicious to the taste, but the seeds are bitter and astringent. It is from the seeds that chocolate is made.

The beans are piled in the yards of the farmers where they are left to ferment, a process which takes from three to eight days. At the peak of the fermentation the temperature may reach 140 degrees F. The fermentation is essential for the development of the chocolate flavor. During fermentation the bean's own enzymes and wild yeasts enhance the fermentation process. It has been shown that large quantities of aflatoxin can be found in cacao beans.⁽¹⁾ Aflatoxin, a cancer producing agent from molds, is one of the most potent cancer producing agents known. During the fermentation process, children and adults walk over the piles, and insects (especially cockroaches), rodents, small animals, and other living things make their nests in the piles of cocoa beans. It is not practical or feasible to remove all of the dead insects and their excreta from the cocoa beans, so a large amount ends up in your chocolate candy bar, hot chocolate, etc.



A booklet published by the U.S. Department of Health, Education and Welfare called "The Food Defect Action Levels" lists the defect levels in chocolate in the form of "insect, rodent, and other natural contaminants" that are allowable by the PDA. Cocoa beans are "permitted to contain an average of 75 microscopic insect fragments per 50 gm.

and an average of 2 rodent hairs per 50 gm. (50 gm is approximately 3 tablespoons). Animal excreta must not exceed 10 milligrams per pound. Many individuals who believe themselves to be allergic to chocolate are in fact allergic to the animal parts in the chocolate.

Because of chocolate's high fat content, it can act as a carrier of salmonella bacteria which is a type of food poisoning characterized by nausea, vomiting, and diarrhea. Also brand-name chocolate candy bars come contaminated with carcinogenic weed killers and wood preservatives. Traces of these and other dangerous substances were found by the independent testing laboratories of WARF Institute in five brands of top-selling candy bars (although the E.P.A. safety levels supposedly do not permit any of these to be present).

Chocolate contains Theobromine, Theophylline and Caffeine, with the principal one being Theobromine which can cause abnormal gland growth, central nervous system stimulation, sleeplessness, depression and anxiety. Theobromine salts are known to cause upset stomach, flushing of the skin with a warm sensation and itching. Theophylline can cause irritation of the stomach, with discomfort, nausea and vomiting, as well as stimulation of the central nervous system. Caffeine is classified by the pharmacology tests as a "central nervous system stimulant". A fatal dose of caffeine is 10 grams, the amount in about 70 cups of coffee.

Would you use chocolate, drink coffee, colas, etc. or use caffeine containing products (see chart) if you knew they were going to slow you down? Anything with caffeine in it is considered a stimulant. If you use stimulants, keep this basic concept in mind: what goes up must come down. The person who has to rely on products containing caffeine has created a seesaw existence which finds him on top of a mountain or down in a valley, with fatigue as his constant companion. Stimulants, such as caffeine, give us energy without giving us adequate fuel. Stimulants increase nearly all vital body functions.

Chocolate is very harmful to one's body and can cause a long list of health problems. Listed below are some of these problems:

- **Increased heart rate and force of contraction,**
- **high blood pressure and temporary irregular**
- **heart beat ⁽²⁾**
- **Stomach disorders and diarrhea**
- **Increased kidney and bladder action**
- **Nervousness, irritability and depression ⁽³⁾**
- **Sleeplessness**
- **Birth Defects**
- **Cystic breast disease ⁽⁴⁾**
- **Bedwetting**
- **Enlargement of the prostate, etc., etc., etc.**

CHOCOLATE VERSUS CAROB

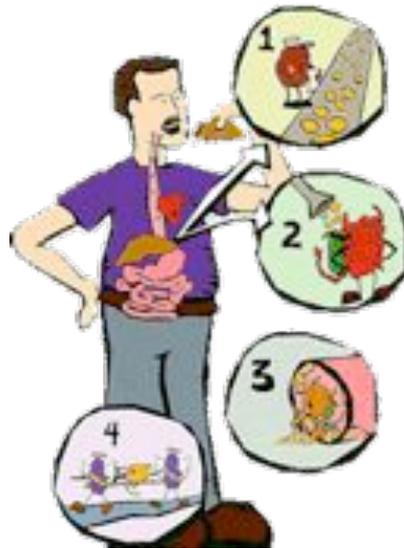
Nutritionally, carob is everything that chocolate is not. Gram for gram, carob contains three times the calcium that milk does. It is high in phosphorus and potassium, plus it contains some sodium and iron. Carob is rich in protein and high in natural carbohydrates. Although very sweet, it is 60 percent lower in calories than chocolate. While chocolate is a robber of nutrients, carob is a replenisher. Carob has as much thiamine (B1) as asparagus or strawberries, as much niacin (B3) as lima beans, lentils or peas, and more vitamin A than eggplant or asparagus. As an added bonus, it has 46

percent natural sugar, where cocoa has only 5 1/2 percent. Carob is low in fat whereas chocolate is high in fat. Carob contains no caffeine or other stimulants, and best of all contains no insect fragments.

Where does carob come from? It comes from the carob tree, a beautiful evergreen tree rounded in form, with somewhat oval-shaped glossy leaves. The carob tree stands as tall as 50 feet when full grown. The pods are flat like lima beans and measure from 3 to 12 inches in length. They are rich dark brown in color. The pods contain 5-15 seeds which are discarded.

- (1) *Journal of the Association of Official Analytical Chemists* 62(5): 1076-6, Sept. 1979
- (2) *Science News* 127:173, 199, 327, 1985
- (3) *American Journal of Psychiatry* 135:963, August, 1978
- (4) *Medical World News*, March 1979

CHOLESTEROL



Cholesterol is a substance that can only be found in meat, poultry, fish, and animal products such as eggs, milk and cheese. Foods from the plant kingdom such as fruits, vegetables, grains, nuts, etc., do not have any cholesterol.

There are two types of cholesterol: one is the high density lipoprotein cholesterol (HDL) which the body manufactures and is necessary for the maintenance of optimum health; the second type is low density lipoprotein cholesterol (LDL) which is the bad cholesterol that causes most of the trouble. Meat, animal products, oils, fats and grease of all kinds are the foods most responsible for low density lipoprotein cholesterol (LDL). Therefore, these items should be eliminated from the diet.⁽¹⁾ The ideal diet for lowering cholesterol is a diet low in natural fats and protein (such as avocados, nuts, etc.) and high in complex carbohydrates, which are whole grains, vegetables, legumes (peas & beans), tubers (potatoes), fruits, honey, etc.

Cholesterol can also be reduced by eating a diet high in fiber. All grains are high in fiber. Hard red spring wheat was reported in 1978 by a United States Government scientist to cause a 17% decrease in low density lipoprotein cholesterol.⁽²⁾ If people ate complex carbohydrate food that contain natural fiber we would not have today's epidemic of high cholesterol. The more natural the food the better. Oat bran, for example, is not a whole natural food, for the bran has been removed from the oat. It would be better to use oatmeal as opposed to oat bran.

Another way to help lower cholesterol is by sunbathing. It is important to note that cholesterol and Vitamin D are related, for when cholesterol in the skin is exposed to sunlight, it may easily be changed to Vitamin D and thereby made harmless to the body. It was in 1904 that one research scientist discovered that sunlight was able to transform cholesterol to Vitamin D. Human skin has a very rich supply of cholesterol, and this cholesterol keeps moving back and forth between the skin and the blood stream. If it is removed from the skin, then the cholesterol from the blood stream moves into the skin to

replace the cholesterol that was lost. It has been found that sunlight will cause a reduction of cholesterol in the skin and it also affects the overall cholesterol metabolism of the whole body. When the skin is exposed to sunlight, cholesterol is destroyed so rapidly and to such a great extent that the total body cholesterol is decreased. A study was done using 30 patients who had hardening of the arteries. Each of these patient's blood cholesterol level was taken before a sunbath. The results showed that there was almost a 13% decrease in the blood cholesterol following the treatment.⁽³⁾

You may wonder then, if I sunbathe to lower my cholesterol, what do I do about the possibility of getting skin cancer from all the sunbathing? According to Dr. Kime, in his book, *Sunlight Could Save Your Life*, if you take a moderate amount of sun and do not eat meat, animal products or refined oils, your chances of getting skin cancer are rare. There is little doubt in the research literature, as to whether or not a high fat diet promotes a higher and earlier incidence of skin cancer due to ultraviolet light.⁽⁴⁾

For years we have accepted cholesterol levels of 250-300 mg% as "normal" in our society because ninety percent of Americans fall into that range. While these levels may be common for Americans, (where every second person dies of atherosclerosis), they are not ideal. The ideal cholesterol is 100 plus your age, not to exceed 160 mg%. Dr. Antonio Gotto M.D., president of the American Heart Association, stated in a U.S. Senate hearing, that if we lower the cholesterol count of everyone in the United States to below 150 mg%, we would probably wipe out heart disease.⁽⁵⁾

There are several cholesterol lowering drugs. Big expensive investigations of these drugs report success in reducing blood cholesterol by levels of five to ten percent. Unfortunately, none of these drugs improve life expectancy. On the contrary, they prove more harmful than helpful. They produce unpleasant and distressing effects and excessive mortality.⁽⁶⁾

The more we learn about cholesterol, the more we realize that by following a natural diet, the one given to us in the Garden of Eden, the healthier we will be.

(1) Jay Milton Hoffman, Ph.D., *The Missing Link*, Professional Press, Valley Center, 1984, p. 353.

(2) *Prevention Magazine*, January, 1979, pg. 32.

(3) Zane Kime M.D. M.S., *Sunlight Could Save Your Life*, World Health Publications, Penryn, 1980, pg. 51-53.

(3) Baumann, C.A.: Rusch, H.P.: *Effect of Diet on Tumors Induced by Ultraviolet Light*, *American J. Cancer*, 35:213, 1939.

(5) Keys, A. (1970), *Coronary Heart Disease in Seven Countries*, *Circulation* 41, Supplement 1.

(6) *Coronary Drug Project Research Group* (1975), *Clofibrate and Niacin Coronary Heart Disease*, *JAMA* 231:360-381.

DEODORANTS AND ANTIPERSPIRANTS



Perspiration is a normal body function. Basically, three things are accomplished by sweating: the body temperature is controlled by cooling, certain wastes are removed from the body, and the skin is kept smooth and pliable.

Sweat never lets up: the body is constantly perspiring - up to a quart per day - even when one is immersed in water.

Most perspiration is produced by a secretion from the endocrine sweat glands - glands distributed over almost the entire surface of the body's skin. The eccrine glands are usually active only during exercise, on hot days or during nervousness or embarrassment.

Millions of Americans are concerned about the perspiration problem and what to buy to combat the problem. Americans spend close to two billion dollars (\$1.7) on deodorants and antiperspirants each year.

Mum was the first commercial personal deodorant product sold in this country in 1888. It contained bacteria-squelching zinc oxide and was smeared on with the finger. Before this, ammonia and water, talcum powders and perfumes had been used. Antiperspirants came a few years later, but the early products in this field were plagued by a number of problems. At that time, many antiperspirants were a solution of aluminum chloride.

Is there a difference between a deodorant and an antiperspirant? Yes! A deodorant prevents the development of odor in perspiration. It is designed to combat odors, but will not keep you dryer since it does not reduce the amount of perspiration. Deodorants simply mask odor. An antiperspirant reduces the amount of perspiration that reaches the skin's surface. It is designed to reduce the amount of wetness.

Antiperspirants are more complicated, both in composition and action. Like deodorants, they almost always contain bactericidal agents. However, they do not stop there, as it's their intention to prevent moisture, as well as odor. Their containers always show a listing of active ingredients, the most common of which is aluminum salts - chloride, sulfate, chlorohydrate, although zinc, zirconium and other compounds are also found. In composition and action, antiperspirants are very similar to facial astringents. Antiperspirants contain astringents that swell and coagulate protein in the skin, thus reducing the pores through which perspiration is discharged. Astringents are composed of

various aluminum salts. This aluminum is readily absorbed through the skin, and we know that aluminum is a poison to the human body.

Cleanliness is the first step in combating perspiration. A daily bath or shower (preferably at night) followed by thorough rinsing is mandatory. Also drinking a minimum of 2 quarts of water daily will help

keep the blood stream clean which will reduce the amount of poisons the skin has to eliminate.

A natural deodorant one could use is a fresh lemon cut in half and rubbed under the arms; or one can find a few good natural deodorants in Health Food Stores. Be sure to read the labels for the list of ingredients to determine if it really is natural.

DIABETES



About 10 million persons in the United States have diabetes, although almost half of them are unaware that they are diabetic. Three out of ten diabetics end up in the hospital every year. Eight out of ten diabetics develop eye problems. Diabetes is the leading cause of new blindness. Diabetics are eighteen times more likely to experience severe kidney damage than are non-diabetics: 25 percent of kidney dialysis patients are diabetics. Diabetes more than doubles the risk of heart disease and stroke.

There are two types of diabetes. Type 1 diabetes is called insulin-dependent diabetes or juvenile diabetes. The onset is sudden in children and young adults and accounts for about 20 percent of all known cases of diabetes. Type 2 diabetes is known as non insulin-dependent diabetes or Adult onset diabetes. This type affects people of middle-age and older. Of this group at least 90 percent are obese.

SYMPTOMS

The most common symptoms of diabetes include constant hunger, frequent urination, being always thirsty, weakness, loss of weight, mental depression, dry red tongue, blindness, irritability, restlessness and poor circulation. Not all these symptoms are present in every case.

The normal blood sugar is 80-120 mg/dl., but can rise after a meal up to 150 mg/100 ml. of blood. When the blood sugar exceeds 180, it will spill over into the urine. To excrete the sugar, water is taken from the tissues causing frequent urination and increased thirst. The appetite is often increased because we are not fully utilizing the food we normally eat.

A diabetic coma is caused by not enough insulin, causing high blood sugar. Symptoms are headache, thirst, frequent urination and fatigue. The face becomes red, the skin hot and dry, and the breath has a sweetish odor. Nausea and vomiting sometimes occur. Respirations become rapid and the pulse increases. If insulin and fluid are not given immediately the person will lose consciousness.

Insulin shock is caused by too much insulin causing low blood sugar. Its symptoms are nervousness, pallor, hunger, perspiration and behavior that resembles intoxication. If a complex carbohydrate (such as ripe fruit) is not given promptly, the individual becomes drowsy, disoriented and eventually unconscious.

In 1981 diabetics in the United States needed the glands of 56 million animals to meet their insulin needs. To produce a single pound of animal insulin, the amount required to maintain approximately 750 diabetics for a single year, 8,000 pounds of glands from 23,500 animals were required. In the past, insulin was obtained in tiny amounts exclusively from the glands of pigs and cattle supplied by slaughter houses.

Insulin, a preparation used in the medical treatment of diabetes, is prepared from animal pancreas, usually pork or beef; there is also human insulin available. Orinase, Tolinase, Diabinese or Dymelor are oral medicines which many Type 2 diabetics take. These medicines are not insulin, but drugs that stimulate the pancreas to produce insulin. There are many natural ways to stimulate the pancreas to produce insulin without taking the drugs which have side effects.

NATURAL WAYS TO HELP

Diet - There is not a known remedy that will cure diabetes without a reformation along the lines that caused it. The number one dietary consideration for diabetes must be a strict vegetarian, low calorie, alkaline diet of high quality natural foods. Plenty of whole grains, bran and oatmeal are very beneficial in diabetes, as well as raw vegetables of all kinds - red cabbage, cauliflower, watercress, brussel sprouts, okra, cucumbers, onions, etc. A big emphasis needs to be placed on raw foods as they stimulate the pancreas and increase insulin production. Green beans and cucumber juice contain a hormone needed by the cells of the pancreas in order to produce insulin. No table sugar should be used. When sugar is eaten and absorbed into the blood stream, it requires insulin and a trace element called chromium to move the sugar from the blood stream into the cells where it can be burned for energy. In the diabetic the insulin is missing. Therefore sugar piles up in the blood stream and cannot move into the cell. When insulin is given, the sugar is able to move into the cell and the sugar level will drop in the blood stream. If chromium is missing, the blood sugar will rise again, for the sugar is still not able to enter the cell. Chromium is available in many natural foods (especially whole grains), but most of it is removed when foods are refined. The average American diet is lacking in chromium. At birth we have a good supply of chromium, but as we get older we gradually lose it if we do not eat properly. Many older individuals are deficient in chromium. Why is this happening? When refined sugar is eaten, it requires chromium to be utilized. If none is taken in with food, chromium from the body stores, if available, has to be used. Thus chromium is gradually depleted and sickness occurs.

What about fresh fruits, as they contain sugar? Fresh fruits of all kinds are excellent for the diabetic.⁽¹⁾ The sugar in fresh fruit is fructose sugar and is very different from the refined table sugar (which is sucrose sugar). When we eat sugar or starch our body breaks it down into simple sugar and the blood then carries it to the cells of the body. For this simple sugar to enter the cells it needs insulin and chromium, but if you have eaten only fructose sugar (the good kind that is found only in fresh fruits), no insulin is needed for the sugar to enter the cells. This is why a diabetic can eat all the fresh fruit desired, but no canned or frozen fruit juices (even if they are supposedly all natural). All of these are refined; they have been heated (even the frozen ones) and are hard for a diabetic to assimilate.

Use no free fats - only natural fats as found in avocados, nuts, etc. Recent studies show excess fat intake can decrease the number of receptors and/or deactivate them. This results in the gradual build up of sugar in the bloodstream. Dr. James Anderson, one of the most respected authorities on diabetes in the world, did a study with Dr. Kiehm. They took thirteen diabetics off the 34 percent fat, 23 percent protein diet prescribed by the American Diabetes Association and fed them a 9 percent fat diet of mostly natural high

fiber, starchy foods. Blood sugar levels were significantly lowered in all thirteen. All five patients taking oral drugs and four of the eight patients taking insulin were able to discontinue their medication completely. ⁽²⁾

Diabetics should discontinue the use of baking powder or soda, as these decrease the activity of the pancreatic juices, which are used in the body to digest protein, fats and carbohydrates. The pancreas is one of the most important organs of digestion.

Fasting is usually not advisable for diabetics. Avoid all mental nervous stresses and strains. Avoid constipation; the bowels must be kept loose with at least three good eliminations every day. This is imperative to improved health.

Herb Tea - Tea, made from any one of the following herbs is beneficial: raspberry leaves, red root or dandelion root. Mix one tsp. of herb per 8 oz. of distilled water. Let steep for 20 minutes or longer. Drink three cups daily.

Exercise - Exercise will lower the blood sugar and enable the diabetic to require less insulin. ⁽³⁾ Deep breathing and lots of exercise of hard physical labor will help keep the fire of the metabolic processes burning fast, and this will diminish the need for insulin.

Sunlight - The effect of direct sunlight on the body's sugar metabolism parallels that of insulin. Sunlight facilitates the absorption of glucose into the cells of the body and stimulates the body to convert its blood sugar (glucose) into stored sugar (glycogen). ⁽⁴⁾ This is minimal in a normal individual but dramatic in diabetics. A diabetic must gradually expose his body to the sunlight. Diabetics who choose to sunbathe should always keep in touch with their physician as their insulin dosage will have to be decreased.

In conclusion, diabetes is unknown in countries where people can't afford to overeat. Americans may be the richest people in the world, but they are also one of the sickest. In America, a new diabetic is discovered every 50 seconds. I want to encourage all to eat in moderation, only those things that are wholesome and natural.

(1) Kloss, Jethro, *Back to Eden*, Back to Eden BookPubl. Co., pg. 407, 1984.

(2) Kiehm, T.G., et al (1976), *Beneficial Effects of a High Carbohydrate, High Fiber Diet on Hyperglycemic Men*, *American Journal Clinic Nutrition* 29:895-899.

(3) Cooper, K.H., *Aerobics*, New York, Bantam Books, 1968.

(3) Kime, Z.R., *Sunlight Could Save Your Life*, World Health Pub., pg. 60, 1980.

ELECTRICAL CURRENTS



Our body runs on electricity. An electrocardiogram will record the electrical activity of the heart. An electroencephalograph records the electrical activity of the brain. Today we know the human body runs on electrical energy.

Very few health professionals have any information on the electrical currents in the body and how they can be altered to either produce good or bad results in the human body.

WHAT IS ELECTRICITY?

No one really knows what electricity is. We only partially know how to use it and how it works. This definition of electricity is given in Taber's Cyclopedic Medical Dictionary; "A form of energy that exhibits magnetic, chemical, mechanical and thermal effects. Electricity is formed from the interactions of positive and negative charges." The medical field today uses electricity on the body. Three examples of this are found in electro hemostasis, which uses high frequency current to stop bleeding; electroconvulsive therapy, the use of electrical shock to produce convulsions; and electro analgesia, using low intensity electrical currents to bring relief from pain. These forms of electrical treatments may cause harm to the body, as they disturb the natural circulation of electrical currents. Did you know that cancer cells are weaker than normal cells, and that cancer cells have a different electrical frequency than normal cells?

NATURAL WAYS OF KEEPING THE BODY'S ELECTRICAL CURRENTS IN BALANCE

I'm sure, as research in this area goes on, more natural ways to keep the body's electrical currents in balance will be found. Two natural ways that I'm aware of are breathing fresh outside air, and having the body in contact with the soil.

BREATHING FRESH AIR

All air contains electricity. Air can be either positively charged or negatively charged. Negatively charged air, which is the kind that is beneficial to us, is found in the open air, especially in the mountains or the country; these are examples of air that has been undisturbed by pollution. The air with the most negative ions in it is ocean air, or the air near a river or waterfall, and the air just after a rainstorm. Positively charged air is not beneficial to us and is the air found inside a closed room. All electrical appliances and heating and air conditioning systems use up good negative ions and give off bad positive ions. This is especially true of TV's, computers, microwaves and fluorescent lights. The air we exhale is also positively charged.



As the number of positive ions increases, with a corresponding decrease in negative ions, one may feel such adverse effects as headaches, nasal obstruction, hoarseness, fatigue, dry throat and dizziness. Negatively charged air, on the other hand, produces a feeling of exhilaration and well-being. Negatively charged air also has been shown to decrease the respiration rate and lower blood pressure, while positively charged air has just the opposite effect. ⁽¹⁾

There are over 3,000 - 4,000 negative ions in one cubic centimeter of mountain air, but only 100 negative ions in one cubic centimeter of air in an office building at the end of an eight hour day. Thus, we can readily see that to keep our body's electrical currents high in negative ions, and thus experience good health, we need a continuous supply of fresh outdoor air. "The stomach, liver, lungs and brain are suffering for the want of deep, full inspirations of air, which would electrify the blood and impart to it a bright, lively color, and which alone can keep it pure, giving tone and vigor to every part of the living machinery". ⁽²⁾

BODY CONTACT WITH THE SOIL

To help keep our body's electrical frequency correct, we should spend some time outside each day working with the soil or standing (or walking) with our bare feet in direct contact with the earth. Our body and the earth are both electrical; and you do not get an electrical exchange with the earth when you are wearing shoes, as the soles insulate you from the ground. Just a short time, (10 minutes min.) each day will greatly benefit a person. This exercise is especially true for those who are nervous or emotionally disturbed.

CONCLUSION

The more knowledge man acquires the more he realizes how little he actually knows. We still have much to learn about the electrical currents that control the human body. This is an area that has been sadly neglected in the health field and I hope that as time goes on we will understand more fully the good and bad effects of electricity on the body.

(1) Kime, Zane R. M.D., *Sunlight Could Save Your Life*, pg. 191-193, 1980.

(2) White, Ellen G: *Testimonies To The Church Vol 2* pg 67-68

ELIMINATION

This is a subject that everyone talks about and usually suffer bad experiences about sooner or later in life. Over 80 million Americans suffer from bowel problems. Cancer is the second major cause of death in the United States and of all cancer deaths, cancer of the colon ranks second only to lung cancer.

Toxic bowel waste matter within our body is a big factor in diseases of all types. A person who eats 3 meals a day should have three bowel movements a day. If a person eats two meals a day, then they should have two bowel movements a day. One should eliminate the residue of each meal 15 to 18 hours after eating. When a person goes two or more days without an elimination, all that waste is putrefying in the body and being reabsorbed through the colon walls. The body is thus being poisoned from within. It would be the same as keeping some food in a covered garbage can for two days in a temperature slightly above 98.6 degrees,

CAUSES

The major causes of constipation are poor diet, inadequate intake of water, lack of physical exercise, emotional or mental distress, and the use of medications. Low Fiber Diet - Most foods that are eaten today are highly refined and lacking in fiber and bulk. Good health and regular eliminations depend on a lot of fiber. Unrefined grains, nuts, legumes, fruits and vegetables are high in fiber.

All types of cheeses are the most constipating foods one can eat.

Fiber should be called the staff of life. When people change from a soft diet (which are foods lacking in fiber and bulk), to wholesome natural unrefined foods that take time to chew, it is amazing how much better they feel in a short period of time. They themselves are amazed at how much more stamina and strength they have. Fewer people would experience constipation, if they would eat more foods containing fiber. Processed, devitalized foods are lacking in fiber and bulk. They tend to be dry, sticky and pasty. They have a tendency to stick to the insides of the colon like glue and are difficult to eliminate. Dr. J. N. Morris states that a lack of fiber in the diet may be one of the major causes of coronary thrombosis (blockage of the coronary arteries).⁽¹⁾

Both British and South African medical scientists strongly insist that insufficient numbers of bowel movements and too little fiber and bulk in the feces may often explain the existence of gallbladder disorder, heart problems, varicose veins, appendicitis, clotting in deep veins, hiatal hernia, diverticulosis, arthritis and cancer of the colon. This complete turnaround in medical orientation comes from professional and respected surgeons and biochemists.⁽²⁾

After a tremendous amount of research work done by the Senate Select Committee on Nutrition and Human Needs, the following conclusion was reported. They recommended a 25 percent reduction in the consumption of fat, and a 25 percent increase in carbohydrates (particularly in the form of whole grains, fruits and vegetables). the

committee cited the relationship between the current fat rich, fiber deficient American diet, and the high risk of cancer as well as heart ailments and other diseases.

Water - One should drink a minimum of two quarts of distilled water daily. If you are overweight or doing hard physical work then you need more than 2 quarts. When we do not drink enough water our body will absorb water from the fecal matter that is in our colon. This in turn makes the fecal matter hard, which causes constipation. Our bodies use much more water than we realize. Each day we lose one and one half glasses of water, through breathing alone. Over a quart a day is lost in urine; and every time we blink our eyes, our body loses some water. Of course, our body loses large amounts of water through perspiration.

Exercise - Exercise will help one to have regular eliminations. You have six hundred thirty three muscles, every one of which needs to be used. If we do not use our muscles, they lose their tone, strength and flexibility. Exercise doesn't have to be painful. There are hundreds of ways to exercise the human body. The exercise having the most benefit is walking and no special equipment is required, except a good pair of shoes.

Stress - Do you remember a time when you were enjoying a good meal with friends and you received a phone call giving you terrible news? You suddenly lost your appetite and you even felt light headed and sick. The relation that exists between the mind, and the body is very intimate. When one is affected the other sympathizes. Stress today is one of the causes of poor digestion, ulcers and constipation. Grief, anxiety, discontent, remorse, guilt, distrust, or other emotions, all tend to break down the life forces. Isaiah 26:3 gives us the answer to this problem.

Medications - Medications can cause many problems with the bowel. The side effects of many medications cause constipation for many physiological reasons. Antibiotics, such as penicillin and sulfa can completely eliminate the favorable intestinal flora, leaving the opportunity for reinfestation by harmful bacteria and viruses.

Laxatives - Laxatives are irritating to the bowel and are dangerous. Today there are more than 45,000 laxative and cathartic medications being manufactured and used in America. These substances, in order to evacuate the colon, are essentially poisons and irritants. The poisoned intestinal tract tries to evacuate the offending substance as quickly as possible and pushes everything out. Often times, these harsh poisonous substances are absorbed through the lymph and blood vessels and find their way to all parts of the body affecting the liver, kidneys, and other vital areas. Many of these medications can become addicting, and can destroy the ability of the bowel to eliminate naturally.

HERBS

Herbs can be used successfully and safely for constipation. One of the best herbs for constipation is Cascara Sagrada. Mix four teaspoonfuls in a quart of distilled water (that was boiling and just taken off the stove). Let it steep for one hour, then drink one or two cupfuls one hour before meals or on an empty stomach.

To get well and stay well, our bodies have to be clean on the inside as well as the outside. If you will eat natural unrefined foods, drink plenty of pure water, gets proper exercise, stay away from medications, and allow God to handle the stress in your life, you should not have any problems with proper elimination.

(1) *British Medical Journal*, Nov. 9, 1977.

(2) *Jensen, Bernard; Tissue Cleansing Through Bowel Management*, 1981, pg. 27.

FASTING

Fasting is the oldest therapeutic method known to man. Even before the advent of the healing arts, man instinctively stopped eating when feeling ill and abstained from food until his health was restored. Perhaps he learned this from animals, which always fast when not feeling well

There is much said throughout the entire Bible about fasting. God instituted fasting for both spiritual and physical blessings. Fasting has two purposes - the up building of the body and the spiritual up building of the soul. As fasting improves physical health, it also improves mental health causing the mind to be open to a greater extent to the leading and impressions of the Holy Spirit.

I am thoroughly convinced that a great many people eat too much (over 60% of all Americans are overweight). Many eat food that does not give them proper nourishment; they eat food that is highly refined and unwholesome. This food will gradually, over a period of time, bring upon them sickness and death.

Many scientific studies are now being made around the world, particularly in Europe, to determine the therapeutic effects of fasting. The Karalinska Institute in Stockholm, a world famous medical research institution, has made clinical studies of fasting under Drs. P. Reizenstein and J. Kellberg. These studies demonstrated that fasting has a definite beneficial healing effect.

WATER FAST VS. JUICE FAST VS. FRUIT & VEGETABLE FAST

There are persons who advocate long fasts for health, but I discourage long water fasts as they can be quite harmful to the body. However, a prolonged fresh fruit and vegetable fast I highly recommend. Proper fasting can do a lot in helping with one's health; but improper fasting can be harmful to one's health. A normal person can fast one to three days on only distilled water without any injury and it will be quite beneficial both spiritually and physically to one's health. If you fast on water only for more than three days, then you are living on the broken down tissues in your body which produces an acid reaction. This thickens the blood; and with a high concentration of poisons in the bloodstream, puts a burden on the heart, arteries, kidneys, liver, lungs, etc.

We can help this cleansing process by eating lots of fresh raw vegetables and fruits as most are alkaline forming and will increase the healing effect of fasting as elimination of uric acid and other inorganic acids will be accelerated. The vitamins, minerals, enzymes and trace elements of raw vegetables and fruits are important in supplying needed elements for the body's own healing.

Fasting in Europe is practiced on a grand scale. There are hundreds of clinics in Germany alone where fasting is a number one method of healing. All of them use juice fasting exclusively. I believe that juice fasting is preferable to water fasting, but that the whole fruit or vegetable fast is preferable to a juice fast. Which is more natural, the orange or orange juice? He would have put a lid on top of the orange. When you use juice instead of the whole food, while you are fasting, you will have problems with elimination as there is no fiber or bulk in juice.

FRESH FRUITS AND VEGETABLES: FAST CLEANSSES THE BODY

It is well to know the process your body goes through in the course of a fast. The first three days are usually the most difficult in terms of hunger pains. By the fourth day the hunger pains are beginning to subside, though you will have feelings of weakness and occasional dizziness. During a prolonged fast (after the first three days) your body will live on its own substance. When it is deprived of needed nutrition such as proteins and fats, it will burn and digest its own tissues. But your body will not do it indiscriminately -and here lies the secret of the effectiveness of fasting -your body will first decompose and burn those cells and tissues which are diseased, damaged, aged, or dead.

In fasting, your body feeds itself on the most impure and inferior materials such as tumors, abscesses, fat deposits, etc. Dr. Otto Buchanan, M.D. (one of the greatest fasting authorities in the world) calls fasting -very pertinently - a "refuse disposal", a "burning of rubbish". During fasting, while the old cells and diseased tissues are decomposed and burned, the building of new healthy cells is speeded up. This eliminative process is evidenced by some of the following typical symptoms: offensive breath, dark urine, skin eruptions, excessive perspiration, catarrhal eliminations of mucus, and headaches. Do not be disturbed by those symptoms; rather, be grateful for the increased health and well-being that will result.

By the ninth or tenth day of a longer fast, the body will normally have eliminated the bulk of toxic poisons and you will start feeling great. Your sense of concentration will be greater, and you will feel as if you could continue fasting indefinitely as you are not hungry. Your fast can last as long as you like (it could go on for weeks as it depends upon how much fresh fruit and vegetables you are eating), but it must end when your hunger pains return. This is the signal that the body has used up all its excess reserves. The fast should be broken at this time.

ADDITIONAL TIPS ON FRESH FRUITS AND VEGETABLE FAST

Do not drink with meals, and do not mix fruits and vegetables at the same meal. Eat only fresh fruits and vegetables, nothing cooked or dried. Eat no more than twice a day at a regular time each day, and nothing between meals, except water or herb tea. One must drink a minimum of two quarts of distilled water daily; more is better. Bathing once or twice daily is also beneficial, as one third of all body impurities and wastes are eliminated through the skin. Do lots of deep breathing of outside air. Red clover tea is a very good herb to take while one is on a fast. It is an excellent blood purifier and will help your body detoxify. Drink it as often as you like.

FEVERS



The normal temperature taken orally is 98.6° F. However, it may be within the range of normal if it is one degree above or two degrees below this value. When an individual comes down with a fever, their body is trying to tell them something is wrong.

Fever happens to be a defense strategy employed by the body that helps to destroy bacteria and viruses that have gotten out of hand. Bacteria and viral microbes live normally and naturally inside of human beings. They co-exist with us, around us and inside us, and when our body's immune system is working properly, these microbes cause us little concern. In fact, many scientists have demonstrated that these microbes are often important to our inner functioning and biochemical existence. Our body's own innate ability to

keep bacteria and viruses in check inside of us via our immune system is the best way to stay well. Our bodies contain over seventy thousand trillion cells that all make their own chemicals. They make them in the right quantities and there are no ill side effects. When a person does get a fever it is the body's natural way of destroying bacteria and viruses. These bacteria and viruses find it extremely difficult to sustain their existence in higher temperature ranges, and so the body's immune system causes the fever to kill off the microbes.

Thus, when our body has a fever, it is not good to lower the fever as this will hinder the body from doing its job of getting rid of the problems causing the fever.

What we need to do is help our body by raising our temperature. Many years ago when someone had a fever, they would put them to bed cover them up with lots of blankets, and even put hot water bottles on their feet. They would also give the individual large amounts of put soft water to drink. After a time the fever would break and the person was on their way to recovery.

ISN'T TOO HIGH A FEVER DANGEROUS?

Conventional medicine spends most of its time treating symptoms or signs of disease instead of treating the disease. For example, when one has a fever and goes to the doctor he is given medication, such as aspirin, to lower the fever. By lowering the fever by chemically introducing a drug, the medical profession is not treating the disease but instead only addressing the symptom. Medicine as a profession has taught us that it is beneficial to lower the fever whereas, in reality, this will cause harm to the body. By lowering the fever artificially this prevents the immune system from doing the job it is supposed to do, thus the person gets sicker as the microbes increase.

As long as the temperature is below 105° F, it will not cause harm or brain damage to a normal person. When I worked at a hospital in Central America we had patients come in with malaria who had high temperatures and it didn't cause brain damage.

IS THERE A NATURAL WAY TO LOWER A FEVER?

If a person's temperature goes over 105° make sure they are drinking plenty of water. If they are drinking the water and their temperature is still over 105° F. then the best way to lower the fever is by putting them into a full bath tub of water that is around 98° - 100° F. Never put them into ice water or cold water. This will cause most of the blood from the legs and arms to go to the trunk of the body and will hinder circulation and be detrimental.

WHAT ELSE SHOULD BE DONE FOR A HIGH FEVER?

As long as the fever is below 105° F. let it take its course. Give plenty of water as mentioned earlier. If they want to eat give them only fresh fruit. Make sure they are comfortable and in quiet surroundings. Be sure they have plenty of fresh air and sunshine, and that they bathe everyday. Most fevers are of a rather short duration, but occasionally they can last for a longer period of time. The human body is the greatest doctor alive. When one has a fever, help the fever to do its job naturally.

FOODS - ACID AND ALKALINE

All food, as they are digested or burned, leave an ash in the body. This ash can be neutral, acid or alkaline, depending on the mineral composition of the food. The acid ash (acidosis) results when there is a depletion of the alkaline ash. In the healing of sickness, the higher the ratio of alkaline forming foods in the diet, the faster will be the recovery. Alkalis neutralize the acids. All the minerals that make up the red blood cells and the blood plasma are alkaline, except for chlorine which is acid. There are other important fluids in the body which are alkaline. Some of these are saliva, bile, tears, lymph, joint lubricant, muscle lubricant, colon secretion and pancreatic juice. None of the alkaline juices are body wastes, though the bile contains waste. Some body fluids that are acidic are urine, perspiration, fluid emitted during expiration, fatigue wastes and gastric juice. All of these fluids are body wastes except for the gastric juice, which is used for digestion. It is important to realize that the body fluids which contribute to the life processes are all alkaline except the gastric juice and that the waste fluids are all acid. The acid products must be eliminated because the healthy state of the body is one of alkalinity. If the tissues of the body become acid to the slightest degree, serious illness occurs and death can result.

The degree of acidity or alkalinity of a substance is expressed in pH values, the "p" indicates the potency, while the "H" is for hydrogen ions which is the name the chemist gives to the particular element constituting the acid. The scale ranges from 0 (acid) to 14 (alkaline), with 7 being neutral, neither acid nor alkaline.

Normal blood is slightly alkaline, just above neutral, having a pH of 7.35. If the pH of a person's blood reaches higher than 7.8 or falls below 7.22, immediate death occurs. A condition known as acidosis occurs when the pH of the blood drops below 7.35. If the blood rises above the normal 7.35, alkalosis exists and grows more severe, until death occurs when the pH reaches 7.8. This provides a variable range of only about .6 of a degree. Disease occurs any time the blood does not have a normal pH of 7.35.

The more acid the fluids and tissues of the body become the more subject they are to the growth of bacteria and germs, and the less able they are to combat them. It is now known that acid-forming foods increase the excretion of calcium and phosphorus from the body (causing osteoporosis) and that alkaline-forming foods tend toward a greater retention of these mineral salts in the body. Kidney stones are sometimes concentrations of uric acid crystals which are more apt to form when the urine is too acidic. A more alkaline urine tends to dissolve them. A burning sensation can develop when the urine becomes very acidic. By drinking large amounts of distilled water one can speed the process of acid elimination through the pores and kidneys. The pH of urine can be changed in just a few hours.

The skin is provided with approximately 1,500,000 sweat glands, excreting perspiration, which is acidic. The lungs give off carbonic acid gas which is released as carbon dioxide and water. The burning of food and oxygen in the body cells produces this gas which is taken by lymph and blood to the lungs to be exhaled.

More processes of life are aided by alkaline fluids than acid. Both are necessary. Alkalis are continually being consumed and the supply depleted. Since they are continually being consumed, there is the danger that the supply will be exhausted. It is very plain then, that if foods will influence the alkalinity and acidity of the body we need to eat abundantly of that which will keep the alkalinity of the body high, and eat sparingly of foods which will increase its acidity. The ideal ratio according to Dr. Roger Berg, the world's foremost authority on the relationship between the acid-alkaline ratio in the diet, is about 80% alkaline producing foods and 20% acid producing foods. The correct pH balance of our blood can be maintained by choosing carefully the foods one eats. Another factor, which influences the correct balance, is the ability of the kidneys, skin pores and lungs to eliminate acids. It is important that these organs function properly.

Harmful acids that we should avoid are: acetic acid found in vinegar; tannic acid found in coffee, tea and cocoa; and benzoic acid found in food preservatives. Foods that are acid in themselves such as citrus, when digested and assimilated by the body leave an alkaline residue, while alkaline foods leave an acid residue. Therefore, we refer to the foods as either acid forming, or alkaline forming.

Studies have also confirmed that rest, exercise, fresh air, laughter and love are alkalizers of the body; selfishness, anger, worry and hatred are acidifiers of the body.

PARTIAL LIST OF ACID / ALKALINE FORMING FOODS

Acid Forming Foods

- Meat; milk and eggs *
- All nuts, except almonds and brazil nuts
- All grains, except millet and buckwheat
- Olives and Carob
- Dried beans and seeds, unless sprouted

* NOT RECOMMENDED

Alkaline Forming Foods

- Most fruit, except prunes, blueberries, plums, currants, cranberries
- Most vegetables, except brussel sprouts, cress, rhubarb, and winter squash
- Avocados

FRESH FOOD IS BEST



In the Garden of Eden, Adam and Eve ate only fresh fruits, nuts and grains. Eve didn't use a stove or microwave to prepare Adam's meals. For one to have good health, a minimum of 50% of our daily food intake should be raw foods. Raw food is live food; cooked food is dead food. Have you noticed how few fresh raw fruits and vegetables the average person consumes?

Food processing, refining, cooking, and more recently, the advent of microwaving, destroys the enzymes in the live food we eat. These enzyme deficient foods cause imbalances in our bodies, which in turn cause disease.

The biggest difference between live (raw) food and dead (cooked) food is enzymatic activity and something I call the life force. If you were to take two seeds, boil one of them, and then put them both in the ground, which one do you think would grow? The unboiled one would grow because the enzymes and the life force are still alive. Cooking stops enzymatic action and destroys the life force.

Enzymes are said to be protein molecules, and each enzyme acts in certain ways in the body, doing specific jobs. Enzymes digest all our food. There are over 100,000 enzyme particles in a single drop of blood. They take digested food and build it into blood, nerves, muscles, and glands. Enzymes assist in storing sugar in the liver and muscles. There is an enzyme that builds phosphorus into bone and nerve tissue. Once we cook food above 118 degrees, all the enzymes present in the food are completely destroyed, and are no longer able to perform their designated function. Although the physical protein molecule is still present, it has lost its life force. Like a flashlight battery that has lost its power, the physical structure remains, but the electrical energy is no longer present.

A protein molecule is actually only the carrier of enzyme activity. In experiments described in "Chemical Review", the activity of our protein molecule was transferred over to another protein substance, leaving the original molecule devoid of its original activity⁽¹⁾. This only proves further that an enzyme is the invisible activity or energy factor, and not just the protein molecule itself.

Enzymes are needed for every chemical action and reaction in the body. Our organs, tissues, and cells are all run by metabolic enzymes. Minerals, vitamins, and hormones need enzymes to be present in order to do their work properly. Enzymes are the labor force of the body. Enzymes are involved in every metabolic process our immune system, blood stream, pancreas, kidneys, spleen, etc.. Enzymes break down toxic substances so that the body can eliminate them without damaging the eliminative organs⁽²⁾. Since 1968, thirteen hundred enzymes have been identified.

A diet high in cooked food lacks the enzymes that are in fresh food, and causes the endocrine glands to become overworked, thus encouraging the development of diseases such as hypoglycemia and obesity.

Enzymes may be divided into two groups, those found in raw food, and those produced within our bodies. The more enzymes one gets from the raw food, the less that will have to be borrowed from other metabolic processes and supplied by the pancreas. It

is important to realize that the enzymes in raw food actually digest 50% to 75% of the food itself without the help of the enzymes secreted by the body. Nature has placed enzymes in food to aid in the digestive process instead of forcing the body's enzymes to do all the work. It is to be remembered that we inherited an enzyme reserve at birth, and this quantity can be decreased as we age by eating an enzyme deficient diet. By eating most of our food cooked, our digestive system has to produce all of the enzymes, thus causing an enlargement of the digestive organs, especially the pancreas. It also places a drain on the body's immune system.

An experiment was performed at Michael Reese Hospital in Chicago in relation to saliva and its enzyme content. The younger group (aged 21 to 31) was found to have 30 times more amylase (an enzyme) in their saliva than those in the older group (aged over 69).⁽³⁾

In conclusion, this information is telling us that we need to eat more fresh fruits and vegetables. Our diet should consist of at least 50% fresh food. We should eat our fresh salads, etc., at the beginning of our meal. They are bulky and will give us a more full feeling, helping us not to overeat cooked food. As one gets older, the intake of fresh food should be increased to even more than 50%, since our bodies are more deficient of enzymes. Investigations show that in warm temperatures, enzymes are used up more rapidly than in cool temperatures. Additional fresh foods are therefore needed during the summer months, and for those who live in the southern United States.

(1) *Chemical Review*, 13:501-512, 1933.

(2) Howell, Dr. Edward, *Food Enzymes for Health and Longevity*, Omangod Press, 1986.

(3) Santillo, Humbart; *Food Enzymes, The Missing Link to Radiant Health*, AZ., Hohm Press, 1987.

HEADACHES



There are many different types of headaches: tension headaches, migraine headaches, allergic headaches, etc. One may have a mild or severe headache, or the pain may be frontal or toward the back of the head. It may be a dull aching pain, or an almost unbearable pain. It may be an intermittent intense pain, a throbbing pain, a pressure pain, or a penetrating pain.

A headache is not a disease, but a symptom, showing that something else is wrong in the body and needs to be taken care of. A headache is like the red engine warning light on the dashboard of your car. If you ignore the warning light when it comes on, you won't get very far down the road before your car engine will stop running. If you ignore a headache,(which is a built-in warning device), your body will also stop functioning properly.

When a person has a headache his body is trying to tell him that something is wrong. He may be constipated, or not getting enough sleep, or eating the wrong kind of foods, or under too much stress, or not drinking enough water, or breathing poisonous air, or taking the wrong medications, etc. It is sometimes hard to find the cause of headaches, so one needs to look very carefully at his lifestyle and be willing to make any necessary changes.

Monosodium glutamate (MSG) may also cause headaches in sensitive individuals. Many who read food labels are unaware that MSG may be listed as "flavoring," "natural flavoring," or hydrolyzed vegetable protein." Hydrolyzed vegetable protein may be 10-30% MSG. (Headache 31:107-110, 1991)

Three of the major causes of headaches are constipation, dehydration, and stress. When one is constipated, the waste material in the colon spoils and becomes putrefied from being in the body too long. The blood capillaries to the colon begin to pick up the toxins and poisons that are in the colon. These enter the blood stream (causing many

problems), and are carried to all parts of the body, including the brain where one develops a headache. Two factors that will improve constipation are drinking plenty of water, and eating natural foods. Leave refined concentrated foods alone (there is no food more constipating than cheese).

Not drinking enough water is another major cause of headaches. The human brain is composed of over 80% water, and when a person doesn't drink enough water, they will have headaches. Everyone should drink at least two quarts of water daily. Stress is another major cause of tension headaches. Two physical things we can do for tension headaches are soaking in a bathtub of lukewarm water for a half hour, and drinking red sage tea, which is excellent for tension headaches.

Some other simple ways to relieve headaches are to take a hot foot bath with plain water or with a tablespoon of mustard seed in it, and place a cold compress to the head for 20 minutes. Two other herb teas that are good for headaches are peppermint and black cohosh. Black cohosh is especially good for severe headaches and congestion in the head

In conclusion, remember that headaches are merely the body's warning signal that something is wrong. Living naturally and healthfully, and learning to take handle our burdens will eliminate many of the stressful situations in our lives, and help us to deal with those that do come in a calm way that will minimize headaches.

HEART DISEASE

There are over 4,000 heart attacks every day in America. 50% of all deaths in the U.S. are from cardiovascular disease. That is a ratio of 1 out of every 2 Americans.

No machine made by man is as durable or efficient as the human heart. Although it is about the size of your two fists and weighs only half a pound, every day it pumps several tons of blood through over 60,000 miles of blood vessels. It is almost beyond belief, the amount of work this small but powerful organ will do in one day. At its normal rate of speed, the human heart beats about seventy times a minute. This amounts to more than 100,000 contractions in one day, or thirty seven million in one year. Truly, our bodies are fearfully and wonderfully made.



What is the major cause of heart disease? DIET! Heart disease is largely self-induced by the way we live. Smoking, drinking alcohol, coffee, and tea, eating too much salt, and eating refined foods are all harmful to your heart. Only industrialized societies like ours can afford diets that are rich in meat, dairy products, eggs, fat, and processed food products such as oils (corn oil, margarine, etc.) which are high in fat. In America, 40% to 45% of the calories we eat come from fats. Ideally, fat should make up only 10% of our diet.

The ideal diet for someone with heart disease would be a low fat diet high in fresh fruits and vegetables. A pure vegetarian diet, using no meat, dairy products, or eggs is optimum. Meat and dairy products average 50% to 85% of their calories as fat. Some dairy products are as high as 90% fat. See accompanying chart.

ANIMAL PRODUCT (% of calories)	FAT CONTENT
Steak	65-80%
Lamb	75%
Bacon	85%
Hot Dog	85%
Whole Milk	50%
Cheeses, Hard	60-85%
Cream Cheese	90%
Margarine, regular	80%
Margarine, imitation	40%
Oils, vegetable	100%

Our bodies need some fat and it is best to get our fat from a natural source, not a refined source. An example of a natural fat is an avocado. Natural fats can also be found in nuts and seeds. An example of a refined or unnatural fat is corn oil, which is 100% fat.

It takes 12-14 ears of corn to produce one tablespoon of oil. And, ounce for ounce, fats have over twice as many calories as sugar.

CHOLESTEROL AND HEART DISEASE

Cholesterol is a substance that can only be found in meat, poultry, and animal products such as eggs, (3 eggs have as much cholesterol as 2 lbs. of hamburger) milk, cheese, etc. Foods from the plant kingdom, such as fruits, vegetables, grains, nuts, etc. do not contain any cholesterol. There are two types of cholesterol: High density Lipoprotein (HDL) cholesterol is the good kind that our body produces. The other is Low Density Lipoprotein (LDL) cholesterol, which is the undesirable kind. Meats, animal products, refined shortening, and oil (even though they themselves are cholesterol free) are the foods most responsible for creating high cholesterol levels in our bodies.

Exercise is important for those who have heart disease, and also for those who want to prevent heart disease. A daily walking program, outside in the fresh air and sunshine, is very beneficial. Spas, gymnasiums, and work-out rooms are not advantageous. Fresh air and sunshine, which are very important, are lacking in such places. Those who are engaged in sedentary work, especially, need more physical outdoor exercise.

Several prescription drugs used to lower cholesterol have proven to be more dangerous than therapeutic. As a result of the six-year Coronary Drug Project conducted by the National Institute of Health (NIH) and published in 1975, two of the then commonly prescribed drugs were abruptly taken off the market when the study showed that more people died in the group taking the drugs than in the group taking a placebo⁽¹⁾.

There are many herbs that are good for the heart. Some of these are Blue Cohosh (for heart palpitation), Borage, and Hawthorne Berry (to strengthen the heart). Always use distilled water when making herb tea. Bring water to a boil, remove from heat and add 1-2 tsp. herb per 8 oz of water. Cover and let steep for 20 minutes. Strain and drink.

(1) Coronary Drug Project Research Group (1975): Clofibrat E and Niacin in Coronary Heart Disease; JAMA 231:360-381.

HERBS



The great remedial properties of herbs have been recognized and appreciated since time immemorial. Herbs were mentioned in the Bible from the beginning of creation. Herbs are nature's medicine and have been put here by an all-wise Creator. See Psalm 104:141 and Ezekiel 47:12. There is an herb for every disease that a human body can be afflicted with (mankind just does not know them all).

The father of medicine, Hippocrates, was an herbalist. Herbs were used extensively until about 1500 A.D. At that time a man by the name of Hohemhein started the practice of using chemicals for the treatment of disease. Hohemhein burned in the public square all the herb books of Hippocrates. Having this valuable information out of the way, the medicine men followed the error of Hohemhein, who was the first to give the damaging drug Mercury.

In public, the medical establishment puts down herbs as quackery. What hypocrisy! What no one ever tells you is that some of today's biggest drug companies such as E. I. Lilly, Squibb, and Parke Davis started out selling herbs. E. I. Lilly himself started out picking flowers and herbs by the side of the road. His one formula with the herb cascara sagrada earned him enough money to launch his company.

Today, things are changing again - but it's happening quietly and no one is talking about it too much. Did you know that in a recent year, over 130 million prescription drugs were written which came from plants? Or that over 75% of the hormones used in medicine today are derived completely from plants.

In private, the drug companies are some of the biggest users of herbal research libraries. That's what a head librarian told a fellow researcher. He said the drug companies were looking for old forgotten formulas for which they can get "grandfather" rights.

According to my understanding, "grandfather rights" means that the formula was used before a certain date in the early 1900's for a certain disease. Then, under certain conditions, a drug company could sell the same formula today - without having to spend \$50 to \$200 million to get it approved by the government.

You see one big reason - \$\$\$\$\$ - why the drug companies might be interested in old-time herbal formulas.

Drugs erode the general state of one's health. "It is known that about 40 percent of people undergoing medical care suffer side effects from the medications given them, and

these reactions can leave a person "blind or deaf, afflicted with kidney, liver or brain damage, bone necrosis, ulceration of the bowel, intestinal hemorrhage, skin scars, extreme sensitivity to sunlight or other disabilities that may last for months or years⁽¹⁾.

You may be surprised to learn that even today over forty percent of prescription drugs sold in the U. S. contain ingredients derived from nature; and a full twenty-five percent of drugs contain at least one compound derived directly or through chemical modeling, from flowering plants.

Rules For Using Herbs

When you are sick - use herbs. When you are well, leave them alone. A person doesn't take medicine when he is well, neither should you take herbs when you are well, as they can throw the body off balance. Herbs can be taken internally in different ways: capsules, tinctures and tea form. The very best way is in tea form, as most all capsules are made from gelatin which comes from an animal by-product. Tinctures are very concentrated and have alcohol in them for a preservative. When you make your tea, always use distilled water or reverse osmosis filtered water as it will absorb more of the medicinal properties out of the herb than any other type of water. When using the leaves or flowers of the herb, bring the water to a boil; remove from the heat and add the herb. Let it steep for 20 minutes or longer, then strain and drink it. When using the part (???) or bark you need to boil them for 30 – 40 minutes then can strain and use. As a general rule you would put one to two teaspoons of herb per eight ounces of water. It is best not to mix/two herbs together at one time, as you have an interaction of the herbs with one another. If you mix six herbs together just imagine how many different combinations you can come up with! It would be the same as taking six numbers and seeing how many ways you can write them down. If I'm using two herbs, they should each be made separately and taken at different times. There are many poisonous herbs, which we would never want to use and there are some herbs that have side effects, and need to be used with discretion. W^ can never be too careful in our use of herbs.

There are many herbal books on the market that one can purchase. Of course, you will find many contradictions (as you do in any field). A safe rule of thumb is to buy 4 or 5 herbal books; look up the herb you are thinking about using in each one. If they all agree, then try it. A great herbal book in print today that I would recommend is Medicinal Plants (1990) by Steven Foster and Dr. James A. Duke, Houghton-Mifflin Company, Boston. This book is authored by two individuals - an herbalist and a scientist.

Listed here are just a small portion of herbs and some of their uses that I have personally used and seen results with. According to the World Health Organization, as much as eighty percent of the world's population still relies on traditional forms of medicine such as herbs. Only those who know the value of herbal remedies can appreciate the wonderful effects of the herbs that many tread under foot daily.

HERBS AND SOME OF THEIR USES

Adrenaline (inhibits)	Stinging Nettle
Arthritis	Burdock Root
Blood Purifier	Red Clover
Calm Nerves	Catnip
Cancer	Red Clover, Echinacea
Cancer of the Skin	Sheep Sorrel (Poultice)
Candida	Dandelion
Constipation	Cascara Sagrada
Cough	Eucalyptus Oil with a few drops in honey
Diabetes	Dandelion Leaves
Diarrhea	Charcoal
Female Problems	Raspberry Leaf
Fluid retention	Dandelion Leaves
Heart Problems	Hawthorne Berry
Hepatitis	Milk Thistle
High Blood Pressure	Hawthorne Berry & Garlic
Immune System	Echinacea
Insomnia	Hops
Internal Bleeding	Shepherd's Purse
Kidney Problems	Dandelion Leaves
Kidney Stones	Cleavers
Liver Problems	Milk Thistle
Poisoning	Charcoal
Prostate Enlargement	Saw Palmetto
Thyroid (overactive)	Bulge Weed
Thyroid (underactive)	Kelp
Vaginitis	Saw Palmetto (Douche)

(1) *L. Laner, Defective Medicine*

HERBS ARE BETTER THAN DRUGS

Editor's Note: This story was written back in the 1860's by my favorite author on health, Ellen G. White. She was well over a hundred years ahead of her time. Here is another one of her statements written at the same time. "More deaths have been caused by drug-taking than from all other causes combined. If there was in the land one physician in the place of thousands, a vast amount of premature mortality would be prevented. Multitudes of physicians and multitudes of drugs, have cursed the inhabitants of the earth, and have carried thousands and tens of thousands to untimely graves."

The daughter was sick, and the father was much troubled on her account, and summoned a physician. As the father conducted him into the sick room, he manifested a painful anxiety. The physician examined the patient, and said but little. They both left the sick room. The father informed the physician that he had buried the mother, a son and daughter, and this daughter was all that was left to him of his family. He anxiously inquired of the physician if he thought his daughter's case hopeless.

The physician then inquired in regard to the nature and length of the sickness of those who had died. The father mournfully related the painful facts connected with the illness of his loved ones. "My son was first attacked with a fever. I called a physician. He said that he could administer medicine which would soon break the fever. He gave him powerful medicine, but was disappointed in its effects. The fever was reduced, but my son grew dangerously sick. The same medicine was again given him, without producing any change for the better. The physician then resorted to still more powerful medicines, but my son obtained no relief. The fever left him, but he did not rally. He sank rapidly and died.

The death of my son so sudden and unexpected was a great grief to us all, especially to his mother. Her watching and anxiety in his sickness, and her grief occasioned by his sudden death, were too much for her nervous system, and my wife was soon prostrated. I felt dissatisfied with the course pursued by this physician. My confidence in his skill was shaken, and I could not employ him a second time, I called another to my suffering wife. This second physician gave her a liberal dose of opium, which he said would relieve her pains, quiet her nerves, and give her rest, which she much needed. The opium stupefied her. She slept, and nothing could arouse her from the death-like stupor. Her pulse and heart at times throbbed violently, and then grew more and more feeble in their action, until she ceased to breathe. Thus she died without giving her family one look of recognition. This second death seemed more than we could endure. We all sorrowed deeply but I was agonized and could not be comforted.

My daughter was next afflicted. Grief, anxiety and watching, had overtaxed her powers of endurance, and her strength gave way, and she was brought upon a bed of

suffering. I had now lost confidence in both the physicians I had employed. Another physician was recommended to me as being successful in treating the sick. And although he lived at a distance, I was determined to obtain his services,

This third physician professed to understand my daughter's case. He said that she was greatly debilitated, and that her nervous system was deranged, and that fever was upon her, which could be controlled, but that it would take time to bring her up from her present state of debility. He expressed perfect confidence in his ability to raise her. He gave her powerful medicine to break up the fever. This was accomplished. But as the fever left, the case assumed more alarming features and grew more complicated. As the symptoms changed, the medicines were varied to meet the case. While under the influence of new medicines she would for a time, appear revived, which would flatter out hopes, that she would get well, only to make our disappointment more bitter as she became worse. The physician's last resort was calomel. For some time she seemed to be between life and death. She was thrown into convulsions. As those most distressing spasms ceased, we were aroused to the painful fact that her intellect was weakened. She began slowly to improve, although still a great sufferer. Her limbs were crippled from the effect of the powerful poisons which she had taken. She lingered a few years a helpless, pitiful sufferer, and died in much agony.¹¹

After this sad narrative the father looked imploringly to the physician, and entreated him to save his only remaining child. The physician looked sad and anxious, but made no prescription. He arose to leave, saying that he would call the next day.

The next day the physician was in the sick room, standing by the bedside of the afflicted daughter. Again he left the room without giving medicine. The father, when in the presence of the physician alone seemed deeply moved, and he inquired impatiently, "Do you intend to do nothing? Will you leave my only daughter to die?" The physician said, "I have listened to the sad history of the death of your much loved wife, and your two children, and have learned from your own lips that all three have died while in the care of physicians, while taking medicines prescribed and administered by their hands. Medicine has not saved your loved ones, and as a physician I solemnly believe that none of them need, or ought to have died. They could have recovered if they had not been so drugged that nature was enfeebled by abuse, and finally crushed. He stated decidedly to the agitated father. "I cannot give medicine to your daughter. I shall only seek to assist nature in her efforts, by removing every obstruction, and then leave nature to recover the exhausted energies of the system" He placed in the father's hand a few directions which he enjoined upon him to follow closely. "Keep the patient free from excitement, and every influence calculated to depress. Her attendants should be cheerful and hopeful. She should have a simple diet, and should be allowed plenty of pure soft water to drink. Bathe frequently in pure soft water followed by gentle rubbing. Let the light and air, be freely admitted into her room. She must have quiet, and undisturbed rest."

The father slowly read the prescription, and wondered at the few simple directions it contained, and seemed doubtful of any good resulting from such simple means. Said the physician, "You have had sufficient confidence in my skill to place the life of your daughter in my hands." Withdraw not your confidence, I will visit your daughter daily, and direct you in the management of her case. Follow my directions with confidence, and I trust in a few weeks to present her to you in a much better condition of health, if not fully restored."

The father looked sad and doubtful, but submitted to the decision of the physician. He feared that his daughter must die if she had no medicine. At a later date the daughter was sitting by the side of her father cheerful and happy, with the glow of health upon her countenance. The father was looking upon her with happy satisfaction, his countenance speaking the gratitude of his heart, that his only child was spared to him. Her physician

entered, and after conversing with the father and child for a short time arose to leave. He addressed the father, thus, "I present to you your daughter restored to health. I gave her no medicine that I might leave her with an unbroken constitution. Medicine never could have accomplished this. Medicine deranges nature's fine machinery, and breaks down the constitution, and kills, but never cures. Nature alone possesses the restorative powers. She alone can build up her exhausted energies, and repair the injuries she has received by inattention to her fixed laws."

He asked the father if he was satisfied with his manner of treatment. The happy father expressed his heart felt gratitude, and perfect satisfaction, saying, "I have learned a lesson I shall never forget. It was painful, yet it is of priceless value. I am now convinced that my wife and children need not have died. Their lives were sacrificed while in the hands of physicians by their poisonous drugs."

GEORGE WASHINGTON: MEDICAL MARTYR

On December 13th, 1799, George Washington summoned his doctor after coming down with a sore throat. His doctor bled him four times, injected him with poisonous mercury, gave him more mercury by mouth, then blistered his throat with a compound of vinegar and dead bugs. After enduring this torturous treatment for a single day, the Father of Our Country begged his doctor to leave him alone and let him die in peace - which he did, at 10:00 PM on December 14.

STATISTICS CONFIRMS HARMFUL USE OF DRUGS

100,000 deaths a year (over 300 per day), are caused by prescription medications. This figure is only on those reported by hospitals or physicians. Journal of the American Medical Ass. April 15, 1998

One would think that doctors contribute to a decrease in mortality rates. Ironically, however, the reverse happens. Statistics gathered during doctors strikes in 1973, 1976 and 1978 proved their absence coincided with decreased death rates. These are as follows:

1973 - Israel 29 day physician strike - 50% less deaths reported by Jerusalem Burial Society.

1976 - Columbia 52 day physician strike -35% decrease in deaths in Bogotá, Columbia confirmed by Morticians Association of Columbia.

1978 - Los Angeles Doctors went out on strike for two months and death rate fell by 35%. When they went back to work, the death rate increased by 40%.

In a 1980 American study, 20% of all patients admitted into hospitals suffered one or more iatrogenic episodes. This means one person out of five suffered from drug reactions, negative reactions to diagnostic and therapeutic procedures and ward accidents. Medication errors were responsible for 11% of the mistakes!

Ref Cures That Kill - Medicine's Deadly Experiments," David Helerstein, Harper's, Dec. 1980, p. 22

"I firmly believe that if the whole materia medica could be sunk to the bottom of the sea, it would be all the better for mankind and all the worse for the fishes."

Ref: Oliver Wendell Holmes, M. D. (Professor of Medicine at Harvard and father of the Supreme court Justice)

"It appears that therapeutic drugs are major causes of birth defects and learning disabilities when used during pregnancy. Connecticut figures suggest that as many as 13.4 percent of all congenital malformations may be caused by drugs prescribed by doctors during pregnancy. Drugs like Valium appear to cause birth defects, learning disabilities, and hyper activity."

Ref: National Network To Prevent Birth Defects, August 1985, 3rd Edition.

In 1978, 1.5 million people were hospitalized in the USA due to medication side effects. (FDA Statistics)

HIGH BLOOD PRESSURE

THE HEART

The human heart is red brown in color and weighs approximately 12 ounces. It is about six inches long, and its widest point is four inches across. It is more pear shaped than valentine shaped.



The great throbbing center of all human life and activity is the heart. No other organ carries so much responsibility for the rest of the body. When your heart is strong and healthy the whole body benefits. When it is sick, the whole body suffers. That is why it is so important for you to take care of your heart.

Can a person strain his heart by overwork? No, it is almost impossible to strain the healthy human heart by overwork. The heart is far more likely to be damaged by disease and by poor habits of living than by any physical activity. But once the heart has been damaged by disease, it may be necessary to avoid too much activity. A heart that has been damaged can be strained beyond its limits.

The heart is a very efficient four-chambered pump, actually two pumps, one to move blood to the lungs, the other to push it out into the body. Every day it pumps blood through 60,000 miles of blood vessels, and pumps enough blood to fill a 4,000 gallon railroad car.

As long as you are alive, your heart never stops working. It has enormous reserve powers to meet any crisis that may arise. If it has been damaged by disease, it repairs itself while it works! If its valves become thickened because of some disease, such as rheumatic fever, the heart will thicken up its own muscular walls to try to compensate for any lack of efficiency. Even while your heart is working, its own muscle cells are busy selecting the materials they need for their own growth and repair.

PULSE RATE

Relatively little attention is paid these days to the heart rate or pulse. The heart typically beats 70-80 times a minute when an individual is sitting down. This adds up to over 100,000 beats per day. However, under physical or mental stress the body requires more oxygen and the heart accordingly steps up the pace to perhaps 150-200 beats a minute.

Athletes have low pulses, especially long distance runners, whose rates can normally be 35 to 40 beats per minute. Women's rates are generally higher than men's. Children and babies have still higher rates, from 80-150 beats per minute.

A healthy individual, who has a resting pulse rate of 70 beats per minute in comparison with a weaker individual who has a resting pulse rate of 90 beats per minute, will not be over-taxing his heart. A difference of 20 beats per minute over a 24 hour period adds up to 28,800 extra beats the weaker individual's heart has to beat per day. Obviously, with everything else being equal, the heart pumping away at a faster rate will not last as long as one pumping at a slower rate.

The average individual has 5 1/2 quarts of blood and the normal heart at a normal rate will pump or recycle thousands of gallons of blood every day.

The amount of blood pumped by the heart with each contraction can vary from 2 to 5 ounces per stroke. The heart with a high stroke volume and low pulse is a far stronger and healthier organ than the heart with a low stroke volume and high pulse.

Since the heart has to beat 24 hours a day it has to get its rest in between beats. The interval between beats is only half a second normally, which seems like very little time for the heart to rest and repair itself. But it's enough, and here's why. At the rate of 70 beats per minute the heart rests approximately half the time and works the other half. This means that in a 24 hour period it gets 12 hours of rest. But if the heart rate goes up, the extra beats take away from the rest period. So when your pulse is higher than 70 beats per minute, your heart is working more than it is resting. At a rate of 90 beats per minute it's on the job approximately two-thirds of the time and resting only one-third.

BLOOD PRESSURE

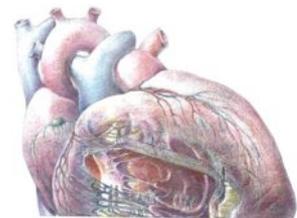
Blood pressure (BP) is the force the circulating blood exerts on the arterial walls. Blood pressure is categorized as systolic or diastolic blood pressure.

They are expressed as: 120 Systolic pressure, 80 Diastolic pressure.

The systolic pressure is the pressure the blood has against the wall of the blood vessel while the heart is pumping or pushing the blood. It is the maximum pressure the blood has on the arterial wall at any one time. The diastolic pressure is the pressure the blood has against the walls of the blood vessel while the heart is resting. It is the constant pressure on the artery, or the lowest pressure on the artery.

High blood pressure is generally defined as sustained elevated systolic and/or diastolic blood pressure. There is no fixed dividing line between normal or abnormal. The World Health Organization recommends that your blood pressure stay below 140/90. However, I have personally observed that in Central America where the people have a more natural diet and exercise more, that their blood pressures will average around 110/60. This is what I consider a normal blood pressure.

Individuals with blood pressure of 140/90 or above were found to have a substantially increased mortality. 73% of the men and 81% of the women who died had blood pressures of 140/90 or above. The higher the blood pressure, the higher the incidence of sudden, unexpected death. After the age of 55 those with high blood pressure had four times as many heart attacks and more than seven times as many strokes⁽¹⁾. Contrary to most learned opinions, diastolic blood pressure is, apparently, not more important than the systolic. The famous Framingham study showed that elderly individuals with high systolic pressures had their significantly higher mortality rates than contemporaries with lower systolic pressures.⁽²⁾



WHAT CAUSES HIGH BLOOD PRESSURE?

High blood pressure is largely self-induced by the way we live. I believe there are four major factors which cause high blood pressure. They are lack of water, poor diet, lack of exercise, and stress. I want to cover each one in a general way as there are volumes of material in each of these four areas linking them with high blood pressure.

LACK OF WATER

Our blood is over 78% water and when we do not drink enough water, (see chapter on water), our blood becomes thick. And since the heart is a pump that circulates the blood through out the body, when it has to circulate thick blood this is going to raise your blood pressure. I have been able to lower many individuals blood pressure by simply getting them to drink enough water.

DIET



Diet is a major factor in high blood pressure. Overeating, which causes obesity, will overburden all organs in the body including the heart which can raise one's blood pressure. Every pound of excess fat contains approximately 200 miles of capillaries through which the heart has to push blood. Sixty-two percent of the American people are overweight; that is more than one out of every two people in the U.S. For every extra pound of weight, you shorten your lifespan one month; so someone 24 pounds overweight would die two years sooner. If you are obese, you have a three times greater chance of having heart disease. I also want to mention that smoking, drinking alcohol, coffee, tea, or any caffeinated beverage, can raise your blood pressure. There is enough scientific literature in print that confirms this. I won't elaborate in this area as I feel that the majority of those who read this book are trying to live a better lifestyle, and have already eliminated these harmful items.

Meat and animal products such as milk, eggs, and cheese, all contain cholesterol which can cause an arterial plaque build-up on the artery walls. This will indirectly cause high blood pressure. Foods from the plant kingdom such as fruits, vegetables, grains, nuts, etc. do not have any cholesterol.



A high fat diet will also cause high blood pressure. The average American diet consists of 40% fat. According to many professionals in the natural health field, the ideal diet will consist of 10% fat, 10% protein, and 80% carbohydrate. Many individuals do not realize that there is more fat in a bottle of corn oil (which is 100% fat), than there is in a steak (which is 65%-80% fat). These refined fats, such as corn oil, are harmful to the body. It takes 12 ears of corn to make one tablespoon of corn oil. This refined oil causes our bodies to produce low density lipoprotein cholesterol (LDL), which is the bad kind of



cholesterol⁽³⁾. When we eat these refined oils, they coat our red blood cells and make them sticky. These cells clump together and do not flow as well, thus causing the blood pressure to rise.

An excessive intake of salt can be related to high blood pressure. The average American eats from 14 to 30 times more salt than he needs daily. We actually need only one-fifth of a teaspoon of salt per day. However, the average salt intake by an American adult, according to figures released by the National Research Council, is between two and one half to six teaspoons per day.

Recent studies have shown that salt is only a minor issue in high blood pressure. Although salt restriction may lower blood pressure a few points, a growing number of authorities on this subject say that only about 10% of the population would benefit appreciably from this⁽⁴⁾. Fats contribute to high blood pressure in a far greater degree than the use of salt.

LACK OF EXERCISE

Movement is life. Inactivity is death. We live in a push button society which is sending us to the grave years before our time. Exercise will improve the tone of your muscles and blood vessels, changing them from weak tissue to strong tissue. Exercise will increase the efficiency of your heart in several ways. It will grow stronger and pump more blood with each stroke and it will lower your pulse rate and help lower high blood pressure. Walking outdoors in the fresh air and sunshine is the simplest and best exercise one can do. Low impact exercise such as walking, cycling, swimming or hiking is more beneficial than high impact exercises such as jogging, basket ball, weight lifting, etc.

STRESS

Stress is almost inescapable in modern society and some individuals are able to deal with it better than others. Stress was once described by an individual as "being in the hands of any rascal who chooses to annoy and tease me". When confronted with a highly stressful condition, the mind and body function together. Scientists know that a certain cluster of nerves in the base of the brain regulates changes in heart rate, blood pressure and rate of respiration during a stressful situation. The large amounts of adrenalin and non-adrenalin that pour into the blood stream during fight-or-flight causes the cells of the heart muscle to burn oxygen at a very high rate, thus raising blood pressure, pulse, etc. Recent studies have strengthened the statistical link between stress and heart disease.



In a study of 150 middle-aged men, Swedish scientists found that those who experienced a high degree of psychological stress were six times more likely to develop coronary heart disease within five years than those who reported relatively little stress. Many times we bring about stressful problems by not thinking and planning ahead or making wrong choices.

HOW TO CONTROL HIGH BLOOD PRESSURE

By eating a completely natural diet and drinking a minimum of eight glasses of pure soft water daily, more if you are overweight. By getting plenty of exercise daily, especially outside in the fresh air and sunshine, whenever possible. By taking time to rest physically

and mentally every day with 7 to 8 hours of sleep each night. By handling stressful situations by taking them to God.

A very good food to use to lower blood pressure is raw garlic. I have found a way to get it down if you are not real crazy about the taste and odor. Take and put one glass of orange juice or lemon juice in a blender add two cloves of raw garlic and blend them up, let them sit 20 minutes then strain and drink. A very good herb to use to lower blood pressure is Hawthorne Berries. Always use distilled water or Reverse Osmosis water when making the herb tea. Bring water to a boil; remove from heat and add 1-2 tsp. herb per 8 oz. of water. Cover and let steep 20 minutes or longer, then strain and drink. It's best to have 2 or 3 cups daily. One in the morning when you first get up, one approximately one hour before your noon meal and one right before you go to bed. Garlic is also good for lowering blood pressure. Use only fresh raw garlic; take it with your meal.

WHAT ABOUT MEDICATIONS TO LOWER BLOOD PRESSURE?



Drugs are not the answer, for they have too many side effects and are not natural. For sickness God gave us the herb of the field. Since God created us, He knows what is best for us.

Tenormin is a drug that is given to lower blood pressure, but the side effects listed in the Physicians' Desk Reference (PDR) for this drug are many.

These are the possible side effects listed for Tenormin in the PDR: heart attack, renal and hepatic disease, electrolyte disturbances, can cause cancer, impairment of fertility, cold extremities, leg pain, dizziness, fatigue, depression, diarrhea, nausea, wheezing, etc. If you are taking a drug to lower your blood pressure, I would encourage you to look up the side effects on the inter-net or go to your public library and have the Librarian help you look up the medication you are taking in the Physicians'Desk Reference (PDR). You will be surprised at what you read.

STUDY CONFIRMS HIGH BLOOD PRESSURE MEDICATIONS KILL MORE THAN THEY CURE

A large scale government funded Multiple Risk Factor Intervention Trial (MRFIT), which was a study costing more than 150 million dollars, found that the coronary mortality was 70% higher in a group of hypertensive patients that received aggressive treatment when compared to a control group who received no treatment⁽⁵⁾. Considering the potential harm of Thiazide Diuretics, Dr. Freis recently challenged the concept of drug therapy for mildly hypertensive patients. In his editorial in the New England Journal of Medicine entitled "Should Mild Hypertension be Treated?" he points out that the treatment could be worse than the disease⁽⁶⁾.

(1) Kannel, W.B.: *Role of Blood Pressure in Cardiovascular Disease: The Framingham Study*, *Angiology*26:1, 1975

(2) *Ibid.*

(3) Jay Milton Hoffman, Ph.D., *The Missing Link*, Professional Press, Valley Center, 1984, pg. 353

(4) *Health Freedom News*, *Is the Anti-Sodium Warning Worth It's Salt?* Sept. 1991, Pg. 8

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IMMUNE SYSTEM

This is one of the most important chapters in this book. I feel inadequate to try to convey in words some of the complexities of our body's immune system. Because it is important that you, the reader, fully realize the vital role your immune system plays in determining your health, I will keep this subject as simple as possible.

WE CAN HINDER OUR IMMUNE SYSTEM BY HAVING A BAD LIFESTYLE, OR WE CAN HELP OUR IMMUNE SYSTEM BY HAVING A GOOD LIFESTYLE.

The special work of our immune system is to keep our bodies healthy. If two individuals visit in the home of a mutual friend suffering from a cold, and the following day one individual comes down with a cold, but the other does not, it is because the healthy individual's immune system was high and was able to fight off the cold, whereas the other person's immune system was low and could not fight off the cold.

Many, many things can lower our immune system; here are a few of them: eating the wrong foods; not drinking enough water; not getting enough sleep; not getting enough exercise; not getting enough sunshine; breathing poor quality air; being intemperate in any area; living with guilt, fear, hatred, etc., and not taking your problems to God; using drugs; eating between meals; not keeping warm; living in unsanitary conditions; working in a very noisy atmosphere;... As you can readily see the list could go on and on; and in this chapter I will be covering just a few of those listed.

To keep our immune system up we have to have a clean, free flowing blood stream. There are many different types of blood cells in our body. Red blood cells comprise a third of all the cells in the human body, about 20 trillion in the average adult. White blood cells are larger but less numerous than red cells, and there are approximately 20 million in the adult body. The white blood cells are the ones that play a major role in our body's immune system, and are sometimes referred to as our warrior cells; they are responsible for apprehending and eliminating foreign substances.

While red cells are buoyed along like cargo rafts as the heart pumps the serum, white cells function more like patrol boats. Under their own locomotion, they can change direction to go after an invading molecule or cell. Whenever the body has an infection or any problem, internally or externally, the white blood cells will multiply rapidly. You may have three to five times as many of them in the blood stream during infection as you would have under normal conditions. If you had an infected cut, they accumulate at the point of infection like an army to fight the invaders.

At the sight of the infection, where the battle is raging, there is heat, redness, swelling, and pain. This is called inflammation and may result in the formation of yellow pus. This pus is made up mainly of dead white cells, living and dead germs and broken down tissue when the pus is cleared away, healing takes place. Poor health habits can hinder our white blood cells from doing their job. Let me share a few of these with you in this chapter.

WATCH OUT! EATING SUGAR LOWERS THE IMMUNE SYSTEM!



Eating sugar will paralyze and hinder your white blood cells from fighting off an infection. Eating twenty-five teaspoons of sugar will paralyze 92% of your white blood cells for approximately five hours. The average American eats 42 teaspoons of sugar per day. A banana split has 24 teaspoons of sugar. A 12 oz. Coke with a piece of chocolate cake and a scoop of ice cream has 27 teaspoons of sugar. It is a shame to see a child who has a cold with a bad cough and runny nose drinking a soda. He is lowering his immune system by paralyzing his white blood cells so that they cannot properly fight off the cold. (For more information on sugar read chapter 37)

NOT DRINKING ENOUGH WATER LOWERS THE IMMUNE SYSTEM.

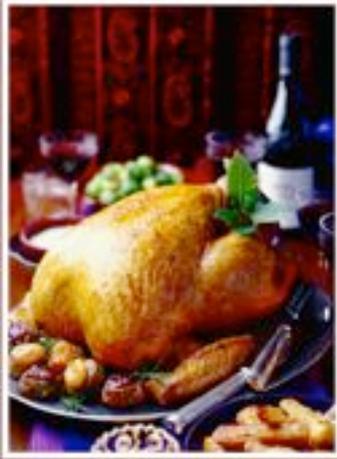
A normal sized adult needs two quarts of pure soft water daily. Those who do not drink enough water will have problems with constipation, which causes a backing up of waste materials in the body. Not drinking enough water causes the blood to become thicker and this slows down the circulation throughout the whole body thus raising the blood pressure. Insufficient water causes many health problems such as kidney and bladder problems, skin eruptions, eye problems, etc. These problems will put an overload on the body, indirectly weakening it and lowering the immune system.

LACK OF SUNSHINE WILL LOWER THE IMMUNE SYSTEM.

Sunlight increases the production and stimulates the activity of the white blood cells. These cells in turn produce more antibodies and interferons to circulate throughout the body. The net effect is that the individual's defenses against disease are greatly strengthened when one gets sunshine⁽¹⁾.

EATING MEAT LOWERS THE IMMUNE SYSTEM

Eating meat lowers the immune system as the meat has a large amount of waste materials in it that the animal was unable to eliminate because it was slaughtered. This waste material indirectly enters the blood stream causing a lot of extra work for the white blood cells as they have to destroy all the harmful bacteria etc.. It also puts an overload on the kidneys, liver, colon, and many other organs in the body. It is a well known fact that vegetarians have a lower red blood cell count than do meat eaters. They also have a lower white blood cell count because of their stronger immune system. The vegetarian doesn't need as many white blood cells because he is not consuming meat which contains large amounts of waste materials which would require additional white blood cells.



I have just listed four poor health habits that will lower our body's immune system; and, as mentioned earlier, the list could go on and on. I want to now concentrate on what we can do to build our immune system so that we will not come down with all of the western diseases we see today. In industrialized countries sickness abounds. Here in America, one out of every three people die of cancer; one out of every two people die of cardiovascular disease; every 50 seconds a few diabetic is discovered in the United States. Why is there so much sickness in America today? The answer is poor lifestyle habits, which lower the body's immune system causing disease.

WAYS TO BUILD THE IMMUNE SYSTEM DRINK PLENTY OF WATER

The earth is almost three-fourths water; fresh fruits and vegetables are also close to three-fourths water; and the human body is close to three-fourths water. We therefore need a lot of water every day. How much is a lot? If you weigh 160 lbs. divide this in half to get 80; this is how many ounces of water you need daily under normal circumstances. If you are working out in the sun all day long you will obviously need more. I only recommend three kinds of water to drink: they are pure rain water, distilled water, and Reverse Osmosis water.

EXERCISE IN THE SUNSHINE AND FRESH AIR



It is better to wear out than rust out. Every muscle in our body needs exercise or it will deteriorate. Exercise also helps to relieve stress. Exercise outside in the sunshine and fresh air is ten times more beneficial than indoors. I mentioned earlier how beneficial the sun is. Fresh air is also very important, for every cell in the body must have oxygen to live. Impure polluted air harms our immune system.

GETTING THE PROPER AMOUNT OF REST

The requirement for sleep varies with age. A baby sleeps most of the time. A young child before the age of six needs at least 12 hours, and a teenager should have from 9-10 hours of sleep per day. This much sleep is not necessary for older individuals because the

old need only to repair the daily waste of tissue, whereas the young require in addition much energy for growth and development.

BEING TEMPERATE AND TRUSTING IN GOD

"Every man that striveth for the mastery is temperate in all things". (I Corinthians 9:25). Our problems, our sicknesses are often the result of our own intemperate habits. A man does not die; he kills himself. A healthy, happy person is one who is well balanced physically, mentally, and spiritually.

Temperance means self control or moderation in the enjoyment of those things which are good, and avoidance of that which is harmful. Trusting in God produces a calm, peaceful attitude, whereas not trusting in God produces stress.

Stress today is one of the major causes of disease and death in our modern society. Worry and fear are burning out the life forces. As many as 32 million people, 15% of all Americans, require some form of mental health services. In addition, approximately 25% of the American population suffers severe emotional stress. This means that a total of 40% of the American population have severe emotional problems.

I have found that our problems are most often the result of our own wrong habits and decisions. Great intellectual and spiritual powers are not the result of chance; they are the fruits of effort. Many of the diseases from which men suffer are the result of mental depression. Certain classes of thoughts produce hormones that tend to destroy the health of the mind and break down the life forces. These include hatred, anxiety, jealousy, anger, fear, envy, excitement, prolonged or abnormal sexual stimulation, excessive ambition, worry, guilt, etc..

CONCLUSION

If you faithfully follow these few guidelines I have just covered I can promise you that you will be helping your body to have a strong immune system which will, in turn, add time and joy to your life.

LETHAL TREATMENTS

SOME TREATMENTS ARE MORE LETHAL THAN THE DISEASES THEY TREAT!

ANGIOGRAMS are special X-ray procedures that require a catheter to be threaded into the heart and its arteries. A dye is then injected and an X-ray picture is taken. This picture supposedly shows blockages in the heart's arteries.

Over a million angiograms are done in this country every year, and 90% of them are unnecessary. Of these, between .1% and .5% result in the death of the patient. In other words, cardiologists are killing over 4,500 patients yearly with unnecessary angiograms.

To add insult to injury, the angiogram is one of the most inaccurate tests used in modern medicine. Comparisons of angiogram readings, and actual measurements of blood flow through the arteries, have proven that the angiogram is so inaccurate as to be virtually useless.

BALLOON ANGIOPLASTY is a procedure cardiologists use to compress fatty deposits inside the heart arteries - supposedly to eliminate blockages and ward off an attack. Over half million people have the angioplasty procedure every year, generating a windfall of billions to hospitals and doctors every single year. About 2% to 4% of all angioplasty patients die during the procedure or within a year after the operation.

There's never been a study that indicates angioplasty extends life expectancy at all! There's not a shred of evidence that indicates that this dangerous procedure does any good whatsoever! To the contrary-studies have shown that about 35% of all blockages return within six months, and that angioplasty can actually create blockages by damaging artery walls!

HEART BYPASS is an operation in which the blood flow is rerouted around blocked arteries. According to the RAND Corporation, as many as 44% of bypass patients DO NOT NEED THE OPERATION, and might be better off with a combination of drugs, diet, and exercise.

Again, no study has ever shown that bypass patients enjoy a longer life expectancy. In fact, two big studies have proven that people who have bypass operations do NOT have longer life expectancy as a result!

Sadly, about 5% of all bypass patients die as a result of the surgery, compared to a 1.9% annual death rate from the disease itself. In other words, millions of dollars are spent on bypass operations, which kill between 14,000 and 28,000 people every year.

RADICAL MASTECTOMY, a disfiguring surgical treatment for breast cancer, has been used for more than 100 years, and at no time in its history has it ever been proved effective. In fact, studies now show that radical mastectomy does not increase life expectancy. And, of course, the surgery introduces its own risks. Breast cancer patients do just as well, if not better, with simply removing the lump

CANCER: THE UNTREATED LIVE LONGER!

I know this sounds ridiculous, but it is true!

CANCER

For decades there has been a great deal of controversy within the medical community over what kind of medical treatment is most efficacious in treating cancer. Latest findings reveal all conventional medical treatment for cancer is virtually worthless.

The late Dr. Hardin B. Jones, Professor of Medical Physics and Physiology at Berkeley, California, made a study lasting 25 years of the lifespan of cancer patients, and had concluded that untreated patients do not die sooner than patients receiving orthodox treatment (surgery, radiation and chemotherapy), and in many cases they live longer.

Dr. Jones, a cancer researcher for 40 years stated, "People who refused treatment lived for an average of 12 1/2 years. Those who accepted other kinds of treatment lived an average of only 3 years. Beyond the shadow of a doubt, radical surgery on cancer patients does more harm than good."

The Journal of the American Medical Association in their February 2, 1979 issue, published an article on the diagnosis and treatment of breast cancer by Dr. Maurice Fox, a biologist from the Massachusetts Institute of Technology. On the basis of studies carried out at the Harvard School of Public Health, Dr. Fox found, among other things, that:

1. Radical mastectomy was no better than simple lump removal.
2. Breast cancer was diagnosed twice as frequently in 1975 as in 1935. The death rate was also double, showing no progress had been made.
3. Those who refused medical procedures had a lower mortality rate than those who submitted.
4. Early detection meant accelerated treatment and early death.

Finally, chemotherapy, the current cancer treatment, actually shortens lives. This powerful drug (actually 13 drugs) has damaging side effects because as it zaps cancer cells, it also damages healthy tissue. Side effects as listed by the drug itself include: destruction of immune system, leukopenia, hemorrhage, gonadal suppression, bone marrow depression, phlebosclerosis (hardening of the veins), severe cellulitis, vesication (blistering), tissue necrosis (death), fever chills, nausea, prolonged vomiting, partial or total hair loss, lethargy, disorientation, ataxis (inability to coordinate muscle movements), dysarthria (impaired speech), anorexia, enteritis, stomatitis, erythema (morbid redness of skin), anemia, liver failure, kidney failure, cancer and death.

Thus according to expert medical opinion, cancer patients would do well to avoid many of the current treatments now being offered.

PROTECT YOUR HEARING

According to a 1990 survey by the National Center for Health Statistics, over 23 million Americans have some hearing loss. One third of all hearing loss cases are from the loud noises of modern life. Loud noises destroy the tiny hair cells in the inner ear that signal the auditory nerve to send sound messages to the brain. Once these cells die they never grow back.

The result is a kind of deafness called "sensorineural hearing loss"; this affects both volume and clarity, first at high pitches, then later at lower pitches where speech is heard. Loud noise may also cause "tinnitus" or ringing in the ears. Tinnitus often signals impending hearing loss.

"Young people are aging their ears before their chronological time", says audiologist David Lipscomb, who has researched hearing loss in students at the University of Tennessee. In the fall of 1969, he tested the hearing of entering freshmen and found about 60 % of them had hearing loss. 14% of the young men tested had hearing similar to the average 65 - year old. By comparison, something - probably noise - had damaged hearing during the teen years.

In the absence of loud noises, hearing doesn't appear to deteriorate much with age. Deep in the Sudan bush, a primitive tribe lives in a quiet environment, surrounded by swamps and the White Nile River. A study done in the sixties found that people of any age in the tribe had hearing superior to that of a comparison group of American farmers. Furthermore, the old people heard as well as the young.

Noise is measured in decibels. Anything 80 decibels or louder, such as a loud buzzer alarm clock, can harm your hearing. The higher the decibel the louder the noise. (See accompanying chart). The louder the noise, the shorter the time it takes to hurt your hearing. Your ears can endure 90 decibels of noise, such as a lawn mower, for about eight hours before damage occurs. For every 5 decibels above that, it takes only half as much time for damage to begin. The average rock concert or stereo headset at full blast (about 110 decibels) could damage your ears in two hours.

Loud noise produces a number of involuntary reactions in the human body and THE REACTIONS MAY PERSIST AS LONG AS FIVE TIMES THE DURATION OF THE NOISE ITSELF. The pupils dilate and blood vessels constrict, the skin pales, the muscles tense; the hearer may wince, and hold his breath. (American Family Physician, October, 1970, pages 151-152). Other reports show that people living in a noisy atmosphere die earlier than people living in quiet areas.

When loud noise can't be avoided — guard your ears with hearing protection devices. Stuffing cotton in your ears will not help much. Earplugs are the best choice. Earplugs come with a noise reduction rating on the label established by the Environmental Protection Agency. The strongest rating available in local stores is a 30 decibel reduction. For anything stronger you would have to get them from an audiologist.

For a free pair of 30 decibel earplugs, write to the "Hearing is Priceless" Program of the House Ear Institute, 2100 West 3rd St., Fifth Floor, Los Angeles, CA 90057.

DECIBEL CHART

Painful Firearms, air raid siren	140 db
Jack hammer	130 db
Jet plane take-off	120 db
Extremely Loud Rock music	110 db
Chain saw	100 db
Lawn Mower	90 db
Very Loud Alarm Clock	80 db
Busy traffic, Vacuum	70 db
Dishwasher, Conversation	60 db
Moderate Soft Rainfall	50 db
Quiet Room	40 db
Faint Whisper	30 db

MICROWAVED FOODS ARE UNSAFE TO EAT

Editor's Note: The following is taken, with permission, from Search For Health, P.O. Box 75545, St. Paul, Mn. 55175.

The authors of this important information are Bernard H. Blanc, Swiss Federal Institute of Technology and University Institute for Biochemistry and Hans U. Hertel, Environmental Biological Research and Consultation.

The original article was extensively footnoted and the references, most in foreign languages are available from Search For Health. Listed below are just portions of the original article.

Since prior to WWII (1939-45) it has been known that microwaves are hazardous to biological systems. Therefore, threshold tolerances are in use which may differ from country to country according to the differing views and technical needs.

All food, which was heated, defrosted or cooked in the microwave oven caused significant changes in the blood of the test persons. These changes included: decrease of all hemoglobin values and cholesterol values, especially the HDL and LDL. Lymphocytes showed a more distinct short term decrease after the intake of food from the microwave oven than after the intake of all the other variants.

There was a highly significant association between the amount of microwave energy in irradiated food and the luminous power of luminescent bacteria exposed to serum from test persons who ate that food. This leads to the conclusion that technical energies, such as microwave energy, may indeed be passed to man inductively via irradiated food. This process is based on physical principles and has already been confirmed in the literature. The measured effects of microwave irradiated food on man, as opposed to non-irradiated food, show changes in the blood of test persons indicative of an early pathogenic process similar to the actual start of cancer.

The spectrum from microwave, as defined by today's science, reaches from about 10" to 10" Hz. Therefore, microwaves extend with their long waves far into the range of radio waves, and with their short waves into the range of infra-red light. That means, therefore, that microwaves comprise the 4 wave ranges of radio, television, military shooting and guidance systems as well as microwave cooking.

There is extensive scientific literature concerning the hazardous effects of direct microwave radiation on living systems. This literature is of such informative value that it is astonishing to realize how little effort has been taken to replace this detrimental technique of microwaves by a technology more in accordance with nature. The destructive effects of microwaves include damaging cell membranes, enforced anaerobic breathing, disturbed cell division, hemolysis, leukemia, genetic defects, and even full inactivation of the natural cycles.

Technically produced microwaves are based on the principle of alternating current. Atoms, molecules and cells hit by this hard electromagnetic radiation are forced to reverse polarity 1-100 billion times per second. There are no atoms, molecules or cells of any

organic system which are able to withstand such a violent, destructive power for any extended period of time not even in the range of milliwatts. Of all natural substances - which are polar - the oxygen of water molecules reacts most sensitively. Structures of molecules are torn apart, molecules are forcefully deformed (structural isomerism) and thus become impaired in quality. This type of forced, chaotic movement in molecules and cells produces frictional heat. Contrary to conventional heating of food on a fire or a stove, by which heat transfers convectionally from without to within, heating by microwaves begins within at those places where the radiation energy is absorbed, where water is present, and where energy is transformed into frictional heat.

Taking all results into account, it can be seen that food prepared in the microwave oven - in contrast to all the other variants - causes abnormal changes in the blood of test persons indicating disorder. These early and subtle changes, which can also be found in a cancerous process, deserve attention. The results correspond to the chemical physiological changes as well as damages to living cells caused by direct irradiation of microwaves.

The luminous power of bacteria in contact with serum from test persons who consumed food prepared in the microwave oven is significantly higher than that with serum from test persons after the intake of the other food variants. Therefore, an inductive transfer of radiation energy, such as microwave energy, via ingesting irradiated food into living organisms, must be taken into consideration. Such physical processes are well grounded in science. Thus, the obvious destructive properties of microwaves, supported by the above data and literature, are not only hazardous to man by direct radiation, but also indirectly via irradiated food.

(Editor's Note: Throw your microwave out. I have been looking for information on the harmful effects of microwaves for sometime now, but there is very little in print. I'm thankful to Search For Health for letting me reprint this article.)

MILK IS HAZARDOUS TO YOUR HEALTH



More dairy products are consumed in the United States than in any other country in the world. Only six per cent of Americans say they don't consume milk in any form. One dollar of every seven spent for food in the United States goes for the purchase of milk and milk products. The average amount of dairy products consumed per person in this country is 375 pounds each year.

MILK CAUSES DISEASE

As far back as 1931, diseases from cattle, transmitted to men through milk, were receiving a prominent position in medical literature. Such diseases include cancer, skin lesions, musculoskeletal abnormalities, pulmonary obstruction, immunological disorders and liver function abnormalities⁽¹⁾.

Government regulation states that milk, after pasteurization, should contain no more than 20,000 bacteria per milliliter of milk, and no more than ten organisms of the coliform species in each milliliter. For those who are unfamiliar with the milliliter as a measurement, there are 5 milliliters in a teaspoon. However, most milk samples tested today have an average bacterial count in excess of 130,000 per milliliter instead of 20,000.

A highly respected British medical journal The Lancet, published an editorial review entitled "Beware of the Cow". The editorial went on to describe the report of an experiment in which unpasteurized cow's milk from cows infected with bovine C-type virus (believed to cause a form of leukemia in cattle), was fed to baby chimpanzees. 33% of the infant chimpanzees developed leukemia and died. Leukemia had never before been observed in chimpanzees, and most infections that can be transmitted to chimpanzees can also be transmitted to humans. Dr. Henry Lemon, of the University of Nebraska Cancer Research Institute, also sees a link between human leukemia and cattle leukemia.

Multiple sclerosis is another disease that two scientists, Drs. Bernard Agranoff and David Goldberg from the University of Michigan, believes is linked to milk drinking. Their study involved 26,000 persons with multiple sclerosis in the United States, and also involved a study of twenty-one other nations⁽²⁾.

For a number of decades, heart and artery disease, caused by an increase of cholesterol and other blood fats, have been recognized as being associated with milk. Did you know that 50% of the calories in a glass of whole milk comes from the fat? The "3.5 percent" is figured on the basis of weight, not calories.

Since milk is largely water, the fat to water ratio is quite low, but the fat to calories ratio is high. Pure vegetarians have significantly lower serum cholesterol levels than either lacto-vegetarians or non-vegetarians⁽³⁾.

The drinking of large quantities of cow's milk has long been recognized to produce iron-deficiency anemia in infants. Cow's milk contains less than one milligram of iron per quart, so it produces very little dietary iron, and at the same time produces iron loss by inducing gastrointestinal bleeding.

Milk allergies are not confined to childhood or infancy, but are frequently seen in adults. The commonest type of food allergy in the United States today is milk allergy. In adults we see nasal congestion, hay fever, asthma, middle ear afflictions, headaches, dizziness, seizures, fatigue, tension, constipation, diarrhea, gas, vomiting blood, loss of appetite, colitis, swelling, skin allergies, etc.. Milk allergies do not always appear immediately after drinking milk or eating food containing dairy products. This particular characteristic of milk allergy protects it from being suspected ⁽⁴⁾.

In a study by Alvarez and Hinshaw (Mayo Clinic), of foods that gave distress to 500 patients, milk ranked second on the list. In 500 other patients who had severe reactions to foods such as vomiting, diarrhea, or severe pain where the cause was not obvious, cow's milk was discovered to be the chief offender. With those who have ulcerative colitis, milk is number one on the list of foods which may cause this disease ⁽⁵⁾.

MILK CAUSES MUCUS

Dairy products cause the formation of mucus in the system. The mucous membranes become coated and forces everything to transpire in a very sluggish fashion causing many problems, such as weight gain, and symptoms of running nose, sore throat, sinus problems, coughing up large amounts of phlegm, etc.

The enzymes necessary to break down and digest milk are rennin and lactase. They are all but gone by the age of three in most humans. There is an element in all milk known as casein. Cow's milk contains 300 times more casein than human milk. The large amounts of casein is necessary for the development of the cow's huge bones. Casein coagulates in the stomach and forms large, tough, dense, difficult-to-digest curds that are adapted to the four-stomach digestive apparatus of a cow. This is far different from the human digestive system. Once inside the human body, this thick mass of casein puts a big burden on the body's alimentary system. Casein is the base of one of the strongest glues used in wood- working.

VITAMIN D AND MILK

Adding Vitamin D to milk is not wise. The American Academy of Pediatrics recommends no more than 400 units of Vitamin D from all sources be consumed daily. Milk and many of our processed foods have been fortified with Vitamin D causing the average American to get 2500 units of Vitamin D daily. VITAMIN D ADDED TO COMMERCIAL MILK IN TOO GREAT A QUANTITY CAUSES LOSS OF MAGNESIUM FROM THE HEART MUSCLE, WHICH IN TURN, CAUSES THE HEART TO FLUTTER. Hardening of bones, renal calcification, and severe mental retardation in offspring have all been reported from a high Vitamin D intake⁽⁶⁾. Research has proven that when we take the recommended daily allowance (400 units) of Vitamin D, we start getting hardening of the arteries, abnormal deposits in our tissues and joints, causing arthritis. Vitamin D is a powerful hormone that God did not intend for us to get in large amounts. By drinking a pint of unenriched milk and eating 3 tablespoons of butter and an egg, one would receive only 65 of the 400 units of Vitamin D that is recommended daily. BECAUSE OF THE SCARCITY OF VITAMIN D IN FOOD, IT APPEARS THAT NATURE INTENDED THAT

MEN SHOULD GENERATE MOST OF HIS VITAMIN D FROM EXPOSURE TO SUNLIGHT AND NOT FROM FOODS FORTIFIED WITH VITAMIN D.

WHAT WILL HAPPEN TO MY TEETH AND BONES IF I STOP DRINKING MILK?

Most Americans know that milk is rich in calcium, and that you need lots of calcium to have strong bones and teeth. They know these facts because the dairy industry has told them so. But what about the calcium that my body needs? Isn't milk high in calcium? We're led to believe that milk is a major source of dietary calcium, and that if we don't drink milk we will have problems with our teeth and bones. The fact is that calcium in cow's milk is much coarser than in human milk, and is tied up with the casein. This prevents the calcium from being absorbed ⁽⁷⁾. A group from the World Health Organization has concluded that there is no convincing evidence that calcium intakes of less than 300 milligrams a day are harmful to one's health⁽⁸⁾. The average American gets 807 milligrams of calcium a day from drinking milk; the average Spaniard gets 308 milligrams daily; the Brazilian gets 250 milligrams; the Taiwanese gets 13 milligrams. These non-American people are neither toothless nor lying around immobilized because of repeated bone fractures. Their low consumption of milk has created no apparent calcium deficiency.

DRUGS IN MILK

A few years ago Food and Drug Administration officials said they were alarmed when they found residues of sulfamethazine, a cancer causing animal drug, in milk. A March, 1988 PDA survey of milk purchased in groceries in ten cities found that 73% of the samples contained residues of sulfamethazine. Sulfamethazine is a widely used sulfa-drug that farmers can get over the counter in feed stores. Although it is approved for swine, beef cattle, chickens, sheep, and turkeys, the drug cannot be legally given to dairy cows that are being milked. However, since its sale is not closely policed, farmers or anyone else can buy it and use it however they please. Giving the drug to a single cow results in contamination of the pooled milk of 70,000 cows says the PDA.

Female sex hormones and other hormone substances are often administered to cattle. In cows, the volume of milk produced is increased by 30% (with a corresponding increase in milk solids) by giving thyroxin or thyroglobulin. Also each year, in this country, antibiotics worth millions of dollars are added to animal feeds to increase milk yield. These antibiotics and hormones used in the feed turn up in both the meat and the milk from these animals, and causes many health problems for those who consume the meat and milk products.

COW'S MILK VERSUS MOTHERS MILK

In virtually every mammal that has been studied to date, the exclusive milk drinking is practiced until the animal has approximately tripled its birth weight. This may be as long as three years for an elephant, or as short as three weeks for a guinea pig. If humans were to follow this rule of nature, exclusive breast feeding would have to continue until about one year of age.

If cow's milk (which God intended for baby cows) is eliminated from the diet, what are the alternatives? For the newborn infant, there are two obvious alternatives - the right and left breasts of the healthy mother. Breast milk, and most particularly, colostrum, the

milk secreted by the human breast during the first days after the birth of an infant, is rich in substances that confer immunity on the baby. Breast milk is also rich in antibodies. But what about the mother who cannot breast feed her infant? What about the older child or adult? What are they to drink if they don't drink cow's milk? Two good milk substitutes are almond milk and soy milk with no preservatives, sugars, or synthetic vitamins or minerals, etc. added. See accompanying chart for milk comparisons.

MILK COMPARISON CHART

FOR 1 CUP	HUMAN MILK	ALMOND MILK	SOY MILK	COW (WHOLE MILK)
CALORIES	163	100	30	160
FAT (GRAMS)	9	9	1.2	9
PROTEIN (GRAMS)	2.4	3.4	2.5	9
CALCIUM (MG.)	8.8	40	16	288
IRON(MG.)	1..5	0.6	0.6	1

To make one cup of almond milk, blend 1/8 cup almonds that have been soaked over night with distilled water, and add a pinch of salt, 1/8 tsp. vanilla, and honey (optional) to taste.

The Federal Trade Commission in April, 1974, issued a "proposed complaint" against the California Milk Producers Advisory Board and their advertising agency. In this complaint they cited the slogan "Everybody Needs Milk" as representing false, misleading, and deceptive advertising. The FTC judged that enthusiastic testimonials by celebrities conveyed an inaccurate picture of the value of milk as a food. Quickly the dairymen changed their approach and came up with a new slogan: "Milk Has Something For Everybody". This is certainly technically correct. The question you must ask yourself before you drink that next glass of milk, however, is: "Do I really want that something"?

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(8) Oski, Frank M>D., *Don't Drink Your Milk*, Mollica Press, Syracuse, Pg. 61, 1983.

MINERALS OUR BODY NEEDS

The average person's body is composed of nearly 70% water, plus compounds including vitamins, enzymes, hormones, and trace minerals, the balance of which is important to proper functioning of the body. By elements, the adult body consists of 65% oxygen, 18% carbon, 10% hydrogen, 3% nitrogen, 1.5% calcium, 1% phosphorus, and 1.5% other elements.

There are 21 essential mineral elements necessary for the human body. The ground on which we walk contain these same minerals. The difference is that in the ground they are in the inorganic form, and in our bodies they are in the organic form. Man cannot utilize the inorganic form found in the ground. When we eat fruits, vegetables, nuts, and grains, we get the organic minerals. But man cannot eat clay and live, even if it has all of the necessary minerals, because they are in the inorganic form. This also holds true for our drinking water, as it contains inorganic minerals which our bodies cannot assimilate. The best water for drinking is distilled water (rain water is also distilled water). In this chapter we are going to take a look at each one of these 21 organic minerals that our body needs, tell how they help our bodies, and what natural foods contain these minerals.

CALCIUM is one of the most important minerals in the body for building the bones and teeth. It soothes the nerves thus decreasing nervousness. Calcium contracts the heart and is needed for the contraction of all muscles. Calcium is required for the complex processes of blood coagulation. Some natural food sources high in calcium are black strap molasses, almonds, oranges, and most greens such as kale, turnip, collards, etc.

CHLORINE is a trace mineral which is needed in very small amounts. Its main function is acting as a part of the hydrochloric acid produced in the stomach for digesting proteins. It is found in kale, beets, radishes, rye flour, coconuts, tomatoes, and ripe olives.

CHROMIUM is a trace mineral, and its main function is to aid in the synthesization of fatty acids. Those who have problems with low blood sugar or diabetes should eat lots of natural whole grains, as this trace mineral is lost in the refining processes of our food.

COBALT is a trace mineral, the body needs in very minute amounts. It is an essential element in vitamin B12. Cobalt stimulates the production of red cells. It is found in Kelp and all green leafy vegetables.

COPPER is a trace mineral element found in all tissues of the body. An excess can be dangerous and cause insanity. Recent studies done by Dr. Oscar Roth of Yale University School of Medicine revealed serum copper is high with use of birth control pills. Copper is needed for skin and hair pigmentation, for bone formation, and in the production of red blood cells. Some foods that contain copper are wheat germ, nuts, honey, raisins, soy beans, and oats.

FLUORINE is another trace element that the body needs. It exists in the body in compounds called fluorides. Its action is to strengthen the bones, and it acts strongly on the spleen, the teeth, and the enamel of the teeth. Foods containing fluorine are cabbage, cauliflower, avocados, tomatoes, watercress, etc.. Note: The sodium fluoride that is added to our water supply is not natural and does much harm to our bodies.

IODINE is a trace mineral. Iodine is the thyroid gland's favorite nutrient and helps regulate the body's metabolism and sodium-potassium ratio balance. Major symptoms of iodine deficiency are feeling cold, being tired, prone to gain weight, painful menstruation, and poor memory. Some food sources of iodine are kelp, sea salt, sunflower seeds, turnip greens, and cantaloupe.

IRON is a mineral that aids in the production of hemoglobin and aids the red cells in carrying oxygen to the tissues. It supplies energy and vitality, nourishes the tissues from the blood stream, aids in resistance to disease, and in the growth of children. The highest food source of iron is blackstrap molasses (3 times higher than liver). Other sources of iron are almonds, kelp, lentils, oats, raisins, and whole wheat flour.

MANGANESE is a mineral needed for the glandular system, such as the pituitary gland, pancreas, liver, and kidneys. It acts upon the nervous system, and aids in muscle coordination. Epilepsy, uncontrollable muscle convulsions, and their accompanying blackouts, seem to result from manganese deficiency. Food sources of manganese are buckwheat, oats, barley, brazil nuts, sunflower seeds, peas, beans, almonds, and brown rice.

MAGNESIUM is one of the most important minerals next to calcium. Magnesium helps in the metabolizing of calcium and Vitamin C. It regulates nervous irritability and muscle contractions. Nuts and cereal grains are especially rich in magnesium.

MOLYBDENUM is a trace mineral which assists in the metabolizing of iron which has been stored in the liver. It also helps in converting nitrogen, left over from the digestion of protein, into uric acid. It then travels to the kidneys and is discharged through the urine. Natural food sources of molybdenum are soybeans, peas, honey, whole rye and wheat, squash, vegetables, blackstrap molasses, sea salt, and fruits.

NICKEL is another of the trace-mineral elements, but the role it plays in the human body is not clear. The main food source for nickel is found in vegetables.

PHOSPHORUS performs more functions in the body than any other mineral. Approximately 80% is in the bones, and 20% is found in the tissues. It is closely related with calcium, and is therefore found in the bones, teeth, muscle, and brain. It is needed for nerve tissue, especially the heart. Some natural food sources for phosphorus are whole grains, seeds, and nuts. Many processed foods and soft drinks contain added phosphates; these are harmful and should not be used.

POTASSIUM helps the body keep a proper acid-alkaline balance. It is essential for muscle contractions, therefore, it is vital to proper heart function, especially the normal heart beat. Some natural food sources are all green leafy vegetables, oranges, whole grains, nuts, and bananas.

SELENIUM is an anti-oxidant, which helps prevent the hemoglobin in red blood cells from being damaged by oxidation. Some natural food sources are kelp, garlic, grains, and most vegetables.

SILICON is essential for building strong bones, and for the normal growth of hair, nails, and teeth. It is beneficial in all healing processes, and protects the body against many diseases. Some natural food sources are fruits, particularly apples, whole grains, beets, onions, parsnips, and almonds.

SODIUM has a special function in the body to prevent clotting of the blood, to stimulate the spleen, to regulate heat in body fluids, to neutralize acid, and relax the heart muscle as well as other muscles in the body. Sodium, as an organic mineral does not present any problem to the body if used in moderation; but sodium chloride (common table salt) the inorganic form, can cause problems such as fluid retention, kidney damage, heart problems, high blood pressure, etc.. Some natural food sources are kelp, celery, romaine lettuce, watermelon, and sea salt.

SULPHUR is found in every cell of the body. The cells that contain most of the sulphur are those of the skin, hair, and joints. That is why it is sometimes called the beauty mineral. Some natural food sources are radishes, turnips, onions, celery, string beans, kale, watercress, and soybeans.

TIN is needed for the human body, but little more than this is presently known. This trace mineral element is found in all vegetation growing on soil that is not depleted of tin.

VANADIUM is also a trace mineral that the human body needs, but little more than this is presently known. Natural food sources are whole unrefined grains.

ZINC is needed for the brain, the retina of the eye, and the visual process, as well as for normal growth, especially of the bones. It is also needed for the development of the sex organs, and for the normal function of the prostate gland. A zinc deficiency leads to a diminished sensitivity to taste and smell. Some natural food sources are pumpkin seeds, sunflower seeds, nuts and green leafy vegetables.

Thus we have taken a look at the 21 minerals our body must have in order to function properly. Have you noticed how each one of these minerals can be found in the natural foods God has given us to eat? I want to encourage you to get your minerals from the natural food as grown, and not in any supplemental form. Vitamin or mineral supplements are not natural. The synthetic ones are chemicals; and the ones derived from the plant itself are refined in the sense that they are separated from the rest of the vitamins, minerals, and enzymes that were in the plant from the beginning.

If the good Lord would have wanted us to take a calcium pill, He would have created a tree that grew calcium pills. Instead, He created the almond tree, orange tree, etc. to grow almonds and oranges, which are high in calcium.

MENOPAUSE

Menopause, (mono meaning month and pause meaning cessation), also referred to as "change of life." is a natural progression of aging instead of some kind of disease or hormonal malfunction. It is the time when women stop ovulating.

Menopause usually occurs between 35 and 58 years of age. The menses may stop suddenly, there may be a decreased flow each month until there is a final cessation, or the interval between periods may be lengthened until complete cessation is accomplished. Menopause cannot be said to have occurred until there has been no menstruation for twelve months or more.

Natural menopause will occur in 25% of women by age 47, in 50% by age 50, 75% by age 52, and in 95% by age 55.

The symptoms that may be associated with menopause can last from a few months to years varying from being hardly noticeable to severe. With the reduction of estrogen that occurs from inactive ovarian function, there is a gradual shrinkage of the lining membranes of the vagina, the vulva, the uterus and the fallopian tubes. A sensation of dryness, itching, and other symptoms may result. Other symptoms are: vasomotor instability, nervousness, hot flashes, chills, excitability, fatigue, apathy, mental depression, crying, palpitations, vertigo headache, numbness, tingling, urinary disturbances and stomach and bowel problems.

Hot flashes, or hot flushes, may start with an aura followed by a feeling of discomfort in the abdominal area, perhaps a chill quickly followed by a feeling of heat moving toward the head. Next the face becomes red and sweating is followed by exhaustion.

At puberty the female body begins a cycle of preparing for possible pregnancy every 28 days. The process is regulated by an intricate interplay of the hormones estrogen and progesterone. This process continues for the next 35 to 40 years. At that time the hormones controlling the process start to diminish and the body enters the phase of menopause.

With the decrease in sexual hormones the woman's body begins to change. Lower levels of estrogen are thought to cause malfunctions in the body's temperature-regulating center (the hypothalamus) resulting in hot flashes. Some women have very few problems with menopause. For others the problems are minimal and some women have major problems going through menopause. What I have observed over the years is that the stronger and healthier the women, (due to a good life style, which results in a strong immune system), the fewer problems they have while going through menopause. Vegetarian women are definitely at an advantage in handling menopause successfully.

Estrogen is a complex and powerful hormone and an imbalance can cause many problems throughout the body. It is produced mainly in the ovaries in response to the hormonal signals it receives from the pituitary gland. Small amounts of estrogen are also produced by the adrenal glands.

As the ovaries quit producing estrogen, two areas need to be evaluated. They are the thyroid and adrenal glands. Like the ovaries, the thyroid is controlled by the pituitary gland. During menopause we want to make certain that the ovaries are getting adequate hormonal stimulus from the pituitary. An underactive thyroid can increase the workload of

the pituitary to the point the ovary stimulation is compromised. To determine if your thyroid is overactive, underactive or normal see accompanying information box.

THYROID

The thyroid is a small gland located in the neck just above the collar bone. It produces hormones that help regulate the metabolism in every cell of the body.

Thyroid Temperature Test

Every morning before you get out of bed take your temperature under your arm for five minutes. Keep still and quiet, any motion can upset the temperature reading. Keep a record for four weeks. A normal axillary temperature would be from 97.8 -98.4. If it is less than 97.8 you have an underactive thyroid. If it is over 98.4 you probably have an overactive thyroid.

Overactive Thyroid

Symptoms

Underweight
Large appetite
Nervousness
Increased body temperature
Weakness
Increased blood pressure Increased pulse Protruding eyes
Insomnia Increased perspiration

Underactive Thyroid

Symptoms Overweight Loss of appetite Painful premenstrual periods

Weakness Dry & scaly skin
Sleeps a lot
Recurrent infections
Constipation
Depression
Slow speech
Drooping swollen eyes
Always cold
Eat Lots of Cabbage Carrots Turnips Pears Peaches
Strawberries Soy Beans

Overactive Treatment

Avoid

Sauerkraut
Coffee
Bananas
Dairy Products
Tea Soft drinks
Kelp Iodized Salt
Get Plenty of Exercise Take the herb Bugleweed

Underactive Treatment

<u>Avoid</u>	<u>Eat lots of</u>
Refined foods	Oats
Fluoride	Bananas
Sugars	Molasses
Free fats	

Take Cool Showers morning & evenings
Take the herb Kelp

If your thyroid is underactive then you need to follow the suggestions mentioned. Very often hot flashes and other menopausal symptoms will be eliminated or greatly improved when an under-active thyroid becomes normal again.

Next, we need to look at the adrenal glands. When they are functioning properly, they have the capability of producing estrogen. Even small amounts can produce very positive results. Almost all women suffering from menopause problems will have both underactive thyroids and underactive adrenal glands. Unresolved stress and high intakes of caffeine and sugar are the most common causes of weakened adrenal glands.

DIET PLAYS AN IMPORTANT PART IN MENOPAUSE

One new study has focused on the use of foods containing phytoestrogens to help regulate menopause. Phytoestrogens are chemical sub-stances found in plants that can balance the body's natural estrogen levels. In Australia, researchers fed 23 menopausal women 10% of their calories in the form of phytoestrogen-containing foods such as soy flour. Afterwards researchers evaluated the maturation of the women's vaginal cells (one reliable indication of estrogen activity). In only two weeks maturation had increased 40%⁽¹⁾. Another very rich source of phytoestrogens is pomegranate seeds. They contain an estrogen-like compound practically identical to natural estrogen⁽²⁾. Some other foods containing phytoestrogens are: sesame seeds, sunflower seeds, dry barley seedlings, peanuts, soybeans, common bean seedlings, pea seedlings, corn, radish greens, figs, beets, okra, strawberries, apples, cherries, olives, plums, carrots, yams, eggplant, tomatoes, potatoes, peppers, brown rice, oats, wheat, and coconut, with sesame seeds and sunflower seeds being the two highest in phytoestrogens from this list.

Women who are overweight should be on two meals a day. No water should be taken at meal time, but plenty of pure soft water should be consumed daily. How much is plenty? It depends upon your weight. To know the approximate amount of water needed daily for a sedentary person, you divide the person's weight in half and that is how many ounces of water they need. For example, a 150 lb. person's weight is divided in half which would be 75, so they need 75 ounces of water, which would be approximately nine 8 ounce glasses of water daily. If they work out in the hot sun or sweat a lot they need more.

Most individuals do not eat enough natural foods. What kind of foods should we eat? All the natural ones, the more natural the better. Fresh fruit instead of canned fruit, whole wheat bread instead of white bread, brown rice instead of white rice, honey instead of sugar, etc. What should we not eat? animal and animal products and sugar. Dairy products, sugar and meat cause most hot flashes⁽³⁾.

Exercise is also important, especially during menopause; outside work in the yard or garden, walking, bicycling or swimming but no running or jogging.

Sunbathing is another way to help lessen the symptoms of menopause. When sunlight strikes the skin, it produces sex hormones in the skin itself. Sunlight elevates the human-female hormones⁽⁴⁾.

Avoid stressful situations as much as possible. Stress can be reduced greatly by daily exercise and sunbathing and taking your problems to God in prayer.

WHAT ABOUT TAKING ESTROGEN?

No, no, no, no, estrogen injections or tablets are NOT NATURAL Estrogen is made from the urine of a pregnant horse! Premarin is a common estrogen tablet taken during

menopause. This drug, premarin, is listed in the Physicians' Desk Reference and has over two pages of information written on it. Listed below is some of this information. Warning: "Estrogens have been reported to increase the risk of Endometrial Carcinoma in post menopausal women." Estrogens should not be used during pregnancy. Estrogens can cause breast cancer, gallbladder disease, fluid retention, uterine bleeding, uterine fibroids, impaired liver function, vaginal candidiasis, breast tenderness or enlargement, nausea, vomiting, abdominal cramps, bloating, headaches, mental depression, spotty darkening of the skin, particularly on the face, etc. These are some of the side effects of Premarin listed in the Physicians' Desk Reference. Of course not everyone who takes Premarin will have all these side effects.

HERBS TO TAKE FOR MENOPAUSE

Herbs are God's medicine for sickness. Wild yam root, black cohosh and red raspberry are just three of the many herbs that are good for menopause. My favorite, and the one I think works best is wild yam root. The best way to take any herb is in tea form. Capsules and tinctures are not as effective. With wild yam root you would use 1 1/2 teaspoons per 8 oz. cup. Boil for 10 minutes, then let steep 20 minutes, strain and drink. Most teas you do not boil, but the exception is when you are using the root. Best time to drink the tea is right before bed on an empty stomach. Drink one cup daily. You should be able to buy any of these herbs in any good health food store.

(1) *British Medical Journal* 90;301:904-6

(2) *Otsch Apoth Ztg* 77; 1 1 7(4- 1): 1 672-9

(3) *Balch J.F. MD & Balch PA C.N.C. "Prescription for Nutritional Healing" pg 241, 1990*

(4) *Kime Zane R. M.D., "Sunlight Could Save Your Life" pg 21 6, 1980*

NATURAL BIRTH CONTROL



There are many forms of birth control which are harmful to the human body, some of these forms which I would not recommend are:

Birth control pills, which are steroids, they act by preventing ovulation and are almost 100% effective, but have many side effects and are harmful to the body. Spermicides in the form of foam, placed in the vagina prior to a intimate relationship, act by killing the sperm are also harmful to the body. IUD's or intrauterine contraceptive devices, are plastic or metal objects (usually copper) that are placed inside the uterus. They act by preventing the fertilized egg from attaching itself to the lining of the uterus. These are foreign objects that are within the body and often the body will try to reject the IUD causing side effects. Diaphragms are dome-shaped pieces of rubber with a flexible spring circling the edge. It is inserted into the vagina so as to cover the cervix and must be used in conjunction with a chemical spermicide. Tubal ligation involves surgical division of the fallopian tubes and ligating the cut ends. This form of sterilization is effective but virtually irreversible and causes many problems as each month the eggs are unable to be discarded the normal way through the vagina and must be absorbed into the blood stream and eventually eliminated by the kidneys. Vasectomy consists of cutting the vas deferens and tying each end so the sperm can no longer travel from the testicles to the urethra. This form of sterilization is effective but also can cause problems.

One form of birth control which is not natural, but causes no harm to the body, is a condom. They can be made of rubber or animal membranes. I do not recommend using the animal membranes. This is a highly reliable means of contraception.

Natural Ways of Birth Control Are:

Calendar Rhythm Method

Over the years, the rhythm method alone has proven to be only 60-80% effective. Ovulation occurs approximately 2 weeks prior to the next period. Fourteen days is the average, but it can occur 12-16 days before the following period. If you had a list of your previous cycles for 12 months (the more the better) you will be able to determine if you have a 28 days cycle, or if it is longer or shorter than 28 days. You then count back 14 days from the start of your period and that is the time of ovulation when a pregnancy can occur.

In order for a pregnancy to occur a fresh, live sperm from the man must meet and fertilize a live egg from the woman. This can only happen during the few days in the woman's fertility cycle. Pregnancy can happen if there is an intimate relationship at the

exact time of ovulation. It is also possible to get pregnant up to 72 hours before ovulation. The sperm normally lives 2 or 3 days (possibly up to 5 in ideal situations). Since the egg can live from 12-24 hours a person needs to abstain for 24 hours after ovulation. In order to avoid pregnancy, a couple must abstain for 3 days preceding ovulation and 1 day after (see chart on page 2).

This method would be very simple if we could pinpoint the exact time of ovulation each month. Since we can only estimate the approximate time of ovulation we need to allow some extra leeway for error. Sickness, travel, worry, excitement, etc. can cause an irregular cycle once in a while for most women, and often for a few women.

Researchers found that conception was more common from early winter to spring (October to March). The most fertile month was November. (British Journal, 297:1,309-10)

Cervical Mucus Method

In the female, cervical mucus is being created all the time by special cells inside the cervix and changes character during the monthly cycle. You may have noticed this normal discharge and wondered why it was so profuse at times and absent at other times. You will find this mucus at your vaginal opening you do not need to check inside.

In the beginning and end of the cycle (the safe time) when the hormone estrogen is low, the mucus is scant, sticky and opaque with cellular matter. In the middle of the cycle (the unsafe time) it changes to fertile type mucus. As the estrogen level increases, preparing for ovulation, the quantity of mucus increases. It becomes thinner and milkier. Then, with more estrogen, it gets clearer and more watery. At the estrogen peak, right before ovulation, it gets slick and glassy and you may be able to stretch an unbroken shimmering thread of it between your thumb and forefinger.

At this fertile time, the mucus has usually increased to ten times what it was earlier. This abundant fertile mucus is helpful to the sperm. It nourishes them, guides them upward through fiber-like channels, and protects them from the acid pH of the vagina (the mucus is alkaline).

After ovulation, the hormone progesterone causes the mucus to change to an infertile type within a day or two. Progesterone inhibits the mucus-producing cells of the cervix and the mucus again becomes scant, thick, sticky, and opaque white or yellow from cellular matter and protein content. After the fertile phase, the mucus will return to the dry or sticky type. Note: Check mucus at times when not ready to have an intimate relationship as this will produce lubricating mucus which is not the same as cervical mucus.

SPERM CAN LIVE UP TO 5 DAYS. EGGS LIVE FROM 12-24 HOURS.

Basal Body Temperature Method

A reproductive hormone that is released after ovulation causes the body temperature to rise several tenths of one degree over what it was before ovulation. To avoid pregnancy, the safest time to have an intimate relationship is after you are sure you

have already ovulated. You will have relatively low temperatures from the time of your period until you ovulate. Ovulation will cause a rise of about 6/10 of one degree. This rise can happen in a day or it can stair-step up over a period of several days. After you have recorded four consecutive days with a temperature that is higher than your normal temperature then it is a safe time.

You must remember that five days prior to ovulation when the temperature is normal is an unsafe time due to the fact that sperm can live up to 5 days.

If you want the absolute surest, most infallible form of natural birth control, you only have an intimate relationship in the later part of the cycle (after the rise in temperature for four consecutive days) until the time of the period. The unsafe time being from the period to ovulation.

Note: Take your temperature within an hour of the same time each morning upon awakening, If you sleep late, your temperature could show a false rise. Use a Basal Thermometer, which measures in 1/10th degrees instead of 2/10th degrees like a regular thermometer. You should take your temperature rectally or vaginally rather than by mouth because it is more accurate. A very important aspect of this method is keeping good charts and records.

Herbs

Wild yam root contains diosgenin, used to manufacture progesterone. Most of the steroid hormones used in modern medicine, especially those in contraceptives, were developed from elaborately processed chemical components. It is best to take this herb in tea form, one glass just before bed each night. Use distilled water or reverse-osmosis water, bring to a boil, remove from stove, add 1 - 2 teaspoons of the herb and let steep for 20 minutes or longer.

OVERWEIGHT



Sixty-two percent of the American people are overweight - that is more than one out of every two people in the United States! Since intemperance in eating is such a major problem, I feel compelled to write about it. After twenty years of dieting, says a national survey, the average American is now five pounds heavier. The American Seating Company, one of the world's leading chair manufacturers, has widened their standard seats by two inches to accommodate the ever expanding American.

People are concerned about their weight. According to a recent survey commissioned by the Calorie Control Council, 40 - 50 percent of those between the ages of 35 and 59 years old were dieting. There is a difference between being overweight and being obese. If you can pinch an inch of fat at your lower rib, you are overweight; and you are obese if you are 20% or more overweight.

For every extra pound of weight, you shorten your lifespan by one month; so someone who is 24 pounds overweight would die 2 years sooner. If you are obese, you have a three times greater chance of having heart disease, are five times more likely to develop diabetes, and are more likely to develop osteoarthritis and low back pain. You are also more likely to develop cancer of the colon, breast, prostate, cervix, uterus, and ovaries. As the statistics plainly show, being twenty percent or more overweight, will not produce good health.

The reason that 62% of the people in this country are overweight is because of our traditional eating habits. Americans eat a hearty breakfast, a hearty lunch, a hearty dinner, and snack the rest of the time. Far more time is spent appropriating than eliminating, so we carry around much excess fat.

Mankind believes that he can put large amounts of natural or unnatural foods into his body and not have to take the blame for the sickness he brings upon himself by his own improper choices.

If we eat three meals a day, we should have three eliminations a day. When natural elimination is made difficult, then a special method for cleansing the body of these toxic wastes is put into action, through sneezing, colds, discharges from the nose & eyes, sores, and skin diseases of many kinds, such as pimples, boils, abscesses and ulcers.

Poor eating habits, and the taking of drugs, prevent or hinder our body from keeping our system clean. Many of these toxins end up being stored in our bodies as fat, or in our organs such as our kidneys as kidney stones, or in our gall bladder as gallstones; or our arteries become plugged with arterial plaques which can cause a heart attack or

stroke. All of these diseases, and many more, are the result of improper eating which causes a high toxic build-up in the body.

It is important to realize that the body fluids, which contribute to the life processes, are all alkaline except for the gastric juice; and that the waste fluids are all acid, such as the urine, perspiration, etc.. These acid products must be eliminated because the healthy state of the body is one of alkalinity. If the tissues of the body become acid, illness occurs. This toxic acid build up in the body is the result of eating too many concentrated foods. Ideally, we should be eating a diet that consists of 80% alkaline forming foods, 20% acid forming foods, as well as a limited amount of high concentration foods (i.e. those containing low water content).

First, let's look at some foods that are acid forming: meat, eggs, all grains (except millet and buckwheat), and all nuts (except almonds and brazil nuts). These foods should make up 20% of our diet, except for the meat and eggs, which we should not use. The other 80% of our diet should be made up of all alkaline-forming foods, which are fresh fruits and vegetables. Concentrated foods (those with low or no water content) should be eaten in limited amounts, whereas fresh fruits and vegetables have a high water content and can be eaten in large amounts. Since our bodies are composed of a high percentage of water, then we need to eat large amounts of fruits and vegetables which are also a high percentage of water. This water in the food we eat transports the nutrients in the food to all the body's cells, and in turn removes toxic wastes.

So we see then that for optimum health we need to be eating meals that consist largely (80%) of fruits and vegetables, and 20% of acid forming foods such as grains and nuts; and that the concentrated foods (foods low in water) should be eaten in limited amounts. As you eat more natural fresh foods, your caloric intake will become less, but yet you will feel full. For example, one apple has 80 calories, is 83% water, and is alkaline, as opposed to 1/6th of an apple pie, which has 405 calories, is quite low in water content, and is both alkaline (apples) and acid (the crust). If we follow these guidelines, our eliminations, in time, will become normal, our body will be able to get rid of the large amounts of excess weight and toxins, and we will start feeling great and losing weight.

So far, we have looked only at the physical disadvantages of being overweight; but what about the mental disadvantages. Overweight or obese persons, as a general rule, are insecure; they don't feel accepted because of their weight. They are not happy inwardly, even though many try to put on an outward show. They are not as ambitious when it involves physical activities. They are not happy with themselves because of their weight problems; and consequently they usually are not happy with others. They also tend to be highly emotional; and most are unable to control their tempers.

These are just a few of the mental disadvantages associated with being overweight or obese. I personally believe that through the power of prayer, and following God, a person can get the victory and will become temperate in their appetite; and this will change them spiritually, mentally, and physically. Then they can be the happy, healthy person God has always wanted them to be.

It takes will power and determination with God's help, to overcome appetite. Just like any other habit you want to overcome, you must plan your strategy so you will not fall again and again and again. What can I do when those hunger pangs strike and I am tempted to be intemperate? Drinking a glass of water can displace cravings for food. Since dehydration encourages cravings for food, it is vital to consume adequate water every day. You will find that if you drink your water quota between meals (a minimum of eight (8) glasses daily, you will feel satisfied and be less likely to crave food between meals.

Because exercise helps to curb hunger, taking a brisk walk outside in the fresh air is an excellent aid. During working hours or whenever time is limited, even a few minutes spent deeply breathing fresh air can rejuvenate you and take your mind off food. Diversion tactics are also helpful, such as going to visit a friend, working in the garden, or shopping.

First of all, exercising in the morning increases the body's metabolism, causing the body to burn calories at nearly twice the rate for the next six hours. Exercise gears up the body's metabolism, and increases its ability to "burn" calories. Exercise should be a main component in any weight-loss program.

IDEAL WEIGHTS ACCORDING TO FRAME

HEIGHT (without shoes)	WEIGHT	IN POUNDS	
	Small and medium frame	Large frame	
MEN			
5'1"	112-120	118-129	126-141
5'2"	115-123	121-133	129-144
5'3"	118-126	124-136	132-148
5'4"	121-129	127-139	135-152
5'5"	124-133	130-143	138-156
5'6"	128-137	134-147	142-161
5'7"	132-141	138-152	147-166
5'8"	136-145	142-156	151-170
5'9"	140-150	146-160	155-174
5'10"	144-154	150-165	159-179
5'11"	148-158	154-170	164-184
6'0"	152-162	158-175	168-189
6'1"	156-167	162-180	173-194
6'2"	160-171	167-185	178-199
6'3"	164-175	172-190	182-204
WOMEN			
4'8"	92-98	96-107	104-119
4'9"	94-101	98-110	106-122
4'10"	96-104	101-113	109-125
4'11"	99-107	104-116	112-128
5'0"	102-110	107-119	115-131
5'1"	105-113	110-122	118-134
5'2"	108-116	113-126	121-138
5'3"	111-119	116-130	125-142
5'4"	114-123	120-135	129-146
5'5"	118-127	124-139	133-150
5'6"	122-131	128-143	137-154
5'7"	126-135	132-147	141-158
5'8"	130-140	136-151	145-163
5'9"	134-144	140-155	149-168
5'10"	138-148	144-159	153-173

Adapted from Metropolitan Life Insurance Corporation Tables, 1959. This one has been recognized by many prominent researchers as being more representative of ideal weights than the revised 1983 chart.

*Includes one pound for indoor clothing.

+Age 25 years and older.

NOTE: To determine if you are small, medium, or large frame, take your middle finger and thumb on one hand and put it around the wrist of your other arm. If the finger and thumb cannot touch, you are large frame; if the finger and thumb touch each other, you are medium frame; and if they overlap, you are small frame

OLIVE OIL

Many health enthusiasts advocate the use of olive oil in the diet, and claim that it is not harmful to the body as other fats. Olive oil is great for the outside of the body, but not for the inside, as it is no different from any other refined oil. It is 100% fat. You will never find a more natural lotion than COLD PRESSED OLIVE OIL or FRESH ALOE VERA. It will do wonders for your skin. I have found that it helps with sore muscles, inflamed joints, arthritis, etc.

Regular olive oil will not work; it must be cold pressed. Heating destroys the oil. Most manufacturers use the cheapest and quickest way possible of processing the oil. The method most commonly used includes crushing the olive, mixing it with water, then heating it at 230 degrees F for 30 minutes. Following this, the crushed olives are run through a press that exerts ten to twenty tons of pressure per square inch. The result of this great pressure is the exposure of the oil to a great amount of heat and the destruction of the natural elements found in the oil of the olive.

The natural oil that is found in the olive has to be extracted mechanically without heat to produce cold pressed olive oil. If you are not sure that the olive oil you purchased is cold pressed, there is a simple way to find out. Put your bottle of olive oil in the refrigerator (not freezer) and let it sit overnight. If it turns cloudy it is cold pressed. When you rub cold pressed olive oil on your skin, within a half hour it will be absorbed into your body and your skin will not feel sticky or greasy. If you rub regular olive oil on your skin, it will still be there half an hour later. The heating process destroys the natural health producing properties of the olive oil.

While I am on the subject of oils, I want to share with you information on linseed oil, and cod liver oil. Linseed oil comes from the flax seed, which is a weed, not a grain. Some bakeries put ground flax seed in bread or cereals. Those who do this do not know food chemistry and its relationship to body chemistry. Flax contains cyanide. The leaves and seed chaff contain the cyanogenetic glycoside, linamarin. An enzyme (linamarase) is present in the plant material which is capable of releasing cyanide from linamarin. Cases of poisoning after ingestion of linseed cake, meal, or flax seed chaff have been reported in all classes of livestock. Symptoms and lesions are those of cyanide poisoning⁽¹⁾.

What about cod liver oil? Leave it alone! It is from an animal source, and, for that reason, is of more harm than benefit. I believe God wants us to use only those things that will promote good health. Today we should benefit greatly if we were to use on our skin cold pressed olive oil instead of all the man-made greasy chemical creations.

(1) Jay Milton Hoffman, Ph.D, *The Missing Link*, Professional Press, Valley Center, 1984, pg. 239.

OSTEOPOROSIS

What is osteoporosis? How do we get it? Can we prevent it through natural means? Are there natural ways to treat and reverse it? Do we need to fear it? Is more calcium the answer?

Our bodies are made up of a number of elements. The two most prevalent minerals in bones are calcium and phosphorus. When calcium is lost from the bones over a period of time, the bones become porous and brittle and can easily break. This is osteoporosis, a loss of weight and density in the bone cells, and the development of a spongy rather than solid texture of the bones.

The disease actually consists of two aspects, the loss of bone material resulting in an enlargement of the spaces in bones. With less material, the appearance of the bones becomes porous. What looked solid like rock now appears as a sponge.

IS MORE CALCIUM THE SOLUTION?

Very often we have been told that increasing the intake of high-calcium sources, such as dairy products, will both prevent and reverse osteoporosis. Is this true?

Two investigators, doing independent research, suggested at the meeting of the American Society for Bone and Mineral Research in 1986 that dietary calcium bears no relationship to the development of osteoporosis⁽¹⁾.

Michael Parfitt, osteoporosis researcher at Henry Ford Hospital in Detroit, Michigan, observes that the 1984 National Institutes of Health (NIH) panel report, recommending the use of calcium to prevent osteoporosis, is based on weak evidence⁽²⁾.

B. Lawrence Riggs, Mayo Clinic researcher, reported a study of 107 Rochester, Minnesota women, 23 to 88 years old. Dr. Riggs followed them for 4.3 years, with repeated measurement of their bone density. Calcium consumption in the study group ranged from 269 to 2000 milligrams daily, but the researchers could demonstrate no relationship between bone loss and calcium intake, even on the lowest calcium intake⁽³⁾.

Dr. C. Christiansen from Gosstrup Hospital in Denmark reported a two-year study in which 43 women were placed on calcium supplements, placebos, or estrogen. Calcium was ineffective in preventing bone loss⁽⁴⁾.

Dr. Mazees states that in population studies adjusted for body size and ethnic origin, individuals with high calcium intakes did not have denser bones than those on low calcium intakes⁽⁵⁾.

Dr. Richard Mazeses of the University of Wisconsin calls calcium "the laetrl of osteoporosis¹¹, and points out that there are no studies evaluating the safety or efficacy of calcium supplements. It is known that high calcium intakes can interfere with vitamin D utilization (also necessary for bone cell formation), and may cause kidney stones⁽⁶⁾.

Approximately 20 million people in the United States are affected by osteoporosis. Most of them do not understand why they are suffering with this disease. Many of these people are taking calcium supplements, and believe that this should relieve their problems. Calcium supplement sales were estimated to have reached 166 million dollars in 1986⁽⁷⁾.

Tragically, most of these people should not be using this extra calcium, for excess calcium in the body has several adverse side effects. It has been shown that excessive calcium is picked up by the blood and deposited in the soft tissues, the blood vessels, skin, eyes, joints, and internal organs. Little wonder we suffer.

In the blood vessels, calcium combines with fats and cholesterol to cause hardening of the arteries. In the skin, excessive calcium causes wrinkling. In the joints it crystallizes and forms very painful arthritic deposits. In the eyes, it solidifies into cataracts. And in the kidneys, it forms hard deposits known as kidney stones. Thus it becomes evident that taking extra calcium does much harm, rather than benefit to the body.

WHAT ARE THE CAUSES OF OSTEOPOROSIS?

The major cause of osteoporosis is eating too much protein, especially in combination with fat, such as is found in meat and animal products. Most Americans, as they enjoy their steaks and hamburgers, are eating far too much protein. At present, the World Health Organization suggests a minimum daily protein requirement of about 40 grams. The RDA recommendation is about 55 grams a day. But the average American is getting over 100 grams a day.

What happens to all this excess protein? First it is broken down into amino acids, some of which are metabolized in the liver and excreted through the kidneys as urea. Along with the urea and amino acids excreted into the urine go large amounts of minerals. One of the minerals lost is calcium; and studies show that the more protein you use, the more calcium you lose.

The many studies performed during the past fifty-five years consistently show that if we want to create a positive calcium balance that will keep our bones solid, then the most important dietary change that we can make is to decrease the amount of protein we eat each day.

Some other causes of osteoporosis are smoking, drinking alcohol, coffee, soft drinks, eating too much salt, taking antacid, insufficient exercise, and lack of sunshine. Smoking is an exceedingly acid-producing habit; and one of the major roles of calcium in the body is to maintain a proper acid-alkaline balance. When one smokes, the calcium is actually drained from the bones and teeth to meet this need. Alcohol impairs calcium absorption by affecting the liver's ability to activate vitamin D, which is important in the metabolism of calcium.

Caffeine, which is found in coffee, tea, soft drinks, hot chocolate, and many over-the-counter drugs, causes more calcium to be excreted from the body than is normal⁽⁸⁾. The more salt (in particular, the more sodium) you take in, the more calcium you excrete. Some antacids contain aluminum, which causes an increase in calcium excretion. It has been clearly shown that exercise increases bone mass, while lack of exercise causes bone loss. Since Vitamin D plays an important role in bone metabolism and the best source of vitamin D is sunshine, it stands to reason that a lack of sunshine can lead to osteoporosis.

When the problem of osteoporosis is studied world-wide, one is struck with the fact that the highest incidence of osteoporosis is in countries where dairy products and calcium supplements are consumed in the greatest quantities. The incidence of osteoporosis is lowest in the countries where the least amount of dairy products are consumed, such as the African countries. A number of studies have been done among the Bantu women of Africa. They consume less than half the protein of Americans, and have a life-style demanding large amounts of calcium (nursing up to ten children in a lifetime), yet osteoporosis is almost unknown among them.

NATURAL SOLUTIONS

Let us cut down on the amount of protein we eat each day, and eat foods high in natural calcium. For good health we must eat our food in as natural a state as possible without taking man-made supplements.

PLANT FOOD SOURCES OF CALCIUM (Milk not recommended but listed for comparison)

Food	Measure of food	Grams of food	Calcium (me)	Ratio per 100 grams
Blackstrap Molasses	2T.	40	274	685
Carob Flour	1 c.	140	390	279
Almonds	1 c.	135	359	266
Figs, dried	10 figs	187	269	144
Turnip Greens cooked	1 c.	144	197	137
Milk (whole)	1 c.	244	291	119
Tofu	1 piece	120	108	90
Dry Soybeans	1 c.	180	131	73
Dry Navy Beans	1 c.	190	95	50
Seedless Raisins	1 c.	145	71	49
Raw Broccoli	1 spear	151	72	48
Orange	1 c.	131	52	40
Dry Lima Beans	1 c.	190	55	29

Note: Calcium in cow's milk is much coarser than in human milk, and is tied up with the casein. This prevents the calcium from being fully absorbed⁽⁹⁾.

CALCIUM SUPPLEMENT CONTAMINANTS

Those taking calcium supplements in an attempt to prevent osteoporosis may be consuming toxic trace metal contaminants. An analysis of samples of dolomite from a health food store contained aluminum, arsenic, cadmium, chromium, copper, lead, manganese, selenium, and zinc⁽¹⁰⁾.

(1) *Science* 233:51999 - 520, August 1, 1986.

(2) *Ibid.*

(3) *Ibid.*

(4) *Ibid.*

(5) *Ibid.*

(6) *Ibid.*

(7) *Ibid.*

(8) *American Journal of Clinical Nutrition*, 54:157-163, 1991.

(9) Herbert M. Shelton, Ph.D.: *The Hygienic Care of Children*, Bridgeport, Connecticut, Natural Hygienic Press, 1970.

(10) *American Journal of Hypertension* 1 (3 Part 3) 137S-142S, July 1988.

PROSTATE GLAND

The prostate gland is red-brown in color and about the size of an English walnut. It is located immediately under the bladder and in front of the rectum. It has three lobes, or sections, enclosed side by side in a capsule. The urinary tube from the bladder passes over the middle lobe; anything that happens there to swell the prostate- infection, inflammation, cancer, etc., can enlarge these lobes and thus obstruct the flow of urine.

The prostate gland is the principal storage depot for seminal fluid. At each sexual encounter the testicles provide over 200 million sperm cells. The function of the prostate is to produce lubricating fluids and a special activating fluid in sexual activity that will dilute the sperm cells. This seminal fluid is very high in zinc and also contains proteins, enzymes, fats and sugars to nourish the sperm. It is alkaline to overcome the acidity of the female tract and it is a very watery medium in which the sperm can swim toward the female egg.

More zinc is found in the prostate gland than any other organ in the body. Zinc is a trace mineral needed in only very small amounts, but a deficiency can lead to major medical problems. Zinc is found in high concentration in sperm and seminal fluid. The brain also must have adequate zinc in order to keep the thoughts organized and balanced. Excessive sexual practice may lead to depletion of zinc stores which may be followed by both prostate disease and neurologic and mental disorders. All nerve tissue is also dependent for proper functioning on this trace mineral.

Each day the prostate produces from 1/10 to 2/5 of a teaspoon of seminal fluid. During sexual arousal four to ten times that amount is produced. The prostate also becomes congested with blood during arousal. An overactive sexual life can cause chronic congestion in the prostate. Over a long period of time, the prostate yields to the constant pressure, enlarging to make room for the extra blood and seminal fluid.

There is a higher rate of cancer of the prostate among blacks — two times that of Caucasians and four times that of Asians. Medical researchers and social scientists have postulated that their often higher incidence of sexual activity may have led to this increase in prostate problems. Male hormones increase with sexual excitation. The male hormone testosterone breaks down to dihydrotestosterone. It is known that this substance, at least in some laboratory animals, can cause the prostate to enlarge. The male hormones seem to be a major cause of prostate enlargement as prostate enlargement rarely occurs among eunuchs.

Enlargement of the prostate can be detected during a rectal examination (in which the physician inserts a gloved finger into the rectum). If the doctor's examining finger discovers a hard, button-size nodule in the otherwise soft, rubbery tissue, he considers it cancer until he has proved otherwise. (Three times out of five, it is cancer).

Symptoms of an enlarged prostate usually develop gradually, as the enlarging prostate compresses and distorts the urethra, (urinary tube). The flow of urine is constricted, and there is difficulty starting urination and a weak stream. If the prostate becomes too enlarged it will actually close off the urinary tube completely. In extreme cases the prostate can become as large as a grapefruit. This enlargement can be either cancerous or benign, but is usually cancerous.

Cancer of the prostate is the second most common cancer in men. It sometimes develops in middle age, but most often occurs in the elderly. Most cancers of the prostate are very slow growing and usually the person will die of some other disease such as heart

attack, stroke, diabetes, etc., before they would die of prostate cancer. Recent studies suggest that if every case of prostate cancer were treated in its earliest stages, more men would die of surgical complications than the disease itself.

DIET AFFECTS THE PROSTATE

It is of interest that diet is not usually mentioned as a cause of cancer of the prostate. Yet it is cited as very important in a 20 year study done by Dr. Roland Phillips at Loma Linda, California. The study showed that fatal prostate cancer was more common depending on the frequency with which meat, milk, eggs and cheese were used in the diet. As each one of these food substances was added to the diet, the risk increased. (Journal of Epidemiology 120(2):244) Cancer of the prostate is substantially less among Seventh-Day Adventists who use no coffee, alcohol and little or no animal products. (Cancer Research, 43:2403, May 1983) Persons with any kind of prostate problems must make sure they are drinking plenty of water so that the urine is almost clear. They should also be on a diet of mostly raw foods.

FOOD THAT IRRITATE THE PROSTATE

Alcohol, animal products, caffeine, and spices should be eliminated from the diet of those who have prostate problems. Animal products should be removed from the diet because of the purine content which tends to increase the irritability of the bladder which can indirectly affect the prostate gland. Caffeine, which is found in coffee, tea, colas and chocolate is an irritant to the urinary tract. It has been shown that just one cup of coffee per day can cause 2 1/2 times greater incidence of cancer of the bladder. Spices also have a tendency to irritate the prostate and bladder and should be removed from the diet.

NUTRITIONAL TREATMENT VS. CONVENTIONAL TREATMENT

The primary conventional treatments administered for enlarged prostate are catheter drainage, estrogenic hormones, prostatic massage, and of course, closed transurethral prostatic resection or, alternatively, removal of the prostate. Unfortunately, doctors (and patients) have found surgery to be a radical remedy to this** common affliction, often resulting in complications. More and more patients are opting for a safer cure.

Because of its nontraumatic, natural way the nutritional approach is preferable to the more orthodox procedures.

For Prostate Enlargement Use Saw Palmetto Berries and Zinc

Enlarged prostate responds well to the herb saw palmetto berries. Saw Palmetto is a small palm tree native to the West Indies and the Atlantic Coast of North America extending from North Carolina to Florida. The trees are crowned with large, two to four-foot high spiny-toothed leaves which form a circular, fan-shaped outline.

The plant's deep red-brown to black berries are wrinkled, oblong, and 0.5 to 1 - inch in length with a diameter of 0.5 inch. They contain about 1.5 percent of a fruity smelling oil loaded with the sterol betasitosterol and its glu-coside, plus the saturated and unsaturated fatty acids of capric, caprylic, caproic, lauric, palmitic, and oleic. These fatty acids comprise 63% of the oil, with the remaining portion consisting of their ethyl esters and the mentioned sterols. Also present are carotenes, lipase, tannins and sugars.

Serenoa Repens (Saw Palmetto berries) has been found to be extremely effective in treating prostate enlargement, according to a study by Dr. G. Champault published in the British Journal of Clinical Pharmacology. *Serenoa* works by countering the effect of

decreased testosterone in your system, (which allows other hormones, including DHT, to increase the size of the prostate.) Dr. C. Sultan, in a study published in the Journal of Steroid Biochemistry, found that Serenoa contains sterol like compounds that inhibit the formation of DHT. This nutrient comes from a berry produced by a palm species common to the Southeast United States. American Indians felt it was a cure for prostate problems. European scientists have confirmed these effects in 12 major scientific studies done over the past twenty years.

Prostate disorders are much more common in developed countries, such as the United States, than in Third World countries. There are a few reasons why. The primary one is that the majority of American meals are overcooked or over processed. The processing of food destroys a good portion, if not all, of one of the most important nutrients used by the prostate gland - zinc.

The Prostate Needs 10 Times More Zinc Than Any Other Organ

Most of the zinc in food is lost in processing, or never exists in a substantial amount due to nutrient poor soil. Zinc is not normally replaced in the soil when chemical fertilizers are used. The world famous founder of the free radical theory of aging, Dr. Denham Harman, M.D., Ph.D. professor emeritus of the University of Nebraska School of Medicine, stated, "Some 90% of the population consumes diets deficient in zinc."

The prostate uses 10 times more of this nutrient than any other organ in the body. As the production of testosterone declines, an enzyme stimulates the production of DHT and other hormones which cause enlargement. Many scientists have confirmed that when sufficient zinc is present, it helps prevent that enzyme from doing its damage.

Dr. M. S. Fahin and Dr. H. A. Essa published a clinical study in a government medical journal showing that treatment with zinc reduces prostate enlargement. Dr. Geoffrey Crisholin and Dr. Alan Leake reported in the Journal of Steroid Biochemistry that zinc prevents the hormonal actions that causes prostate enlargement. In total, fifteen prominent research scientists published confirming reports that sufficient zinc is of vital necessity for having a healthy prostate gland. Significant quantities of zinc are found in brewer's yeast, lima beans, pecans, pumpkin seeds, sunflower seeds and soybeans. Smaller amounts of zinc are found in legumes and whole grains.

Hydrotherapy and Massage Will Help Reduce the Enlarged Prostate Gland

Hot and cold sitz baths alternating, using 3 minutes hot and one minute cold, are beneficial for an enlarged prostate gland. You always start with the hot and end with the cold. This combination can be done from 3 to 5 times, and should be done once or twice a day. Massage of the prostate (through the rectum) can help reduce the swelling and help in the recovery of an enlarged prostate.

Prostate problems very rarely occur before the age of 30. At the age of 50 there will be a 25 percent chance of an enlarged prostate. At the age of 60 about half of all men will have developed some enlargement of the prostate. At the age of 80 almost all men will have some enlargement.

PROSTATE CANCER FACTS

Despite a major hoopla over the new Prostate Specific Antigen (PSA) test, concurrent biopsies and early aggressive treatment for prostate cancer, the best treatment for most men is ***no treatment at all***. Here are the facts:

- Most cases of cancer of the prostate are so slow growing that they rarely become life threatening.
- For men who are under 70, early detection and radical treatment may increase life by less than one year, but complications are too severe to warrant prostatectomy (removal of the prostate).
- Approximately one in 380 men with prostate cancer will die of the disease.
- In a major study from Sweden, men of median age 72 were followed over ten years. All had prostate cancer. After ten years, the cancer death rate was 8.5% for those men who received no treatment. The cancer death rate for American men who are treated aggressively (PSA testing, drugs and prostatectomy) is 15%.
- The American Cancer Society and the National Cancer Institute have long advocated yearly rectal exams for men over 40. This screening is now being escalated to recommendation for PSA blood test for men over 50. Both these tests are absolutely meaningless, given the new results of testing. There is no reason for early prostate cancer when the optimum treatment is no treatment at all.
- The PSA test is a poor test. More than one-third of all men with prostate cancer will have normal PSA test. The rate of positive test for men with no cancer is even higher.
- The positive PSA tests foster lots of biopsies to test further for prostate cancer. When biopsies are positive, many if not most doctors will opt for a radical prostatectomy. The risks of this procedure are severe. Within a month, 8% of men will suffer cardiovascular complications and 2% will die. Impotence, bladder problems and bowel obstruction are not uncommon.
- Dr. Frank Hinman, Jr. of the University of California, San Francisco School of Medicine, observes that mass screening of prostate cancer in elderly men may have more risks than benefits.

While 2.5% of men die of prostate cancer, the greatest proportion of men screened for prostate cancer may be subjected to unnecessary stress and anxiety, expensive diagnostic testing and unnecessary treatment. (Internal Medicine News 24(21)52, November 1-14, 1991)

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SUGAR AND HONEY

In 1882, the average American ate 2 teaspoons of sugar per day. In 1870, it was 11 teaspoons per day. In 1980, we consumed 35 teaspoons of sugar per day; and now the average is over 42 teaspoons per day. (See chart on Sugar Content of some popular foods).

WHAT IS SUGAR?

Sugar is a carbohydrate that occurs naturally in various forms in all living things. In its natural form, sugar, as found in the sugar cane or sugar beet, is combined with a large amount of fiber, and also contains iron, potassium, calcium, B vitamins, etc.. These nutrients are needed to digest the sugar that is in the sugar beet or sugar cane, However white sugar, as we get it today, has been robbed of almost 100% of these nutrients. White sugar is so pure and refined that it basically has nothing in it but 'empty calories'.

Concentrated, pure sugar is a drug, unrelated to anything that occurs naturally, and is very harmful to your body. According to John Yudlin, M.D., Ph.D., Professor of Nutrition at London University, "If only a small fraction of what is known about the effects of sugar was revealed in relation to any other food additive, that material would be promptly banned".

Sugar throws off the calcium-phosphorous balance, and disrupts the entire important phase of your body machinery. Because refined sugar has been robbed of the B vitamins that are necessary for its assimilation by the body, it latches on to these wherever it finds them - namely, in your digestive tract, so that the person who eats refined sugar is bound to be short on the B vitamins. Result? Nervousness, skin troubles, digestive trouble, and a host of other disorders which lead to much more serious problems later on.

The more sugar you eat, the lower your body's resistance to disease becomes. To have good health we must have a strong immune system. Sugar lowers our body's immune system, making it weak instead of strong. In our body we have white blood cells, which are called warrior cells. These attack and destroy bacteria. However, when we eat refined sugar, it causes our white blood cells to become sluggish, causing them to lose their ability to destroy as many bacteria.

In a healthy body, where no refined sugar is eaten, one white blood cell can destroy 14 bacteria. If a person then eats 12 teaspoons of sugar (a 12 oz. bottle of Cola has 10 teaspoons), one of their white blood cells will only be able to destroy 5.5 bacteria. If a person eats 24 teaspoons of sugar (a banana split has 25 teaspoons of sugar), one of their white blood cells will only be able to destroy 1 bacteria. This weakening effect on the white blood cell usually lasts for approximately 5 hours. To keep our body's immune system strong, we must leave sugar alone.

Refined sugar drains out the mineral salts of the blood, bones, and tissues. It causes hyperactivity and dental caries. It causes obesity, diabetes, low blood sugar, high blood pressure, duodenal ulcers, fatty livers, coronary and vascular disease, gout, dermatitis, and cancer. According to the American Journal of Hypertension (3:560-562, 1990), sucrose (sugar) intake may increase the blood pressure. Other studies have indicated that the intake of refined carbohydrates produces an increase in the blood pressure.

SOME HIDDEN SOURCES OF SUGAR

<u>Food</u>	<u>Size Portion</u>	<u>TSP.</u>
<u>Sugar</u>		
Cola Drinks	1 2 oz. bottle	10
White Bread	1 slice	2
Angel Food Cake	4 oz. piece	7
Chocolate Cake, iced	4oz. piece	10
Fig Newtons	1	5
Oatmeal Cookie	1	2
Glazed Doughnut	1	6
Chocolate Milk Bar	1-1/2 oz. Hershey	2-
	1/2	
Chewing Gum	1 stick	1/2
Hard Candy	1 oz. (5 pieces)	5
Canned Peaches	2 halves & 1 T. syrup	3-
	1/2	
Ice Cream Sundae	1	7
Banana Split	1	25
Strawberry Jam	1 T	4
Salad Dressing	1 T	1
Apple Pie	1 average slice	7
Apple Cobbler	1/2 cup	3
Rice Pudding	1/2 cup	5
Chocolate Icing	1 oz.	3-
	1/2	

(Taken from *American Foundation for Medical-Dental Science*, Los Angeles, California)

WHAT ABOUT HONEY?



Honey is not a disaccharide like sugar; it is a monosaccharide which does not over-stimulate the pancreas. Sugar, which comes from beets or cane, is sucrose, a disaccharide, which over-stimulates the pancreas. Sugar also must undergo digestion, a process that changes it into simple sugar; whereas, honey is pre-digested and takes a load of work off the stomach and pancreas.

Honey is refined by the bees, whereas sugar is refined by man under less than ideal conditions, for man is not as careful or as diligent as the honey bee. Bees have to collect nectar from nearly two million flower blossoms to produce just one pound of honey. Bees are faithful and diligent in their work of making honey. Of course, pure organic raw honey is better than what you buy at the local

grocery store. Raw honey will in a short time crystallize because it has not been heated to a high temperature and had all the enzymes destroyed. Honey also has more vitamins and minerals than sugar. (See chart for comparison)

	1 Cup Honey	1 Cup SUGAR
Calories	1,030	770
Protein	1 gram	0
grams		
Carbohydrate	279	199
Calcium	3 mg.	17
mg.		
Phosphorous	20 mg.	trace
Iron	1.7 mg.	.1
mg.		
Potassium	173 mg.	.7
mg.		
Thiamin (B-1)	17 mg.	5 mg.
Riboflavin (B-2)	.02 mg.	0 mg.
Niacin (B)	1.0 mg.	0 mg
Ascorbic Acid	3 mg.	0 mg.

America has become addicted to sugar. The average per person consumption in the U.S. is almost 135 pounds a year! Americans may be thought of as meat and potato eaters, but the average per person consumption of red meat is only 111 pounds per year, and of potatoes only 123 pounds per year.

Increasingly more Americans, however, are becoming aware of the danger in sugar consumption; and for some time now, the public has been exploring sweet alternatives. How safe are these artificial sweeteners? We are all familiar with the fact that some of these artificial sweeteners have been associated with cancer. I will merely give current information on one of these sweeteners.

SWEETENER LINKED TO CONFUSION AND MEMORY LOSS

Aspartame, the artificial sweetener widely used in diet soda and food, may cause confusion and memory loss in some people. This finding came from a study of 551 people who had severe reactions to aspartame, which is marketed under the brand name of NutraSweet. HJ. Roberts, director of the Palm Beach Institute for Medical Research in Florida, found that 157 of the participants had major problems. Eleven lost vision in one or both eyes; one-third suffered from severe dizziness; half reported severe headaches. One 18 year-old male, who drank about two quarts of aspartame-sweetened diet soda daily, could not find his way home in his own neighborhood. Severe reactions to the sweetener occurred three times more often in women. Although the Food and Drug Administration has received hundreds of complaints about aspartame from consumers, no adequate studies have been conducted. (New Scientist, 2/18/88).

WHAT CAN WE USE THEN INSTEAD OF SUGAR?

Use natural sugar just as the Good Lord put it in the food, such as fresh peaches, strawberries, cherries, watermelon, etc. A more concentrated natural sugar would be found in dates, figs, raisins, dried fruits, honey, etc.

TESTIMONIALS TO NATURAL HEALTH LIFESTYLE

At every session of our lifestyle center we were thrilled to see lives changed to the glory of God; we saw individuals make an about face in their lifestyle, and begin their journey on the path of abundant health and happiness. At the end of every session our guests testified to the value of our program in their lives. Many of them write testimonials which are published in our newsletters. The following stories are about some of these guests who have given permission to print their stories. However, to protect their privacy, the names have been changed.

FORMER LIFESTYLE GUEST DISCONTINUES HIS DAILY 125 MG. OF MORPHINE.

Len Dyer (not his real name) and his wife attended our 26- day lifestyle session. Len came to us with an advanced stage of prostate cancer. In the past, Len had undergone surgery, radiation and chemotherapy and there was nothing more the doctors could do except give him morphine for the pain. For the past year Len had been taking 125 mg. of morphine daily. Len's wife had contacted me by phone and I had started Len on our program while he was at home as we couldn't take him immediately.

With the skillful use of God's eight natural remedies of fresh air, pure soft water, natural food, rest, exercise, sunshine, temperance, and trust in God, Len was able to completely discontinue his morphine. Slowly his strength and digestion improved and thoughts became clearer. He still had some bad days but overall he was improving.

After his stay here, he went home looking and feeling much better. We I decided to call him and see how he was doing. It had been over six weeks since we had talked to him. He is still not using any morphine and is slowly recovering with occasional bad days. Len is thankful he had the opportunity to attend one of our sessions and learn the natural ways to good health.

RONALD'S STORY

Ronald Flood (not his real name) from Puerto Rico attended our 26-day lifestyle session. After hearing about our program from a friend who was a previous client. Ronald was a successful businessman and the owner of 10 jewelry stores; but now at the age of 48, major health problems brought him seeking relief to our center.

Until 11/2 years ago, Ronald had been a heavy drinker. He had undergone a gall bladder operation, and was having liver problems. He was retaining fluid, especially in his feet. His arms and legs would fall asleep at night; and he had swelling of the lymph glands in his neck. Ronald also had real problems with digestion, having only two or three bowel movements a week. He always felt tired, and realized he needed help.

Ronald was accustomed to eating lots of meat, and drinking lots of milk, coffee, colas, and tea; but he readily accepted his new pure vegetarian diet. This diet, high in

fresh fruits and vegetables, permitted no meats, milk, eggs, sugar, oil, baking powder, or soda, preservatives, or chemicals.

At the end of the 26 day session, Ronald felt like a new man. He felt so good, and had so much energy, that during his stay he walked 65 1/2 miles, biked 10 miles, and helped us here with mowing the lawn, washing windows, etc. His arms and legs no longer fell asleep at night; and he was no longer retaining fluid. The swelling in his lymph glands was gone, and his digestion problems were over, He was having two bowel movements daily now instead of the previous two or three a week. He lost 91/2 pounds, and he had a blood pressure reading of 98/58, and a pulse of 68.

Before leaving us, Ronald told us that he was going to sell his jewelry stores, and possibly open up a health food store or bakery; he wanted to share with others how to become healthy.

ARTY'S STORY

The phone rang in the office, and we hurried to answer it. We were between sessions and already almost booked to capacity. This time the caller was a woman from overseas would I have space for her husband who was desperately ill? As we talked with her we learned that he had been diagnosed with cancer and was very discouraged. We assured her that there was space, and thus Artie and his wife Joan (not their regular names) became a part of our next family group here at the center.

Through other calls from friends of Arty's who had attended our lifestyle sessions we learned a little more about him. Arty, we were told, used to be a robust, active man with a cheery disposition and an outgoing personality. Diagnosed with cancer, he had recently returned from attending a different lifestyle center here in the United States. He was following a good health plan, and should be improving, yet he seemed instead to be getting worse. His friends said that he was losing weight at an alarming rate.

Our first meeting with Artie and his wife confirmed what our callers had said. Artie was very depressed; he seemed fearful, discouraged, and uncertain about the program he was following. We assured him that the program was accurate, and proceeded to counsel him and give him therapy. He immediately joined our other session guests in our program of exercise and diet as described throughout the pages of this book. Artie and his wife left our center different people: Artie had gained weight; his cheery smile had returned; his painful symptoms had disappeared; and he was testifying to the goodness of God. One year later, he is still improving, and has returned to his usual program of activity, faithfully following the natural lifestyle program.

VACCINATIONS

Should we take vaccinations? The answer is no! Vaccinations are not a natural way to stay healthy. Vaccinations are a disease-producing process, which results in injury to the body's organs, nervous system, blood stream, etc. The immunization program has been based on Pasteur's germ theory. It is frequently overlooked that Pasteur changed his thinking before his death.

VACCINATIONS AND HOW THEY ARE MADE

Vaccine making is an ever changing and highly experimental process. Even the vaccine manufactures admit that vaccines are unpredictable in their effects, unstable in nature, and are unreliable in use, and never safe. Consequently, no one really knows just what is being shot into his or her arm, and what it will do. One shot could possibly cause sudden death, paralysis, lockjaw, brain-damage, or in some cases there may be no reaction at all for months or years. The one administering the shot never tells you what is in the vaccine. In fact, many doctors do not even know what chemicals, drugs or other dangerous substances are in the vaccine serums. Lets take a close look at just four of the many vaccines that are being used today.

SMALL POX VACCINE

"A calf is tied down to an operating table, the stomach is shaved from twelve to fifteen inches square and about one hundred incisions are made. Into these incisions one drop of glycerinated lymph, (a culture of smallpox passed through a solution of glycerine) is allowed to drop in and is thoroughly rubbed in. Fever sets in, and the animal becomes exceedingly sick. In a few days the vesicles appear, the scabs form, and the elimination of impurities of various kinds from the blood of the calf begins in the form of pus, which is thrown out of the blood into the vesicles. At the end of six days the process of elimination has proceeded so far that the vesicles are full of putrid cells, etc., and a scab has formed over the reservoir of disease. The calf is once more bound and laid upon the operating table. The inoculated area is washed with water and each vesicle is clasped with clamps separately. The crust is carefully scrapped with the edge of a steel instrument and the dead skin, lymph, poisonous pus and blood are exuded and are transferred to a small crucible.

To this toxic mass of putrid matter is added an equal measure of glycerine, and the mass is then thoroughly stirred and mixed by a small electric motor. As soon as it is rendered homogeneous, it is placed in another crucible and passed through a very fine sieve, in order to remove the coarse pieces of rotten flesh, hair, etc. Then the mixture is again stirred and thoroughly mixed, transferred to tubes and distributed through out the country as pure calf lymph. Today most places in the world have banned small pox vaccinations, however the U.S. military medical authorities continue to make small pox vaccine and apparently use it on enlisted personal.

DIPHTHERIA VACCINE

“A horse is prepared for blood sapping (as they call it) by a course of gradual poisoning with the throat excretions of patients who are suffering from diphtheria. The poison is administered only a little at the first injection, but day by day the dose is increased until the limit is reached. That is when the horse is diseased, sick and almost ready to fall from weakness. Then the tappings begin and are kept up until the horse’s blood is sapped by weekly blood letting. To obtain this blood the animal’s head is stoutly secured, a spot is selected on the left side of the horse’s neck immediately over a large blood vessel, and a sharp pointed half inch tube about 12 inches long is driven in by force. Large quantities of blood are removed and the process is repeated until the horse is exhausted and unfit for further similar use. As if the diphtheria vaccine was not bad enough, the vaccine promoters figured they could make more money by adding two other unpopular vaccines (pertussis and tetanus). This triple poison was called DPT, and by pulling some strings at government level they got it on the compulsory list.”

TETANUS AND POLIO VACCINES

The serum for tetanus is the pus from the hoof of a horse. For the treatment of polio an extract taken from putrefied monkey kidneys is used. Thousands of monkeys are slaughtered, then their kidneys are removed and allowed to putrefy. Then chemicals are mixed with the fluid extract from the rotted kidneys and then used as the serum for polio shots.

DO VACCINATIONS WORK ?

“Cook County Ill. Hospital decided to immunize one-half of the nursing staff for Diphtheria and not the other half. Diphtheria broke out soon after among the immunized cases. Soon it invaded both halves, both the immunized and the not immunized, and the total of cases was much higher among the supposedly immunized than among the not immunized.”

In Germany, where compulsory mass immunization was introduced in 1940, the number of cases increased from 40,000 per year to 250,000 by 1945, virtually all among immunized children. On the other hand in Sweden, Diphtheria virtually disappeared without any immunizations.

Is it possible that vaccinations might not be such a good idea? Is it possible that the premises upon which they are based may be faulty? Did you know that in recent Congressional Hearings on vaccinations, Bill .2117, Congress refused to let scientists opposed to vaccinations testify before the committee? If those scientists could have spoken, the public would have found out that the increased chronic and degenerative diseases are related to the parallel increases in the practice of mass vaccinations.

THE U.S. DOES NOT REQUIRE A VACCINE TO BE EFFECTIVE

“Vaccines sold in the U.S. are not required to be effective against the disease they claim to prevent, according to the Department of Health, Education and Welfare.”
(Consumer Newsweek, Jan. 28, 1972)

VEGETARIANISM

In 1980, the Los Angeles Times and Weekly World News carried articles about Wu Yunging, a man who lived in China. Mr. Yunging was an extraordinary person, for he was 142 years old. What do you suppose his diet consisted of? He said that he eats corn, rice, sweet potatoes, fruits, and vegetables. In other words, he ate no meat, milk, eggs, refined oils, sugars, etc.. He lived to the age of 142 because he ate the kind of foods that God originally gave mankind in the Garden of Eden. These foods were fruits, nuts, grains, and herb bearing seeds. Can we improve upon God's perfect diet by eating flesh? No! Flesh eating brings with it sickness, lack of energy, and a shorter life span.

Consider the elephant. How much dead flesh does he eat? None! And an elephant can live for over one hundred years because he is a vegetarian; whereas carnivorous animals, such as a cat or dog, live approximately 10-15 years. What are the strongest animals in the world - the ones used for centuries because of their endurance and strength? - elephants, water buffalo, camels, mules, and horses; and they all have this one thing in common, they are vegetarians! A lion, which eats flesh exclusively, has very little endurance, for he sleeps approximately 20 hours a day.

MAN'S BODY WAS NOT DESIGNED TO EAT MEAT

Let's look at some simple physiological aspects of meat eating. A carnivore's teeth are long, sharp, and pointed for ripping and tearing flesh. Man has molars for crushing and grinding. A carnivore's jaws moves up and down only, for tearing and biting. Man's moves up and down and from side to side for grinding. A carnivore's tongue is rough, while man's is smooth. A carnivore's saliva is acid and geared to the digestion of animal protein, while man's saliva is alkaline for the digestion of starch. A carnivore's intestines are only three times the length of its trunk, designed for rapid expulsion of food stuff, which would otherwise quickly rot. Man's intestines, on the other hand, are twelve times the length of his trunk, and designed to keep food in them until all nutrients are extracted. The liver and kidneys of a carnivore are capable of eliminating large amounts of uric acid; whereas man's liver and kidneys have the capacity to eliminate only a small amount of uric acid. A carnivore's urine is acid; man's is alkaline.

Man is also not psychologically equipped to eat meat. The average American is repulsed by the sight of bloody, dead flesh. If we had to do our own slaughtering of the animals we eat, I believe there would be fewer meat eaters.

Our refined food is now killing us on the instalment plan. More than 4,000 heart attacks occur every day in the United States. Every 50 seconds a new diabetic is discovered. Half of all Americans over 40 have high blood pressure. These diseases are not found in 75% of the world's population. Why? Because Americans like to eat, they eat too much, and they eat the wrong kinds of foods such as meat, milk, eggs, sugar, oil, and refined and processed foods.

HIGH MEAT DIET (WHICH IS ALSO HIGH IN FAT) IS MAJOR CAUSE OF HEART ATTACKS, STROKES, AND CANCER

Mortality Rate From Heart Attacks

Meat Eaters	56%
Lacto Ovo Veg.....	39%
Pure Veg.....	14%

Mortality Rate From Cancer

Meat Eaters	36%
Lacto Ovo Veg.....	25%
Pure Veg.....	4%

Meat is an incomplete source of nutrition; consequently, reliance on a meat based diet actually becomes a liability to human health. But meat is not only a liability for what it does not contain; it is a liability for what it does contain - excess protein, fat, cholesterol, and blood, besides worms, microbes, and cancer viruses⁽¹⁾.

MORE BACTERIA IN MOST MEAT THAN IN MANURE

Meat is dead flesh; and something that is dead should be buried and not put into our stomachs. Flavor in meat is due to the presence of uric acid that is in the meat. What is uric acid? It is one of the waste or excretory products of the body; or, simply said, it is the animal's urine. Uric acid is not the only thing about meat that is bad. One very bad thing is the putrefactive bacteria found in meat. This bacteria in meats are identical in character with those found in manure, and are more numerous in some meats than in fresh manure. A microscopic count has been made of bacteria found in meats of various kinds, so that people might know what they are getting when they eat meat⁽²⁾. (SEE CHART).

<u>SOURCE</u>	<u>BACTERIA PER GRAM</u>
Beefsteak	1,500,000
Corned Beef	31,000,000
Hamburger Steak	75,000,000
Pork Liver	95,000,000
Fresh Calf Manure	15,000,000
Fresh Goat Manure	20,000,000
Fresh Horse Manure	25,000,000

In 1985, three out of every four people in this country died of cardiovascular disease (heart attacks and strokes) or cancer. We haven't always died so massively of heart attacks, strokes, and cancer until after World War I, when we could afford high fat diets of meat, fish, poultry, eggs, and processed foods. Back in 1960, sufficient research evidence was available to prompt an editorial statement in the Journal of American Medical Association which said that a vegetarian diet can prevent 90% of our thrombo-embolic disease (blood clotting diseases of the head, heart, and legs), and 97% of our coronary occlusions⁽³⁾.

Nearly everyone knows that Americans today eat too much fat. Around 40-45% of the calories eaten in the average American diet come from fat. Meat, especially red meat,

is the single, largest source of fat in the U.S. diet. For percentages of fat in certain animal products, see accompanying chart.

ANIMAL PRODUCT FAT CONTENT
 (% of total calories)

Steak	65-80%
Lamb	75%
Ham	80%
Hot Dog	85%

The Dietary Guideline Advisory Committee had proposed to limit fat intake to 10% of the calorie intake in 1990. The American Heart Association was totally in support of these new guidelines. If the American people would reduce their fat intake to 10%, we would see a large decrease in heart attacks, strokes, diabetes, and cancer.

WHAT ABOUT CHICKEN AND FISH?

Chickens? - Don't Eat Them! Today chickens are raised on many commercial drugs. They are cramped into very small cages, never touch the ground or exercise, and are full of diseases, especially cancer. Chickens bought by consumers are heavily contaminated by intestinal micro-organisms from the animals, chiefly E. Coli. If the chickens have been fed antibiotics, those germs are usually resistant to antibiotics⁽⁴⁾. In addition, to antibiotics and contagious infections, sometimes, chickens are subjected to contaminated feed. Chickens and eggs were contaminated by polychlorinated biphenyls in Idaho and Montana in 1979.

Fish - Good for the Fish Bowl - But Not for You! Many fish are full of toxic chemicals that have been dumped into our lakes and oceans. Human viruses present in contaminated water are now found in fish, and can be carried to man without infecting the fish in the transaction. These organisms have been found in unprecedented numbers, and include human polio viruses, cox sackie viruses, and rheo viruses⁽⁵⁾. Also, in several areas in America, the fish tapeworm (*Diphyllobothrium latum*) has been identified in man. Infection occurs when undercooked fish is eaten⁽⁶⁾.

In conclusion, I want to encourage our readers to take God at His word. Start following the original diet given to mankind in the beginning, and you will begin to enjoy abundant health.

(1) Scharffenberg, John A., *Problems with Meat*, Woodbridge Press Pub. Co., Santa Barbara, CA., 1979, pg. 101.

(2) Hoffman, J.M., Ph.D., *The Missing Link*, pg. 134, 1984.

(3) Editorial, J.A.M.A., June 3, 1961, pg.134.

(4) *One Man's Meat...The Sciences*, 19:2-3, Nov. 197

(5) *Frequency of Fish Tumors Found in a Polluted Watershed as Compared to Non-Polluted Canadian Waters. Cancer Research* 3:189-198, Feb. 1973

(6) *Diphyllobothriasis, American Family Physician* 20(3) 127-128, Feb., 1973.

VITAMINS YOUR BODY NEEDS

Vitamins are organic substances necessary for life. Vitamins are essential to the normal functioning of our bodies, and with a few exceptions, cannot be manufactured or synthesized by our bodies. Vitamins are necessary for our growth, vitality, and general well-being. In their natural state they are found in minute quantities in all natural foods. They act principally as regulators of metabolic processes, and play a role in energy transformations. A lot of people think vitamins can replace food. They cannot, in fact. Vitamins cannot be assimilated without ingesting foods. Vitamins are not sources of energy, nor do they contribute significantly to the substance of the body.

To help you understand the function of vitamins in the body, let me give you an illustration. Think of the human body as a battery operated clock, and the vitamins as the batteries which make the clock run. Vitamins are components of our enzyme system which regulate our metabolism and help us to run and function properly.

Vitamins fall into two groups: fat soluble and water soluble. The following vitamins are known today, although many more have yet to be discovered: Vitamin A (retinol carotene), B I (thiamine), B2 (riboflavin), B3 (niacin, niacinamide), B5 (pantothenic acid), B6 (pyridoxine), BIO, B II (growth factors), B12 (cobalamin, cyanocobalamin), B13 (orotic acid), B15 (pangamic acid), B17 (amygdalin), Vitamin C (ascorbic acid), D (calciferoli viosteroid, ergosterol), E (tocopherol), F (fatty acids), G (riboflavin), H (biotin), K (menadione), L (necessary for lactation), M (folic acid), P (bioflavanoids), T (growth promoting substances), U (extracted from cabbage juice). In this chapter I will be covering only these: Vitamins A, B1, B2, B6, B12, C, D, E, and K.

VITAMIN A (RETINOL CAROTENE)

Vitamin A is fat soluble. It can be stored in the liver, and needs not be replenished every day. It helps prevent infections, notably of the eyes and respiratory system. It helps promote normal growth and tissue repair. Vitamin A tends to inhibit cancer. It is needed for healthy skin, hair, gums, teeth, and bones, and for visual purple production., which is essential for night vision. Vitamin A is highly toxic at doses much higher than the recommended daily allowance. A vitamin A deficiency causes night blindness, frequent colds, infections in the respiratory system, skin diseases and reproductive difficulties. Some natural food sources of Vitamin A are carrots, sweet potatoes, greens, cantaloupe, and all green and yellow fruits.

VITAMIN B-I (THIAMINE)

Vitamin B I is water soluble, and any excess is excreted and is not stored in the body. It must be replaced daily. It is needed in the control of the central nervous system in learning, cheerfulness, being organized, and is needed in the proper functioning of the digestive tract. Chlorinated water and cooking at too high a temperature for a long time destroys Vitamin B I. A thiamine deficiency causes beriberi with fatigue, irritation, stiffness, heart muscle injury, tissue swelling, abdominal discomfort, constipation, and insomnia. Some natural food sources of thiamine are whole grains, nuts, seeds, legumes, and potatoes. Almost all natural foods contain some thiamine.

VITAMIN B-2 (RIBOFLAVIN)

Vitamin B2 is water soluble and easily absorbed. The amount excreted depends on the bodily needs, and may be accompanied by protein loss. It is not stored and must be replaced daily. It is needed to help metabolize carbohydrates, fats, and proteins. Riboflavin is essential for cell growth, healthy skin, nails, and hair. It eliminates sore mouth, lips, and tongue. It benefits vision and alleviates eye fatigue. Riboflavin is not destroyed by heat, oxidation, or acid. A riboflavin deficiency causes lesions of the mouth, hair loss, scaliness of the skin, oversensitivity to light, blurred vision, etc.. Some natural food sources of riboflavin are green, leafy vegetables, grains, breads, and legumes.

VITAMIN B-6 (PYRIDOXINE)

Vitamin B6 is water soluble and is excreted within eight hours after ingestion; it needs to be replaced daily. It is needed in the production of antibodies and red blood cells, and is necessary for the production of hydrochloric acid and magnesium. It helps prevent various nervous and skin disorders. A pyridoxine deficiency can cause depression, learning difficulties, convulsions, anemia, hair loss, poor hearing, etc. Birth control pills cause Vitamin B6 deficiency in about 25% of their users. Some natural food sources of pyridoxine are whole grain cereals, legumes, bananas, potatoes, cabbage, and oatmeal.

VITAMIN B-12 (COBALAMIN)

Vitamin B12 is water soluble and effective in very small doses; it can be stored in the liver for years. Vitamin B12 is needed to form and regenerate red blood cells, for iron absorption, to maintain a healthy nervous system, for proper utilization of fats, carbohydrates, and protein, and to improve concentration, memory, and balance.

Vitamin B12 supplements can be harmful. A group of French investigators reported a series of cases suggesting that B12 supplements may stimulate multiplication of cancer cells and aggravate the disease. B12 encourages cell division in general, and certain tumor cells in particular⁽¹⁾. B12 deficiency is a rare disorder, and the majority of cases occur in meat eaters and not among vegetarians as previously thought. Deficiency symptoms are mental depression, ringing in the ears, enlarged liver and spleen, pernicious anemia (a dangerous decrease in red blood cells), and neurological damage. Some natural vegetarian food sources of B12 are wheat, soybeans, various common greens, olives, fruits, and many other foods that occasionally have B12 either in or on the food. Vitamin B12 has been found in roots and stems of tomatoes, in cabbage, celery, and broccoli. It is also found in sea weed and alfalfa⁽²⁾. A further source of B12 is bacterial growth found in the mouth.

VITAMIN C (ASCORBIC ACID)

Vitamin C is water soluble and is excreted in just a few hours; it cannot be stored in the body. Vitamin C prevents scurvy, helps heal wounds, burns, and bleeding gums. It assists in resistance to infection, in the absorption of iron, and in the formation of hemoglobin. A Vitamin C deficiency can cause scurvy, fatigue, loss of appetite, easy bruising, easy bleeding, slow-healing wounds, loose teeth, and anemia. Vitamin C supplements can be harmful. Excessive quantities reduce the pH of the urine to as low as four, increasing the risks of kidney stones. It also will interfere with purine metabolism, increasing the risk of gout. Large doses of Vitamin C may also promote cancer⁽³⁾. Some natural food sources of Vitamin C are all fruits, and green, leafy vegetables. Carbon

monoxide destroys Vitamin C, so those who live in the cities should definitely eat extra amounts of foods containing Vitamin C.

VITAMIN D (CALCIFEROL!, VIOSTEROID, ERGOSTEROL)

Vitamin D is an oil soluble vitamin, and it is stored in the body. It is known as the sunshine vitamin because it is formed when the ultraviolet rays of the sun act on the skin to produce Vitamin D, which is then absorbed into the body. Vitamin D is needed to regulate the absorption of calcium and phosphorous. A Vitamin D deficiency leads to rickets, a disease in which the bones do not form properly (knock knees, bow legs, etc.). It will also cause severe tooth decay, osteoporosis, muscular weakness, loss of appetite, and loss of weight. The only natural source is sunshine. There is a limited amount of Vitamin D in some animal products, which I do not consider a natural source, and would not recommend.

VITAMIN E (TOCOPHEROL)

Vitamin E is fat soluble and is stored for long periods of time in the liver, fatty tissues, heart, and muscles of the body. Many months of deprivation would be required to deplete the body of Vitamin E. One of the important functions of Vitamin E is to aid in carrying oxygen to the tissues. Vitamin E is also essential for the adequate absorption of iron. Vitamin E keeps you looking younger, gives you endurance by supplying oxygen to the body. It helps prevent and dissolve clotting of blood cells. It prevents thick scar formation externally, and accelerates the healing of wounds. It can lower blood pressure; and aids in the prevention of miscarriages. A Vitamin E deficiency rarely occurs. It is prevalent in nearly every food, Green plants, grains, nuts, legumes, various seeds, fruits, and vegetables all contain Vitamin E.

VITAMIN K (MENADIONE)

Vitamin K is fat soluble and is stored in the body. This vitamin promotes proper blood clotting, and helps to keep one from bleeding to death. Vitamin K deficiency will cause internal bleeding, hemorrhages, and excessive menstrual flow. Some natural food sources of this vitamin are alfalfa, green leafy vegetables, tomatoes, and grains.

(1) Chauvergne, J; *The Risk of Administering Vitamin B-12 to Cancer Patients. Semiane des Hospiteaux Paris* 46:2170-2174; July 10, 1970.

(2) Thrash, Agatha & Calvin, M.D.; *Nutrition for Vegetarians*, pg. 67, 1982.

(3) *Ibid.* pg. 61.

VITAMIN AND MINERAL SUPPLEMENTS

Are vitamin and mineral supplements needed in the diet? Which ones are essential, and how much should we take? The answer to these questions is quite simple: If our creator would have wanted us to take Vitamin C, He would have created a tree that grew Vitamin C pills. Instead He created many different fruit trees, and the fruit contains the Vitamin C our bodies need. The American people have been convinced that vitamins are good for their health, and over 40% take supplemental vitamins every day.

Our actual need for vitamins and minerals has been greatly exaggerated. The actual amount of vitamins the human body needs for one year is very small. Every vitamin and mineral necessary to the body can be found in the food we eat. There is a long list of experts in the field of nutrition who are expressing grave concerns over the health threat posed from taking vitamins and mineral supplements.

Dr. Myron Winick, director of the Institute of Human Nutrition at Columbia University, indicates that some vitamins, long considered not harmful, are producing medical problems including nerve damage, mild intestinal distress, and fatal liver damage. (Los Angeles Times 12/30/83). Recent reports on excessive use of Vitamin B6 warns that it can cause nerve damage. Symptoms include unsteady walking, numbness, or tingling in the hands and feet. Microscopic analysis shows deterioration of nerve fibers in direct proportion to the amount of B6 ingested. These and other neurological problems may require months to recover from, and can be permanent.

According to an article in the Health Reporter by Robert McCarter, PhD, man-made supplements are simply not what was intended for the human body. In the process of extracting and fractionating elements, they are rendered worthless. Once removed and isolated, vitamins lose their value. Technology exists that can create a grain of wheat in the laboratory. Every needed chemical component can be duplicated and made into a grain of wheat; but if it's put into the ground it will not grow. Why? Because it is not natural.

Man cannot improve upon the natural way our Creator has given us to get our vitamins and minerals. For example: there are several cautions against taking Vitamin C. There are side effects. Vitamin C has an anti-Vitamin D effect. That means that when you take extra Vitamin C, your body requires extra Vitamin D. Another side effect is that Vitamin C may also decrease availability of the B Vitamins, particularly B6 and B12. One orange has 70 milligrams of Vitamin C; it also contains .11 milligrams of thiamine, .05 milligrams of riboflavin, etc...The orange also has minerals: 52 milligrams of calcium, 18 milligrams of phosphorus, etc.... When you take a Vitamin C supplement you are only getting Vitamin C and none of the other vitamins and minerals in proportion that our Creator intended for you to have as a total package.

We know that the ratio of Vitamin C to Vitamin D is important; that the ratio of potassium to magnesium is important; and the ratio of calcium to magnesium is important. But what about those we do not know about? Since our knowledge is so limited in all the proper ratios, it is possible for us to cause a body imbalance by indiscriminately taking vitamin and mineral supplements. I recommend that we eat natural foods, which have all

the vitamins and minerals we need in them, even the ones we haven't discovered yet; and that we not waste our money or health on supplements.

"NATURAL VERSUS SYNTHETIC VITAMINS

Paul Stitt, a biochemist, and food scientists for some of the largest corporations in the United States, reports that government regulations require that only three percent of a food supplement be natural ingredients before the food can be labeled "natural" He points out that because synthetic vitamins are so much less expensive, it is likely that many of the "natural" vitamins on the market are 97% synthetic. He says it would require 30 oranges to produce one 1000 mg. vitamin C tablet, and a bottle of all natural vitamin C tablets could cost about four hundred dollars(!) It should be noted, however that even if the bottle of Vitamin C were all from oranges and cost four hundred dollars, it would still not be natural Vitamin C, as it has been separated from the orange. Get your Vitamin C from the true source, the food itself.

MEGA VITAMINS/LEARNING DISORDERS

A group of 20 children with learning disabilities were given large doses of ascorbic acid, niacinamide, calcium pantothenate and pyrodoxine, along with a low-carbohydrate, high-protein diet. After a six-month period, the children receiving the megavitamins demonstrated no significant improvement as compared to a group treated by diet alone.

MEGA VITAMIN THERAPY/VISION LOSS

Three adult males, given massive doses of nicotinic acid for treatment of high cholesterol, suffered from loss of central vision. Nicotinic acid may induce retention of fluid and swelling in the eye leading to loss of vision. After the nicotinic acid was discontinued, some improvement in vision occurred.

CALCIUM/BONE STRENGTH

Large doses of calcium may decrease bone strength instead of strengthening them. Large calcium supplements alter the ratio, and may produce weakening, of the bones. High calcium levels also interfere with Vitamin K function, and may lead to internal bleeding.

Dr. Walter Mertz of the *Human Nutrition Research Center* of the United States Department of Agriculture in Beltsville, Maryland, observed that the absorption of iron and zinc is blocked by calcium supplements.

CALCIUM SUPPLEMENTS/ARTHRITIS

Calcium supplements may induce symptoms of arthritis in sensitive patients. A 67 year old woman developed pain, swelling, and redness in her right thumb after she began taking calcium supplements. Symptoms cleared within about two weeks after the calcium supplement was discontinued. She was later started on Os-Cal as a calcium supplement, and within two weeks the symptoms recurred, and cleared only after the cessation of the calcium intake. Some people may be very sensitive to calcium supplements.

VITAMIN A/CANCER RISK

Because special studies have suggested that Vitamin A is protective against cancer, some people are recommending supplements. Suzanne T. Orr, Ph.D., of the Department of Epidemiology and Preventive Medicine of the University of Maryland School of Medicine in Baltimore, observes that Vitamin A may be easily obtained by

dietary sources of provitamin A, found in many vegetables and fruits. ONE SERVING of carrot, cantaloupe, cabbage, celery, turnip greens, sweet potato, kale, mango or many other natural foods is sufficient to provide the RDA. (*Clinical Nutrition* 4:138-142, 1985).

VITAMIN C/COMMON COLD

Vitamin C has not been proven to change the course of a common cold. Over-the-counter medications are of dubious value. If one ingredient is helpful the others in the combination may be in improper balance for effective results. (*European Journal of Pediatrics* 144:4-8, 1985).

VITAMIN C/IRON DEFICIENCY ANEMIA

Taking large doses (1500 mg. daily) of vitamin C to prevent colds may lead to iron-deficiency anemia, apparently by blockage of the effects of copper, which is essential for iron transport in the blood. Male volunteers given vitamin C supplements developed iron-deficiency anemia despite an adequate iron intake. (*Science News* 124:281, October 29, 1983).

There is a long list of experts in the field of nutrition who are expressing grave concerns over the health threat from taking vitamins.

Our actual need for vitamins has been greatly exaggerated. The actual amount of vitamins the human body needs for one year is very small. Every vitamin necessary for your body can be found in the food we eat. If we would eat a large variety of fresh food (cooking partially destroys vitamins), we will not become vitamin deficient. We had a guest named Betty in our 26-day lifestyle session. When she came she brought with her a medium sized box full of expensive organic supplements that she was ingesting every day. She thought she needed these supplements and could not understand why she was so nervous, felt weak, had a duodenal ulcer and gall bladder problems. She stopped taking her expensive supplements, and with proper nutrition, at the end of the 26 day session, she was not as nervous, had plenty of energy, her ulcer was completely healed, and she was not suffering gall bladder problems anymore. Betty learned, while attending our session, that the Creator intended for us to get our vitamins from whole natural foods, and not from a vitamin bottle, as these are unnatural and can cause many health problems.

WRINKLES

What To Do For Them



You are as beautiful as what you eat.

Eat plenty of fresh fruits which are high in minerals, enzymes, and vitamins, especially Vitamin C which assures integrity of connective tissue which will support and strengthen the skin. If this support is not there, the skin becomes loose and wrinkled⁽¹⁾.

Fluoride levels as low as one part per million, the amount added to city water supplies, will cause a breakdown of collagen, which makes up about thirty percent of the body. Disruption of this basic structural material - its synthesis and repair - results in skin

wrinkling⁽²⁾. Deficient nutrition shows up first in the skin, because the body's will to survive causes available nutrients to be rushed to the vital organs.

Drink plenty of pure water, which helps circulation and will lessen wrinkles. Use no supplements, especially calcium which causes wrinkling.

Trying to feed the skin from the outside by applying most types of lotions do little good for anybody except those who sell them.

TWO LOTIONS I RECOMMENDED ARE COLD PRESSED OLIVE OIL AND FRESH ALOE VERA .

We must feed the skin from the inside. Sensitive skin and a reddish nose or cheeks, ruddy from broken capillaries, are signs of nutritional deficiency. When the skin is dry and scaly, it is usually from not drinking enough water.

Stress can cause wrinkles, such as a negative attitude reflected in habitual wrinkles. Those who frown all the time acquire permanent frowning wrinkles. Those who smile and laugh a lot acquire pleasant wrinkles. We can many times tell what kind of disposition a person has by looking at the lines on his face.

(1) H.L. Newbold, *Mega Nutrients* (Los Angeles: The Body Press, 87): 347.

(2) John Yiamouylannis, *Fluoride: The Aging Factor* (Delaware, Ohio: Health Action Press, 1983):4.