

Castor Oil Fomentation:

In order to get rid of hardened mucus in the body, which may appear as cysts, tumors or polyps, the following fomentation is to be used:

Soak a piece of outing flannel or baby's diaper in castor oil, squeeze slightly so it won't drip much, then place over entire frontal torso (neck to groin and side to side). Place a hot water bottle (over the castor oil application) over the liver area (the liver is on the right side just above the waist). It should be noted that a heating pad is not too highly endorsed here, unless a wet towel is placed between it and the skin--but even then, a wet heat (such as the hot water bottle) is best. Leave all this on for 1 1/2 hours; the hot water bottle may have to be refilled with hot water several times, because it cools rapidly. The next three days, over the same area covered by the outing flannel and castor oil, massage in circular motion toward the heart with olive oil for 5 to 10 minutes.

The seventh day is a day of rest, not only from the fomentation, but every part of the program, drinking only water the entire day--and every seventh day thereafter will be done the same way. On the eighth day then, begin again with the castor oil for three days and so forth, along with the mucusless diet, the herbs, etc., until healing is accomplished. In the use of the fomentation, the castor oil goes through the skin into the liver area and lymph glands and starts drawing out the poisons and flushing them out, while the olive oil goes in and heals and rebuilds new tissue. This procedure may have to be carried on between six weeks to six months to properly clean up the system, depending on the case.

Exercise:

All patients should do some jogging, which is a bouncing motion. This helps to improve circulation, tone the organs, and slough off the dead cell accumulations faster. Each person should work up to a mile of jogging a day, but start out with one-fourth mile or less. Never jog to the point of exhaustion because all the good that is done each day will be undone as a result of overexertion. If for some reason the jogging cannot be done outside, do it inside the house in front of an open window. This will especially vibrate the peristaltic colon muscle and give it tone, will revive the uterus from a prolapsed state in the female, and help heal the prostate in the male.

Deep Breathing:

To keep this from being complicated, we are not going to give you scientific Yoga breathing exercises or anything difficult. The main thing is the deep breathing, fresh air in through the nose and out through the mouth. Breathe deeply enough that it actually hurts when you breathe. Do this morning and night, no less than 5 or 10 minutes, and this will start the day and finish the day off with pep and energy. Doing this just before retiring at night will give you the best sleep you have ever had. Deep breathing gives the "breath of life," and it will take this breath to every cell in the entire body. Each cell will die unless it gets the breath of life, and the only way you can get this life-giving element is through inhaling oxygen and air through the nose. This principle is so important and yet so overlooked. A person can live normally 110 days without food and 16 days without water, but only a few minutes without breathing.

The Vital Circuitry:

Another essential item in building up the health is the release of static electricity in the body by removing the shoes and socks and shuffling the feet through the lawn or grass ten or fifteen minutes a day. What happens is this: in the process of giving life to the physical body, the hair acts as antennae and pulls the electrical energy from the atmosphere. As this electrical force comes in through the top of the head, it distributes so many amps and/or ohms to each organ, cell, gland, etc.; then the rest of the electricity is supposed to pass out of the body again into the earth through the feet; but when we wear leather-soled shoes and wear stockings or socks, that electricity cannot be grounded properly, so it collects as static electricity in the body and we become mentally confused and frustrated from it.

Above all THINK POSITIVELY--THINK HEALTH! KNOW that you now have a DEGREE of health; so be grateful to the Lord for this health, and thank Him TODAY with a positive prayer for the health that you have, thank Him for the perfect health that is yours NOW. Remember, Jesus said: "The field is white, all ready to harvest." Health is yours NOW if you think positively in this way.