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HEALTH THROUGH NUTRITION

by Dr. Joel Robbins

Dr. Robbins did his undergraduate work at San Jacinto College in Houston, TX, majoring in pre-med. In 1978 he graduated from Cleveland Chiropractic College in Kansas City, MO. with a degree in Chiropractic, (DC). He did a residency in Clinical Nutrition and received his Doctor of Naturopathy (ND) degree from anglo-American Institute of Drugless Therapy. Dr. Robbins received his Doctor of Medicine (MD) degree from the British West Indies College of Medicine. Dr. Robbins has been operating his Health and Wellness practice in Tulsa, OK since 1978. His goal is to find truth concerning health and disease and then pass this knowledge on to sincere health seekers, so they too can have the gift of health.

INTRODUCTION:

If we take an honest look at nature, we will observe that three things are present:

- 1) Nature follows definite laws which are not subject to opinion or variance; and
- 2) Every aspect of life is reflected by nature.
- 3) Nature is governed by the law of CAUSE and EFFECT.

If we have violated a natural law, we have created a Cause, for which we will suffer an Effect.

Our ignorance of the laws of Nature does not change these laws.

There are two reasons for disease, or lack of health

- 1) Ignorance
- 2) Laziness

In the field of health, there are a few good rules to follow to achieve health.

- 1) Follow the laws of Nature
- 2) Let Truth be your authority, not authority your truth.

One of the Laws of Nature is that the innate intelligence of the body strives to keep the body alive, regardless of the cost. The "cost" is what we call "disease". Disease is the effort of the body to keep us alive.

WHAT IS REAL FOOD?

The body will keep us alive and healthy provided that we feed it "Real Food". Real food is a food which is compatible with the body; that in no way takes from the body, but lends itself to the building up of health and maintaining life. It contains nothing that is harmful, toxic or non usable by

the body.

Real Food is defined for us by Nature as follows:

- 1) Something edible grown by Nature - of the Plant Kingdom
- 2) Food which can be eaten without processing in any way.
- 3) Food which comes to us from Nature as "complete packages", that is, they contain naturally everything in them necessary for the body to process and assimilate that food.

WHY DO WE EAT FOOD?

The only qualities of food which the body requires in a complete package are the following:

GLUCOSE, PROTEIN, FATTY ACIDS, MINERALS, ENZYMES, WATER.

If all of these components are in the food, the food is complete. If any of these are missing, the food is not "Real Food".

Real Food is provided by Nature in this form as raw fruits and vegetables. Raw fruits and vegetables contain all of the parts mentioned above. If food has been processed, cooked or altered in any way so as to change or eliminate any of the above ingredients, it is no longer "Real Food" as far as the Human Body is concerned.

PLANTS ARE THE SOURCE OF REAL FOOD FOR ALL LIFE FORMS

The plant kingdom utilizes sunshine, carbon dioxide, oxygen, water and organic minerals in the process of photosynthesis to feed itself and grow. The result is a living plant (food for animal consumption) containing:

- * glucose
- * protein
- * fatty acids
- * organic minerals
- * organic enzymes (vitamins)
- * water (pure)

Inorganic Mineral from the Earth + Photosynthesis = Organic Minerals from Plants which provide Protein and Enzymes for animals and humans.

The animal kingdom does not possess the ability to perform photosynthesis, therefore must rely on the plant kingdom to prepare its food.

Any form of processing nature's foods (such as pasteurization, cooking, adding preservatives, etc.) breaks the bonds between the food components and their attached enzymes as well as destroys the enzyme. The result is inorganic or denatured food components and thus

inorganic food.

The enzyme must be alive and attached to the mineral or food component in order for the body to utilize it. The enzyme acts as a "passport" to get the mineral into the cell of the body and aids in the cell's utilization of that mineral. Raw foods are living and thus produce life in the body; because they have intact enzymes they are organic. Enzymes are catalysts - substances which help the body work more efficiently in utilizing food for life maintaining purposes.

An example of an inorganic substance is table salt. It is simply sodium and chloride. No enzymes, thus it is dead and the body cannot use it. Our bodies cannot attach an enzyme to inorganic substances, except at great cost. It is only the plant kingdom, through the process of photosynthesis, that can attach enzymes to inorganics and make them living or organic.

The more we process a food, the less nutrient value it retains. This is because living foods are organic foods. Processed foods, to various degrees, are inorganic or "dead" foods.

The following is the hierarchy of food preparation starting at the top with no preparation leaving the food with its full nutrient content, ending at the bottom with the most processing, rendering the food dead and useless to the body - little or no nutrient value retained:

RAW and WHOLE

JUICED and consumed immediately once the skin of fruits or vegetables is broken, oxygen combines with the enzymes and kills them (this process is called "oxidation")

DEHYDRATED or DRIED

loses 2-5% of nutrient value dried without chemicals or additives

commercial brands of dried fruit contain sulfur dioxide; exception: raisins)

FROZEN

freshly picked and frozen immediately

loses 5-30% of nutrient value

STEAMED

loses 15 - 60% of nutrient value

steamed means the green bean is still a bit crispy (if it's limp, its cooked)

COOKED

baked, broiled, boiled, grilled, steamed too long, home canned
the green bean is limp loses 40 -100% of nutrient value,
depending on how long it is cooked

COOKED LEFTOVERS MICRO WAVED

Loses 90 - 99% of nutrient value

COMMERCIALLY CANNED FOODS— FRIED FOODS— FOODS with ADDITIVES

these not only lose 100% of their nutrient value, but have
toxins added to them

ACID/ALKALINE BALANCE

The Textbook of Medical Physiology by Arthur C. Guyton, M.D., probably the most recognized authority on human physiology states: "...the regulation of hydrogen ion concentration (pH or acid/alkaline balance) is one of the most important aspects of homeostasis." (Homeostasis is where the components involved seek an equilibrium.)

DEFINITIONS:

ph = measure of how acid or how alkaline a substance is.
ph scale = scale of measurement for acidity and alkalinity.

acid	neutral	alkaline
1	7	14

All chemical processes have an ideal pH at which they are most efficient. For example the body functions best with an internal chemistry being slightly alkaline (pH of 7.0 to 8.0). The pH of the blood is even more specific:

BLOOD ph 7.4 = Normal 7.2 = DEATH

Our internal body chemistry functions in an alkaline environment. Our blood must maintain a pH of 7.4. If it drops below that to 7.2 we die.

The cells of the body in health are alkaline. In disease the cell pH is below 7.0. The more acid the cells become, the sicker we are and feel. The cells won't die until their pH gets to about 3.5. Our bodies produce acid as a by-product of normal metabolism. This is the result of our bodies burning or using alkaline to remain alive. Since our bodies do not manufacture alkaline, we must supply the alkaline from an outside source to keep us from becoming acid and dying.

Food is the means of replenishing the alkaline to the body. The main determining factor of alkaline is the organic minerals. One can equate organic minerals with alkaline for better

understanding. Foods are of two types, acid or alkaline. This refers to the ash value of a food. (Meaning the type of residue that remains after the food is digested and processed). Is it acid, or is it alkaline? If there is an acid residue (inorganic acids), the body must neutralize this acid to keep the blood from getting acid. The acid is neutralized with alkaline.

Ideally there is adequate alkaline in the diet to do this. However, if there is not, the body must extract alkaline from its cells to neutralize the acid. This, of course, causes the cells to become acid, and thus diseased. Because our bodies are an alkaline entity, in order to maintain health, the majority of our diet must consist of alkaline ash foods.

We can remain in health by consuming a diet that is 70-80% alkaline and 20-30% acid. The more alkaline the better. If we become too alkaline by eating a majority of alkaline foods, we will lose our appetite and automatically want to fast, during which time the normal acid metabolic by-products will return the body's pH back to normal. It is interesting to note that some foods which qualify as a real food have an acid ash reaction. This is probably nature's way of keeping a balance so that the real food consumer does not become too alkaline. Also note that the acid content of these acid ash real foods is very low and they still contain valuable nutrients which can be utilized by the body.

On this page is a chart of the acid and alkaline foods:

ACID/ALKALINE BALANCE

The breakdown of foods into acid ash and alkaline ash categories would generally be as follows:

NOTE: Foods in the Acid Ash column are listed in order of least acid to most acid; in the alkaline ash column, foods are listed in order from most alkaline to least alkaline.

ACID ASH	ALKALINE ASH
SOME RAW FRUITS AND VEGETABLES (cranberries, blueberries, plums, prunes, squash) WHOLE GRAINS - COOKED OVERCOOKED FRUITS / VEGGIES DAIRY PRODUCTS (cheese, eggs, milk, etc.) SUGAR and REFINED GRAINS WHITE MEAT (fish, fowl) Raw, Rare, Well Done RED MEATS (beef, pork, mutton) Raw, Rare, Well Done FRIED FOOD, COFFEE, TEA, SALT, ALCOHOL DRUGS & MEDICATIONS, TOBACCO	RAW FRUITS DRIED FRUITS FROZEN FRUITS / VEGGIES LIGHTLY STEAMED FRUITS & VEGGIES RAW NUTS (almonds, pecans, cashews, etc.) SPROUTED GRAINS HERBS, SPICES, CONDIMENTS, SPICY FOODS (garlic, hot peppers, onions, horseradish, etc.)

The average American diet consists of: 20-30% alkaline foods, & the diet should consist of at least: 70-80% ALKALINE FOODS & 20-30% ACID FOODS. It is not unusual for the average American to go 7 to 14 days without eating ANY alkaline foods.

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DISEASE AND ITS CAUSE

Disease or "dis-ease" is defined as a lack of health. Disease results when any cell is not functioning 100% of its designed duty whether due to trauma, toxicity, lack of communication or a combination thereof. Disease is due to stress.

Whether due to ignorance or laziness, exposing the body to stress will produce a diseased state of the body. Stress is the only means of tearing down health resulting in disease, our bodies paying the price for violating the laws of nature (our wrong doings). We do not "catch" a disease or illness, we earn it. We must "work" for disease.

Disease is nothing more than the body responding to the wrong we have done to it. It is the body's attempt at keeping us alive in response to the wrongs we have inflicted on our bodies.

Pathological changes are the cell's response to stress. These changes or compensations allow the body to survive - maintain homeostasis - as long as the stress continues. These tissue changes which result in disease, are the outward manifestation of internal compensation to stress. Until the cause is removed, the condition will remain in one form or another.

SYMPTOMS

Medically speaking a symptom is defined as a sign or indication of a disease or illness.

It is thought that if the symptom is treated and eradicated, then the disease or illness has been cured.

Symptoms are viewed somewhat differently from a natural healing perspective in that:

Symptoms are indicators that there is an abnormal condition within the body which is producing a state of "dis-ease".

A symptom or a group of symptoms are given a specific name

depending on the type and location of the symptom(s). **Medically** this name is known as a "disease" or "illness". From a **natural healing** standpoint, a named disease or illness is interchangeable with the word "symptom".

A symptom (disease/illness) is the body's effort to eliminate toxins from the body; to return the body to a state of health when stimulated; to undo any damage that has been done to the body.

A symptom is the body's effort to stay alive while coping with anything detrimental that has been done or is being done to the body.

Diseases/illnesses/symptoms are the body's attempt to restore health and maintain life.

THE DISEASE PROCESS

The two primary ways that toxins enter the blood stream and thus the body are:

- 1) THAT WHICH IS TAKEN IN BY THE DIGESTIVE SYSTEM (eaten or drunk)**
- 2) THAT WHICH IS TAKEN IN BY THE RESPIRATORY SYSTEM (breathed)**

Initially, due to cell irritability, the body will reject toxins being introduced via these two avenues. This is done via:

non-palatable foods - burning sensation of mouth, throat, tongue, esophagus, stomach
coughing, sneezing - irritation or burning sensation of mucus membranes of air passage

These defenses can be over-ridden by:

continued toxic input
disguising toxins (with use of sugar)
conditioned response or learned (educated) override

The digestive system is now responsible for keeping toxins out of the body. This is initially done by vomiting or diarrhea. As the toxic abuse continues, the digestive system becomes less efficient at ridding toxic input via the above mentioned methods. The result is that toxins now begin to be absorbed into the body.

The liver now takes on the responsibility of keeping the body clear of toxins. This is done by the liver neutralizing the toxic acids with its alkaline minerals before they enter the blood stream on their way to the other organs of elimination-kidneys, lungs, bowel. The acids must be neutralized prior to entering the blood stream, otherwise the blood would become too acid and death would rapidly ensue.

It quickly becomes apparent to the liver that if it continues burning its alkaline supplies it would be too acid to continue to survive and the liver would be sacrificed, which would result in death of the body. In order to slow down the liver's loss of alkaline, the liver will begin to store toxins within itself. Thus the liver becomes congested. The more congested it becomes the less efficient it is at carrying out its normal metabolic functions for maintaining health of the body, and the overall health level begins its downward turn. Even so, the liver, and thus the body, will be able to survive many years longer than if the liver had depleted its alkaline supplies.

Once the liver reaches a level of approximately 70% congestion, it can no longer afford to retain poisons at the same rate, otherwise death of the liver would shortly result once it reached a level of 100% congestion.

To offset this, the liver begins to allow some toxins to enter the blood stream. These are not neutralized, the cellular buffer system goes to work in less than a second to neutralize them keeping the blood from becoming acid. This is done at the expense of the cells alkaline supplies. The cells of the body realize very quickly what the liver realized some time back: They would not survive long should they continue to give up their alkaline minerals at such a rate. As a result, the cells employ the same method of survival the liver did, ie. to allow acid toxins to leave the blood stream and enter the tissues. This does two things:

NOTE: The cells still continue to give up alkaline for neutralization of toxins in the blood, and for buffering of normal metabolic waste products, thus their over-all health level is continually declining, but at a much slower rate than if this "exchange program" were not enacted.

- 1) Keeps the cells from having to expend great quantities of alkaline, thus prolonging their life.
- 2) Keeps the blood pH within normal limits, thus life (though not in health) continues

The storage of toxins in the tissues of the body -temporary or not- is known as a toxic state. More specifically, a toxic state is defined as: an accumulation of toxins, poisons, mucus and/or pus in any tissue of the body a localized area of constipation. In a healthy condition, no toxins are to be found in any tissue at any time.

As the tissues take in toxins from the blood, they will initially attempt to eliminate the toxins from the body. This elimination of toxins is not through the normal channels of elimination, because this would require the toxins to pass through the blood stream. Rather an alternate avenue is used which is not designed for elimination. This is called vicarious elimination.

The more vitality (the higher the health level) the tissues have, the more irritability they possess, thus the more vigorous will be the eliminative reaction of the tissues, or the more intense will be the symptoms of elimination. These symptoms of elimination are

known as either an acute illness or a sub acute illness.

The toxins eliminated from the body via acute and sub acute illnesses are generally through a tissue that is on the surface of the body; e.g.: skin, mucus membranes. (See chart on page 21.)

Acute and sub acute illnesses are carried out with the aid of the endocrine system - mainly thyroid and adrenal glands.

As the toxic input continues, combined with suppression of acute cleansing reactions (via drugs, herbs, etc.) the cells continue to become more toxic, more acid, and have a lowered vitality. Desensitized, the tissues can no longer afford the energy or nutrient resources required for an acute cleansing response, and must resort to a less efficient mode of vicarious elimination. This is known as chronic disease. While chronic diseases generally utilize the various surfaces of the body, the main differentiating factor between acute/sub acute illnesses and chronic diseases, is that chronic diseases are not carried out at the expense of the endocrine system, or at least, not to the degree of the acute/sub acute illness.

With continued wrong living and eating habits, the continued suppression of eliminative processes, the continued depletion of alkaline supplies, the continued toxicity of the tissues, the vitality of the cells decreases to the level that the cells can no longer afford the energy required to produce even minimal vicarious elimination (as in chronic diseases). All the body can afford to do is simply store the toxins in the tissues where they remain. This at least keeps the blood stream from becoming acid, negating immediate death. As a result of this long term storage of toxins, the tissues involved begin to degenerate, meaning the tissues are altered from their normal or designed structure. This is known as a chronic degenerative disease. The functioning of the cells, and thus tissues, is therefore altered greatly. The tissues, in essence, are mutated from their normal state.

Death of the body results when one or a combination of the following is true:

The vitality of the body is so low that it can no longer mobilize toxins out of the blood stream into the tissues, resulting in acid/toxic blood.

The cells of the body no longer possess adequate alkaline to neutralize acids in the blood stream, resulting in acid blood.

The cells of the body (may be a localized area, e.g.: heart) become so acid and toxic that they can no longer function efficiently enough to carry on their part of the life process, resulting in death of the entire body.

If illness is stopped through detoxification, and wrong living habits continue, the toxins which the body was attempting to eliminate via the illness or disease will be driven deeper into the body setting the stage for a more toxic, more serious, more chronic disease.

THE DETERMINING FACTORS OF DISEASE SUSCEPTIBILITY

Diseases and illness are not "caught" or acquired by fate. They are earned, some out of ignorance and some laziness, but nonetheless, earned. There are several questions which arise when the above concept of "working" for diseases is discussed. Such questions as:

If we don't catch diseases, how come when the flu is going around everyone seems to get it?

How come not every one catches a cold when colds are going around?

How come two people eating basically the same diet, living the same lifestyle will develop different diseases?

If disease is caused by violating the laws of nature, how come a man in his 90's who has violated these laws all of his life is in relatively good health, and his two year old grandson is dying of cancer - a chronic degenerative disease?

There are four main factors which determine the diseases or illnesses one will develop when they violate nature's laws. These are:

- 1) ATTITUDE**
- 2) TYPES AND SEVERITY OF STRESS**
- 3) VITALITY OF THE BODY**
- 4) GENETIC POTENTIAL**

1) ATTITUDE AND ITS RELATION TO DISEASE SUSCEPTIBILITY

There is no question now that attitudes and emotions play a major role in the health of the body. Science has always suspected this; the mechanism is now beginning to be understood - there is a definite cause-and-effect relationship between food, attitudes and health, as well as wrong attitudes and disease.

2) TYPES AND SEVERITY OF STRESS

Different stresses will affect the body in different ways, thus different ailments will be manifest in different parts of the body. This factor is only minimally influenced by genetic tendency, but may establish new genetic weaknesses for offspring.

Eg.: A cigarette smoker will obviously store much of the noxious toxins of this habit in his lung tissue, whether he has genetically weak lung tissue or not. However if he does happen to have genetic weaknesses of the lungs, the symptoms resultant from smoking will manifest much earlier than one who does not have genetically inferior lung tissue.

The body, in some cases at least, attempts to eliminate or storespecific toxins through certain avenues. Some examples:

salt via the skin (perspiration tastes salty)
uric acid stored in the big toe, feet (gout)

Also, the more severe or toxic the stress engaged, the greater the toll it will take on the health of the body.

3) VITALITY OF THE BODY

By definition, the vitality of the body refers to the overall energy level of the body, how much irritability the cells possess, the closeness of cell pH to 7.0, how free the tissues are of toxins, etc. The greater the vitality, the more energy the cells will have, therefore the greater will be the vicarious elimination efforts by the tissues. This vicarious elimination will be directed towards the surface of the body - to get it out of the body. Thus the mucus membranes and skin will generally be the avenues of exit where symptoms will arise when the body's vitality is high. Eg.: sinusitis, ear infections, measles, chicken pox, etc.

As the vitality lowers, due to continued toxic input, stress and suppressing cleansing reactions, the body, not being able to afford the energy to perform vicarious elimination, must simply store the toxins in its tissues, in deeper layers of the body. Eg.: Arthritis, cancer, senility, diabetes, etc.

4) GENETIC POTENTIAL

Diseases are not inherited; rather the tendency or potential of a disease is passed on from parents to offspring.

The disease tendency is transferred via the genetic code. A genetic tendency is just that: a potential disease. A genetic weakness does not have to manifest as a disease unless the laws of nature are violated.

Only then will the weakness manifest.

E.g.: The father has a heart problem. He will pass on to his child(ren) genetically weak heart tissue. This does not necessarily mean the child is born with a heart problem. Nor does it mean the child ever has to have a heart problem; however, should the child violate the laws of nature, the violations will take their toll in the weakest tissue(s) of the body - in this case the heart.

Genetic weaknesses or tendencies grow weaker with each succeeding generation if the parents are engaged in a stressful lifestyle, including toxic diet. Thus the amount of wrong doing that is required for a genetic weakness to become clinical (manifest) grows less and less as the genetic tendencies become weaker. As a result, a child on a toxic diet may manifest a heart condition passed on to him genetically at a very early age as compared to the age of his father developing a heart condition. It is even possible that the child could develop the clinical manifestation of the weakness before the father does.

Likewise, a grandparent may live all of his life, violating the laws of nature and never manifest a problem in the particular area that his offspring do. This is because either:

The grand parent's weakness was so minor that he died of other causes before this weakness became clinical; or,

The grandparent did not actually have a genetic weakness, but due to his stressful lifestyle, passed on a genetic weakness to his offspring

The Pottinger Cat Experiments illustrate the genetic tendency principles.

In the 1940's, a medical doctor, Francis M. Pottinger, made an experiment using 900 cats to determine what effects processed foods have on the body. The cats were divided into five groups. Two of the groups were fed whole foods-raw milk and meat - real foods for cats. The other three groups were given denatured foods pasteurized, evaporated and condensed milk. All the groups were fed the same minimal basic diet to sustain life. However, the predominant portion of the diets were either real foods or denatured foods as listed above. The cats were observed over a four generation period and the following results were documented by Dr. Pottinger:

POTTINGER CAT EXPERIMENT SUMMARY					
GROUP	A	B	C	D	E
FOOD FED	raw meat	raw milk	pasterized milk	evaporated milk	condensed milk
1st Generation	remained healthy	remained healthy	developed diseases and illnesses near end of life		
2nd Generation	remained healthy	remained healthy	developed diseases and illnesses in middle of life		
3rd Generation	remained healthy	remained healthy	developed diseases and illnesses in beginning of life; many died before six months of age;		
4th Generation	remained healthy	remained healthy	no fourth generation was produced: either third generation parents were sterile, or fourth generation cats were aborted before birth		
Source: Pottinger's Cats, a Study in Nutrition					

DRUG THERAPY

If you have a headache, the doctor prescribes aspirin. The headache disappears and everyone is happy. No one ever asked the question, "What caused the headache?". Based on the treatment prescribed and the resultant "cure", we can conclude that the headache was caused by an "aspirin deficiency". However, a little research will tell us that aspirin is composed of salicylic acid - an absolute poison to the body, thus an "aspirin deficiency" is out of the question. In fact, any drug on the market, we will find, is composed of chemical

toxins which are poisonous to humans. How then can drugs alleviate symptoms, cure ills, wipe out disease and generally make us feel better if they are poisonous?

To understand how drugs "cure" symptoms, let us look a little deeper into how aspirin takes away a pain. Did you know that aspirin will relieve any pain in the body, whether it be a headache or a toe ache? The only exception to this is stomach pain. Aspirin will not help stomach pain. Ask the pharmacist how aspirin works, he will tell you that it has some sort of numbing effect over the entire body, so regardless of where the pain is, it is relieved. But isn't the stomach part of the body? Why doesn't aspirin take care of stomach pain? He will reply that this is one of the great mysteries of aspirin.

Let's say you are out on the farm hunting and you get a thorn in your finger. It is quite sore, so you decide to head back to your truck to get some tweezers to take care of the problem. As you pass through the barn yard you step on a nail. Do you still feel the pain of the thorn in your finger, in fact do you even remember it is there? Was it suddenly cured when you stepped on the nail? No, not at all. Then why is the thorn no longer a concern? Simply because your body now has a higher priority - something more life threatening to worry about - the nail in the foot.

Then as you are passing through the barbed wire fence to finally reach your truck, you shoot your toe off with the shotgun (the other foot of course). Are you now aware of the thorn? No. How about the hole in your foot from the rusty nail. I don't think so. Why not? Once again the body shifted its focus to the most life threatening situation. There is only x amount of energy in the body. If we create a crisis in one part of the body, energy must be "borrowed" from other parts of the body to cope with the crisis.

Every aspirin (buffered or not) causes a teaspoon worth of bleeding in the stomach. If you have a headache, which is generally caused by toxic blood from something we've eaten which is harmful to us, and you take an aspirin causing internal bleeding, which do you think would be more life threatening? In most cases the internal bleeding. The body must now shift its attention to the higher priority problem (stomach), and the headache disappears. Did the aspirin remove the toxins from the blood stream? Not at all, just created a more life threatening situation.

If the aspirin does not take away the headache, it simply means that the internal bleeding is not more life threatening than the toxic blood. So now take six aspirin, and a more life threatening situation will take place in the stomach and the headache dissipates.

Why doesn't aspirin take care of stomach pain? If you have stomach pain then your body's attention is already focused on the stomach. Additional stress there will not force the body to shift its attention elsewhere in the body. Tylenol, however, will alleviate stomach pain because it plays havoc with the liver, causing the body to move its attention from stomach to liver. Thus all drugs produce symptomatic relief without actually removing the cause.

A drug "cures" your complaint by creating a disease of its own. If the poison of the drug, whatever drug you want to name, is more life threatening to the body than the symptom for which you took the drug (or the doctor's prescription for such), then your symptoms will disappear. If the drug is not more life threatening, then it will not produce symptomatic relief and the doctor will prescribe a stronger, more poisonous, more life threatening drug. Now the body will be forced to focus on the drug so that the drug literally doesn't kill the body. You become symptom free. Yet the cause of the disease was not eliminated, and true healing did not take place. Since there is no such thing as a drug deficiency, the body simply put the disease process on hold to eliminate the drug. How many children do you know that take antibiotics for infections? The antibiotic stops the symptoms. As soon as the antibiotic is stopped, the infection returns. It is because the antibiotic does not kill the infection, rather the antibiotic is so toxic to the liver and rest of the body, that the body must wall off, or put on "hold" the infective process to deal with the drug before it kills the body. Once the drug is dealt with, the body will, as soon as it has built up adequate nutrients and energies, resume the cleansing process via the infection. If the taking of the antibiotic was so devitalizing to the body, lowering its frequency, the infection may not return, only a more serious chronic disease at a later date.

One of the great laws of nature is the law of cause and effect. We do not gain anything without working for it. Diseases are not "caught", they are earned by not taking care of our bodies. How then can we not stop doing the wrong that made us sick, take a drug and get well? It is the same as the drunk saying, "Sober me up with a pill, but let me keep drinking". Impossible to do. Disease is no exception.

When anesthetic is administered to knock one out for surgery, the same principle applies. The anesthetic is so poisonous to the body, that the body must put itself to sleep to free up the tremendous amount of energy that is used for consciousness. This energy is then utilized to eliminate the toxic anesthetic from the body before it causes death.

Why do you think people are so sick and groggy after surgery. Why do something like 2% of people who undergo surgery die from the anesthetic if it weren't a poison? Different drugs rob energy from different parts of the body, thus they have various effects or "cure" different symptoms.

The bottom line is that they rob energy from the body, change the body's priorities to focus on the drug - a more life threatening situation - and the cause is not eliminated. We are actually still sick, just as some must stay on drugs a lifetime to stay symptom free, constantly increasing the dose as they become sicker and sicker. Others are "cured" by the drug and can stop taking it, only to face another more serious disease down the road. If we would just listen to the body when we become ill, let the illness tell us our symptoms are due to something wrong we are doing (wrong diet or life style), stop doing it, then the illness as well as the need for drugs would be eliminated and a more healthy life would result.

Side-Effects

"Side-effects" which often result when drugs are administered are the body's effort at eliminating the drug. Eg.: breaking out in a skin rash - body pushing drug out through skin, getting drowsy - body conserving conscious energy in order to stay alive while eliminating the drug.

The Logic of Drug Therapy

Drug therapy defies all logic when we consider that any drug administered to a healthy person will make him sick, and yet the doctor prescribes these very poisons to a sick person and expects him to get well. How can a body be poisoned back to health?

FOOD CONSUMPTION IN THE U.S.A.

Between 1900 and 1980

Fresh fruit and vegetable consumption decreased from 40% to less than 5%
Butter consumption decreased 75%
Lard consumption decreased 66%
Unprocessed potato and sweet potato consumption decreased 40%
Processed potatoes comprise 33% of all white potatoes consumed
The majority of these are in the form of french fries
The fast food industry sells 75% of all french fries eaten
Whole grain consumption decreased 50%
Beef consumption increased 75%
Dairy product consumption (other than butter) increased 25%
Cheese consumption increased 400%
Fat and oil consumption increased 150%
Margarine consumption increased 800%
Corn syrup consumption increased 400%
Sugar consumption increased 50% (the average person consumes 150 pounds of REFINED WHITE SUGAR per year)
Processed fruit and vegetable consumption (other than citrus fruit)

Between 1910 and 1980

Poultry consumption increased 350%
Fresh apple consumption decreased 70%
Fresh fruit consumption decreased 33%

Between 1930 and 1980

Processed citrus fruit consumption increased 2500%
Fresh citrus fruit consumption decreased 50%

Between 1940 and 1980

Egg consumption decreased 25%
Food coloring consumption increased 90%

Between 1960 and 1980

Soft drink consumption increased 300%
Each person consumes 38 gallons of soft drinks annually (one fifth of our sugar intake is in soft drinks)

*Statistics compiled by the United States Department of Agriculture

Health Through Nutrition

by Dr. Joel Robbins

THE HEALING CAPABILITY OF THE BODY

Is there such a thing as an incurable disease? From a medical standpoint many diseases are incurable. The only reason some diseases are deemed incurable by the medical profession is because they have yet to get out of the body's way and let it work in restoring itself to health. They have yet to learn about removing the cause. The medical profession is bent on "curing" the body. This is done by providing symptomatic relief. In so doing, they not only hinder all or most healing activity of the body, but actually produce a more stressful condition for the body, lowering its immune system, leading to a more serious diseased condition.

This body is not designed nor programmed to be diseased. It does not know how to be diseased. The only thing the body knows is survival. Disease is the body's effort at surviving in the face of violations of natural laws that govern the body.

If the body has the intelligence to produce a disease, it is capable of reversing the process to return to health once the cause is removed. Disease is a compensation or reaction to a wrong committed. The body holds on to the disease in order to survive in the face of the violation of a natural law which continues to be committed. The removal of the violation - physical or emotional - then would allow the body to withdraw its survival mechanism and return to health. The longer the body has had to be in a survival mode the longer it will take to return to health.

Since the body is programmed and knows only health, it is absurd and narrow-minded to state that the body cannot return to health (that a disease is incurable). The only limitation to the body's return to health is the limitations we put on the body, both out of ignorance and indifference.

All diseases are curable by the body by adhering to natural healing-principles. Some people find themselves diseased, change to a natural living lifestyle and do not gain total health, some even die of the disease. This is for one or both of two reasons:

In attitude they were not ready for the responsibility of health, were not willing to learn the lesson for which the disease was a symptom.

The disease process had such a momentum going that not enough time was available for the sick, toxic, inefficient body to utilize the newly introduced nutrients and energies for reversing the disease before the disease killed the body. Remember it is the body's action or utilization of the nutrients for healing, not the nutrients' action on the body.

HOW LONG TO HEALTH?

Just as the body does not get toxic and diseased overnight, it also cannot "clean house" and rebuild itself overnight. A person may spend years tearing their body down and filling it with toxins, so an immediate healing is impossible. It is doubtful if anyone can become totally healthy within one year no matter how dedicated one is to healthful living and eating. Those using a "transition diet" approach are looking at several years until health returns, providing their "transition diet" is continually upgraded. However, many improvements in the body's health take place along the way to give encouragement to continue pursuing a health-producing lifestyle.

FACTORS INFLUENCING THE LENGTH OF HEALING TIME

HOW QUICKLY ONE ADOPTS HEALTHFUL LIVING HABITS

Proper exercise
Adequate rest/sleep
Pleasant surrounding/environment
Sunshine
Nutritious dietary intake
Positive mental attitude

HOW QUICKLY ONE DOES AWAY WITH WRONG LIVING HABITS

Elimination of those things which made the body diseased
e.g.: stresses, stimulants, toxins, etc.

THE OVERALL LEVEL OF VITALITY OF THE BODY

THIS IS DEPENDENT ON:

- Degree of Degeneration of the Body
- Level of Acidity of the Body Cells
- Amount of Accumulated Toxins in the Body

THE AMOUNT OF "WANT TO" ONE POSSESSES

self discipline, determination, desire to be healthy

DEGREE OF FREEDOM FROM PENT-UP EMOTIONAL SCARS AND ENERGIES

LACK OF ONGOING EMOTIONAL/MENTAL ANXIETY

AMOUNT OF WORRY AND ANXIETY OVER THE HEALING PROCESS

Lack of understanding of true healing

SPIRITUAL ALIGNMENT

ATTEMPTS TO "HELP OUT" NATURE WITH THE HEALING PROCESS

- 'treating' symptoms arising due to true healing process using 'natural' and unnatural remedies to 'promote health' Generally it takes one year of healing for every seven years of living a toxic lifestyle.

THE BENEFITS OF JUICING

JUICES

Commercially produced juices are pasteurized (dead) and contain some or all of the following: Sugar (dextrose, fructose, corn syrup), food colorings, preservatives, synthetic vitamins, salt, other additives.

Health food store brands generally are pasteurized, but are otherwise fine.

The best juice is freshly made and diluted 25-50% with distilled water. Freshly made, full strength juice is concentrated and should not be considered a drink, but a meal. (See JUICING below).

JUICING

Everyone can benefit from juice regardless of the physical condition. Ideally, we would receive all our nutrition from our raw fruit and vegetable diet and thus, juicing would not be necessary. But because:

We do not eat almost totally raw foods.

The quality of the fresh produce is low.

The stress we live under affects assimilation of raw produce.

Juicing, therefore, is a great means of filling the gaps as listed above. It can be likened to getting healing nutrients "wholesale", in that in the juiced form they are so easy to assimilate. All should consider purchasing a juicer, and engage in the drinking of raw fruit and vegetable-juice for the following reasons:

Juiced foods require little or no digestion; thus, the healing nutrients of the raw fruits and vegetables are readily available for assimilation. Therefore, the overall healing process is made much more efficient, in that most people's digestive systems are so toxic and inefficient that their ability to break down raw fruits and vegetables is greatly hampered. (Cooked and processed foods are partially broken down before they are consumed.) The paradox is that raw foods provide the nutrients which heal the body, including the digestive system itself. Yet a sick digestive system is unable (to various degrees) to digest the food that will heal it. Digestive enzyme supplements are suggested in this case, and juicing will further remedy this situation.

Juicing will serve to motivate one to continue on with the proper diet, as he sees the results through juicing.

A glass of raw juice is the best "multivitamin/mineral supplement" money can buy. If you are concerned that you are not getting all the nutrients out of raw fruits and vegetables that you need, or you are just beginning to change your diet and want to increase your healing rate, drink at least a glass of raw juice daily. A 4-8 ounce glass of raw fruit or vegetable juice is like gold to your body. It provides not only all of the healing nutrients that have been isolated, but also all of those that man has yet to discover. It provides them in their living,

organic, alkaline, whole, complete, balanced form. It is important to remember that juicing has a concentrating effect on the nutrients in fruits and vegetables. A glass of juice can (and should) be considered to be a meal in itself. (When juicing, take note of the quantity of fruits or vegetables used to make a glass of juice. Could you eat that much in one sitting?) Therefore, when juicing, keep the following guidelines in mind:

Sip - drink slowly - a glass of juice. This allows for better assimilation.

Drink the juice alone, not with solid food. Because juice is a concentrated food, a meal in itself, taking it with food would way overload the digestive system and defeat the purpose for drinking it. Allow at least one hour after drinking a glass of juice before eating any food, and until you are hungry.

Likewise, do not drink juice until your stomach is empty after eating a meal or snack.

Do not combine fruits and vegetables. As these require different digestive processes, fruits need to be separated from vegetables.

- All fruits may be mixed together.
- All vegetables may be mixed together.
- All melons may be mixed together.

Exceptions: Lettuce and celery can be combined with either fruit or vegetable juice. Apples will mix with vegetable juices (this helps to sweeten).

When making vegetable juice, make it predominately (80+%) either:- carrot juice, or-tomato juicemixing with these other vegetables as desired - celery, cucumbers, green peppers, etc. While vegetables generally do not contain as high amounts of glucose as fruits, carrot juice and tomato juice are both relatively sweet, and will carry the taste of other nutritious vegetables if mixed in.

Some books on juicing are:

Raw Juice Therapy by John B. Lust; Thorsons Publishers LTD, 91 St. Martins Lane, W.C.Z. London

Fresh Vegetable and Fruit Juices - What's Missing In Your Body? by Norman W. Walker; O'Sullivan Woodside & Co. 2218 East Magnolia, Phoenix, AZ 85034

The Complete Raw Juice Therapy by Susan E. Charmine; Baronet Publishing Co. NY, NY

THE MUCUSLESS DIET

BY DR. CHRISTOPHER

We should not put mucus into the body faster than it can be taken and eliminated. With this preventative diet, not only are the sinuses, the bronchi, and the lungs cleared, but also the constipating mucus (catarrh) in the tissues of the body from the head to the bottom of the feet.

HARMFUL OR MUCUS-FORMING FOODS

Secondary, denaturated, or inorganic food substances are to be eliminated from the patient's diet.

Salt: For those who are accustomed to large amounts of salt, this may sound difficult, but if you will substitute coarsely ground pepper and savory herbs, adding powdered kelp, you will find that the craving for salt will immediately begin to disappear. The black pepper is a good nutritional herb and helps rebuild the body when used in its natural state. But, when pepper is cooked in food, the molecular structure changes, so it becomes an inorganic irritant (as high heat changes the cayenne, black pepper, and spices from organic to inorganic), and this is the only time when damage results. The use of salts of a vegetable or potassium base (such as Dr. Jensen's, Dr. Bronner's, and other various ones, which in some cases contain some sea salt) is all right, providing it is not overdone.

Eggs: No eggs should be eaten in any form.

Sugar and All Sugar Products: You may use honey, sorghum molasses, or blackstrap molasses, but no sugar of any type.

Meat: Eliminate all red meats from the diet. A little white fish once a week, or a bit of young chicken that has not been fed commercial food or inoculated with formaldehyde and other anti-spoilage serums, would be all right (as these are the higher forms of edible flesh), but do not use them too often.

Milk: Eliminate all dairy products, which includes butter, cheese, cottage cheese, milk, yogurt, etc. These are all mucus forming substances and, in most cases, are extremely high in cholesterol. As a substitute for butter or margarine (hardened vegetable oils, etc.), you can train your taste buds to enjoy a good, fresh, bland olive oil on vegetables, salads, and other foods and you will discover this is one of the choicest foods there is.

Flour and Flour Products: When flour is heated and baked at high temperatures, it changes to a mucus-forming substance. This is no longer a food, which means it has no life remaining therein. All wholesome food is organic, where unwholesome food or dead food is inorganic. This is the key to our whole mucusless program.

Supplements: Revitalizing and Healing Aids

Our supplement recommendations will build up strength in the body and start cutting the mucus out of the tissues and remove the catarrh from the system. [Catarrh: inflammation of a mucus membrane especially of the respiratory tract, causing excessive secretions.]

Cayenne: Take one teaspoonful of cayenne three times a day. Start gradually with 1/4 teaspoonful in a little cold water. Add 1/4 teaspoonful to this dosage every three days, until you are taking one teaspoonful three times a day (the graduated dosages will accustom your system to the pungency of the herb). Honey and Apple **Apple Cider Vinegar:** Place one

tablespoonful of honey and one tablespoonful of vinegar in warm water, so that the honey will liquify. Sip this amount three times a day so that at the end of the day a total quantity of three tablespoonfuls are consumed. This must be apple cider vinegar, do not use malts or other types of vinegars, as these are damaging to the body. The apple cider vinegar is medicinal and very beneficial.

Kelp: If there is any indication of a thyroid problem, you should use between ten and fifteen kelp tablets daily. Otherwise, two or more will keep the body in good condition as preventative nutrition. This can take the place of salt and helps build a new thyroid gland. Kelp powder can be used on salads and in other foods.

Molasses: Take one tablespoon three times a day of either sorghum or blackstrap molasses.

Wheat Germ Oil: Take one tablespoonful of a good, fresh wheat germ oil three times a day.

DIETARY SUGGESTIONS: REGENERATIVE FOODS

If this diet is followed as outlined, we guarantee that after a short period of time you will have much more satisfaction from the foods we recommend for better health than you ever had from the food of your former diet. You will also come to your normal weight. If you are overweight, you will lose with this diet; and if you are underweight, you will gain after having passed your "new low," as mucus must be expelled from the body before the good flesh can be restored.

Do not be concerned because this diet omits meat and the commercial types of protein, and don't worry about adding protein, as you will get all that you need in these foods. The gorilla is built on the same order as the human being, and he gets all the protein he needs from just fruit and nuts (and for the human, the greens will round out the body requirements). You can prove this program to yourself!

MORNING

It is best not to "break-the-fast" (breakfast) until at least noon, except in cases of young or very active people. You will find that this will not be hard to do when you use items that we recommend (such as wheat germ oil, cayenne, etc.). These will lower the appetite while providing the needed nutrition, so you will feel satisfied and will have taken these items even the second time during the morning because it is time to eat the regular noon meal but if (after taking the lower bowel tonics, wheat germ oil, cayenne, apple cider vinegar, honey, molasses, herbal teas, etc.), you have room left, are hungry, and want something to eat, the best food to start the day is a good low heated whole-grain cereal; however, this should be cereal in its wholesome state (with life in it). Or eat fresh fruits.

The cereal is prepared by first soaking the whole grain in water sixteen to twenty hours, then heating in stainless steel double boiler at a very low heat, 135 degrees or under, which can be done by pouring hot water over the grain and then applying low heat. It can also be prepared in a thermos bottle, as follows: Take a wide-mouth thermos bottle (pint, quart or whatever size you need for your size of family or individual); fill it in the early afternoon or evening one-third full of high-protein turkey red wheat; then finish filling the thermos bottle with boiling water (turning the container on its top and back once or twice, so that during the evening the water circulates completely into the bottom, or else some wheat in the bottom will not be treated).

When you uncover your vessel in the morning, after low heating the grain all night long, it should be ready for consumption. The wheat is popped open, is soft and very tasty (as none of the flavor has been lost in cooking); this procedure is still improved by pre-soaking. With a little oil or fresh butter added, it is a very delectable food. Some folks like to add cinnamon, nutmeg, allspice, etc.

Wheat contains all of the potential nutrient values needed in the human body. The wheat herb or wheat grass especially is a complete food, as it provides you with protein, calcium, and all the needed enzymes, vitamins, minerals, etc., to rebuild and regenerate the cell structure of your body. The grain is alive until it is killed in some chemical storage procedure, or high heat. The test for germane wheat (which is still in a "wholesome" state, having the life therein) is to plant it and see if it will grow.

This test is also valid for testing cooked wheat, and when low-heated in stainless steel, it will retain the life power and will grow! The foods, prepared in this manner, are organic; consequently, this is the manner that grains must be prepared for use. We are told in holy writ that "all wholesome grains and herbs are for man, and grain is the staff of life," but it does not say that it is permissible to grind it to a face powder fineness or to heat it above 212 degrees F., and change the molecular structure from organic to inorganic, and thereby make it very mucus-forming. The results of man's inventions indicate otherwise. Sprout the grains if you wish, in preference to popping them open with moist heat. Sprouted grains are excellent and nutritious but if you give a growing child a bowl of sprouts for breakfast, he is hungry in a short time, so a good serving of soaked, low-heated grain tastily prepared will "stick to his ribs" for hours. Alternate the wheat with barley, millet, buckwheat, rye, oat groats (whole, not rolled oats).

NOON

If you prefer only a light lunch, then have a tossed salad--a salad as large as you want of mixed vegetables and leafy greens, using homemade olive oil dressing:

1 cup olive oil 2 tablespoonfuls apple cider vinegar Pinch herbs, black pepper, etc.

Make this dressing to your own taste, for there are so many varieties you can make--avocado, onion, garlic, etc.--but do not use the processed dressings of the commercial market.

Juices may be taken during the afternoon: carrot, grape, apple, etc. Dried fruits and nuts are very nourishing and beneficial, and the latter are better (as a whole protein) when used in combination with the garden greens. If a person has cancer or is inclined toward cancer, do not overdo eating protein, such as nuts. This is one thing that does damage to the pancreas and, in these cases, eat the nuts only in the morning. But stay away from peanuts and concentrate on almonds. A person with a cancerous condition should use from eight to ten almonds in the morning and the same at noon. But do not take any protein from evening time until the next morning, allowing sixteen to eighteen hours for the pancreas to clear and start to work on enzymes again. All protein should be taken early in the morning. And, of course, in cancer cases, never any secondhand or secondary protein, such as meats.

Proteins are a fad and are highly over-advertised. All fruits, vegetables, grains, nuts and seeds have protein in them. If you are eating a good live mucusless diet and wonder what to eat for protein, ask any gorilla. Their body organs are built just like a human's, and they live a number of years longer than humans. They are one of the strongest animals, for their weight, on the face of the earth. They are fruitarians, eating that which grows above the ground, fruits, grains, nuts and seeds. We enjoy underground roots and tubers, but they do not dig as we do; so with carrots, potatoes, beets, etc. added to the above-the-ground vegetation, we should do better than the gorilla.

We kill the cow to eat the steaks for the protein she gets from eating grass. Let's get our protein fresh and natural, not secondhand as from animal's flesh or from something in its dead state concocted by man. Commercial protein will work on the effect and give quick relief from certain ailments, but overuse of commercial types will overwork the pancreas and other glands, causing low blood sugar (hypoglycemia) and/or diabetes (high blood sugar). The natural live protein in foods on the mucusless program will be used as needed and the surplus discarded from the body naturally when not needed. The sedimentation of the commercial type of protein of lower vibration remains in the gland of the body and causes future trouble. Regular meals can start off with a nice cup or bowl of potassium broth. Dehydrated vegetables in the form

of potassium powder or broth can be purchased from most health stores or you can prepare your own. Some health books provide instructions for making potassium broth. You can add the left-over, savory vegetables and here you have one of the most exotic-tasting, low-heated vegetable soups that is imaginable. The broth starts the meal off, and is followed with salad. There are thousands of salad combinations, and with some investigation and experimentation, you will never run short of interesting ones. After that, serve the low-heated vegetables (many types can be prepared with various savory herbs, and these can be removed from the low heat just before serving), and these will always be tasty and beneficial as long as they are low-heated and are still in a wholesome state. At least five to six vegetables should be eaten each day, of which two should be green, leafy ones. A small amount of bland oil (such as olive oil) added to the baked potato, baked squash, etc., is very good. If you are using cayenne regularly, you may use fresh butter on your vegetables. You can explore and concoct some very interesting, intriguing meals with a little daring and imagination, and you will never need to worry if you eat copiously until you are satisfied, and you will have all the nutrition that is needed for ample physical strength; use casseroles with whole grains, etc. You can prepare delicious casseroles with barley, rye, millet, wheat soaked as above and while low heating add fruits or vegetables, tasty herbs, etc. All lentils, beans, soys, etc., prepared this way are alive and good eating. Soys and most beans can be soaked for two or three days and then low-heated twelve to twenty hours adding onion, garlic, peppers, etc., during low-heating.

Do not drink liquids during mealtime. Mix food thoroughly with saliva. Wait 1/2 hour after eating before drinking.

EVENING

This is generally the heavy meal of the day, but you can reverse this at will if you like, eating the heavy meal maybe at noon, then the light meal with a salad at night. If you prefer a warm meal, start off with a cup of vegetable broth (regular potassium broth). The broth should be followed with a salad, then the main course is steamed vegetables that have been prepared at low-heat. Be sure to always cook in stainless steel, Pyrex, or some approved vessel, but never in aluminum!

Juice or nuts, dried fruits or fresh fruits are all excellent. Whenever you use a fresh fruit, use it alone, only one type of fruit at a time. When you want to eat some other type of fruit, wait for one half hour or more at least before eating it, and this will prove much easier on your digestive system.

The monodiet is also recommended for people on a healing routine. If the individual feels he is well and healthy, a fruit salad or mixed fruits at times is permissible.

Class 1: Introduction to Natural Healing

"I come that they might have life and that they might have it more abundantly." -- John 10:10

What is Natural Healing?

- Natural Healing treats the whole person and aids the body/mind/spirit to heal itself by creating a lifestyle and environment that promotes wellness and healing.
- Natural Healing is not a quick, one-time fix, but a change of habits and lifestyle.
- Natural Healing treats the whole body using the natural methods God has provided, it is not allopathic (medical term meaning to treat the disease rather than the whole person).
- Natural Healing is recognizing and understanding cause and effect—we reap what we sow.
- Layman can do natural healing.

What is Disease?

- Dis-Ease "a particular destructive process in an organism." (Webster)
- Disease is an effort of nature to free the system from conditions that result from a violation of the laws of health.
- Disease is not a mystery.
- We see disease as the manifestation of our bodies trying to heal themselves.
- Disease can happen in people for any and all of the following reasons:
 1. Hereditary – Weak genes.
 2. Dietary – Poor diet.
 3. Environment – Stress, toxins, bad attitude.
 4. To glorify God—To show His power and greatness when healed.
- Disease is caused by blockage of the blood, nerves, lymph, emotions, etc.

Why do we need Natural Healing?

- One need only look at the American health statistics to see that our Nation's health is not what it should be, or could be. Natural Healing is God's way of preventing and healing diseases that most doctors claim to be "incurable."

"And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases

upon thee, which I have brought upon the Egyptians: for I am the LORD that healeth thee." Exodus 15:26

- Heart Disease

The number one killer in America is cardiovascular disease. In 1991, heart and blood vessel diseases killed more than 923,000 Americans. More than two of every five Americans die of cardiovascular disease. Today, more than one in five Americans suffer from some form of cardiovascular disease, with more than 2,500 Americans dying from it each day. *The Franklin Institute Science Museum* with support from *Unisys Corporation* "<http://www.fi.edu/biosci/heart.html>".

Approximately 58,200,000 Americans have one or more forms of cardiovascular disease. *Jefferson Health System* <http://www.jeffersonhealth.org/diseases/cardio/index.htm>

- Breast Cancer

Every 15 minutes 1 American woman dies of breast cancer; 5 others are diagnosed; most common cause of cancer death for women age 15-54 years old. (*Entergy Times*, May 1999, pg. 38; quoting *Definitive Guide to Cancer* (Future Medicine Publishing) by W. John Diamond, MD, W. Lee Cowden, MD with Burton Goldberg). One out of three cancer diagnoses is breast cancer. (Y-Me National Breast Care Organization 1998 @ <http://www.y-me.org>)

One out of eight women will develop breast cancer in their lifetime. (Y-Me National Breast Care Organization 1998)

Breast cancer is the leading cause of death for women 40-55 years of age. (Y-Me National Breast Care Organization 1998)

- Prostate Cancer (US Centers for Disease Control and Prevention 1998)

Excluding dermatologic cancer, prostate cancer is the most commonly diagnosed form of cancer in the United States.

American Cancer Society estimates that 184,000 new cases will be diagnosed in 1998 and 39,200 men will die from prostate cancer in 1998.

Prostate cancer is most common among men ages 65 and up.

Although prostate cancer is most often thought of as a disease of older men, over twenty (20%) percent of patients are in their forties and fifties. Condensed from the Express-Times, Easton, Pennsylvania, 3/1/94. <http://www.mathews.org/statistic.htm>

Prostate cancer strikes one in eight adult American men. Condensed from the Express-Times, Easton, Pennsylvania, 3/1/94.

Prostate cancer is the most common tumor cancer found in America, and the second-leading cause of male cancer deaths after lung cancer. Condensed from the Express-Times, Easton, Pennsylvania, 3/1/94.

- General Cancer Statistics

1,500 people will lose their lives to cancer every day in 1998. (The National Center for Disease Control and Prevention 1998 @ <http://www.cdc.gov/nccdphp/dpc>)

There will be an estimated 1.2 million new cancer cases in 1998. (The National Centers for Disease Control and Prevention)

One of four deaths in the US is from cancer. (The National Centers for Disease Control and Prevention)

Cancer claims 530,000 American lives a year. (University of California Berkeley Wellness Letter June 1997)

Autopsies on men over 50 years old, who died of other causes, showed that 1/3 of them had prostate cancer.

At the turn of the century statistics showed that 1 out of 25 people had cancer. This year, statistics show that 1 out of 3 Americans will have some form of cancer; by the year 2000, experts claim that everyone will have some form of cancer. (*Healing Cancer Naturally* seminar, Dr. Richard Schulze, October 1998)

- Prominent cancer researcher, Dr. Hardin Jones (University of California) said, in his *Report on Cancer*, March 7, 1969: "My studies have proven conclusively that untreated cancer victims live up to four times longer than treated individuals..." G. Edward Griffin, in his book *World Without Cancer*, states that the cure rate of cancer is only 7.5%!
- Antibiotics are becoming useless against the new strains of viruses, bacteria, and fungi. When antibiotics are used they also kill the good bacteria in our body creating

Candida. Researchers from the University of Maryland reporting in the February 26, 1999 issue of *The Lancet*, the British medical journal, that bacteria resistant to the most powerful antibiotics used to treat infections in people have been found in chicken feed. This was identified as a potentially serious public threat to people handling and/or eating the contaminated chickens since these bacterial may pass on their drug-resistance to other, dangerous organisms. J. Glenn Morris, Jr., of the University of Maryland and an author of this study, said that the growing number of hospital patients with drug-resistant infections led him and his colleagues to test commercial chicken feed, with these disturbing results.

Steps in Natural Healing:

- Change of Lifestyle – Stop doing what is bad and start doing what is good (do it at a realistic pace that your body and mind can handle).

"Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are."

I Corinthians 3:16,17

"If my people, which are called by my name, shall humble themselves, and pray, and seek my face, and turn from their wicked ways; then will I hear from heaven, and will forgive their sin, and will heal their land." II Chronicles 7:14

- The eight laws of natural health:
 1. **Fresh Air** – supplies your body with pure oxygen to build good blood and also removes waste products from the body via the lungs;

"And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul."

Genesis 2:7

"The body can go 40 plus days without food, possibly 4 days without water, but less than 4 minutes without air (oxygen)... The oxygen is picked up by the blood and taken to every part of the body where it becomes food for the building of new cells." Dr. George H. Malkmus, *Why Christians Get Sick*, pg. 13. "The greatest need of the body is 'pure air!' Approximately 96% of our nutritional needs comes from the air! Thus, the purer the air, the higher the quality of nourishment." Malkmus, pg. 91.

2. **Sunshine** – supplies your body with vitamin D, detoxifies your body through

the skin, and just makes you feel good;

"Then shall the righteous **shine forth as the sun** in the kingdom of their Father. Who hath ears to hear, let him hear." Matthew 13:43

"The sun is man's best source of vitamin D. The sun makes it possible for the body to assimilate calcium." Malkmus, pg. 96

3. Rest – a time to gain peace and let your body rebuild;

"Thus the heavens and the earth were finished, and all the host of them. And God ended his work which he had made; and **he rested** on the seventh day from all his work which he had made. And God blessed the seventh day, and sanctified it: because that in it **he had rested** from all his work which God created and made." Genesis 2:1-3.

4. Pure Water – to put in and on your body for cleansing and improving circulation;

"And he said unto me, It is done. I am Alpha and Omega, the beginning and the end. I will give unto him that is athirst of the fountain of the **water of life** freely." Revelation 21:6

Our bodies are comprised of between 75% and 85% water.

5. Proper Nutrition – to supply the body with proper nutrients to create good blood and cells;

"And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Genesis 2:29 (man's original diet).

Vegetarian Lifestyle (fruits, veggies, nuts, seeds, grains, eggs, dairy),

Vegan Lifestyle (same as Vegetarian except NO animal products.)

"Insoluble fiber is believed to reduce the risk of cancer of the colon and rectum. Insoluble fibers can be found in fruits and vegetables, which is most likely why they are linked to a decrease in the risk of certain cancers." (Tufts University Diet and Nutrition Letter December 1996)

6. Exercise – To move the good blood around to all areas, to build strength,

muscle and bone, improve attitude, boost immune system;

"In the sweat of thy face shall thou eat bread..." Genesis 3:19

"Women who exercise 4 hours a week are 37% less likely to develop breast cancer than sedentary women." -- "For example, a 5-foot, 5-inch woman who was consistently active and weighed less than 136 pounds was 77% less likely to develop breast cancer." (Tufts University Health and Nutrition Letter July 1997)

7. Abstemiousness – staying away from the things that destroy life;

"And Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself... And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat." Daniel 2:8,15

"Numerous studies provide strong evidence that alcohol increases the risk of breast cancer... Scientists believe that alcohol may change levels of hormones such as estrogen, which play a role in the development of breast cancer." (Tufts University Diet and Nutrition Letter December, 1996)

8. Trust in Divine Power – Knowing that God Loves all of His people and wants them to be well and that He will bless your efforts.

"The LORD also will be a refuge for the oppressed, a refuge in times of trouble. And they that know thy name will put their trust in thee: for thou, Lord, hast not forsaken them that seek thee." Psalms 9:9-10

"And ye shall serve the LORD your God, and he shall bless thy bread, and thy water; and I will take sickness away from the midst of thee." Exodus 23:25

● **Super Nutrition** (Dr. Richard Schulze's SuperFood)

All of the vitamins and minerals we need can be supplied through plant material. Our bodies cannot use raw minerals, but once they are absorbed by a plant, we can assimilate them easily. Super nutrition means supplying our

bodies with all the vitamins and minerals we need in a form we can utilize—quickly and completely.

- **Cleansing of Bowels** (Dr. Richard Schulze's ICF#1 and #2)

Doctor Bernard Jensen D.C., N.D., Ph.D., made the following statement: "In the 50 years I've spent helping people overcome illness, disability and disease, it has become crystal clear that poor bowel management lies at the root of most people's [90% or more] health problems." Further, he states: "Every tissue is fed by the blood, which is supplied by the bowel. When the bowel is dirty, the blood is dirty, and so on to the organs and tissues...it is the bowel that invariably has to be cared for first before any effective healing can take place."

The bowel, with all the absorption surfaces clean, has roughly the surface area of a tennis court. The more clogged it becomes the less vitality is realized.

- **Boost Immune System** (Echinacea)

Our immune system works constantly to fight off infection and disease, and help rebuild our bodies. It is like any other system in the body, and can break down—especially if it is over-worked or suppressed by illnesses such as AIDS.

Many herbs are known to improve the immune system. Echinacea is one of the most powerful, and is used extensively in Europe. In Germany it is actually used intravenously by many hospitals.

- **Cleanse Kidneys/Bladder and Liver/Gall Bladder**

These organs are constantly being called upon to eliminate wastes and toxins from our bodies, as well as perform complex regulation of body functions. When they get blocked as a result of poor diet, disease, or improper elimination, we need to use several methods of "cleansing" them. These methods are simple, yet nearly unknown in America.

At HEAL, we've seen many people perform these cleanse programs and find almost immediate relief from many chronic illnesses.

- **Cleanse Skin**

The skin is the largest organ of our body. It can eliminate enormous amounts of gases, fluids, and solids each day. In fact, the skin can actually relieve the load on our kidneys if they become backed-up. Vigorous skin "brushing" helps keep the skin free from dead skin and pollutants.

- **Specific Herbal Formulae for your condition**

"...and the leaves of the tree were for the healing of the nations." Revelation 22:2

Herbs are simply food. Every plant, bark, seed, root, and berry—every living plant form is an herb.

Herbs contain chemicals. These chemicals help balance, restore, stimulate, sooth, and cleanse our bodies. While herbs alone are not the answer, they formulate a valuable tool to assist us in restoring health and vitality, as well as help to maintain health.

Specific herbs, known to help correct certain physical problems, can be used safely and effectively.

- **Positive Attitude**

"A merry heart doeth good like a medicine; but a broken spirit drieth the bones." Proverbs 17:22

The brain makes chemicals (called Neuropeptides) as a result of our emotional state and our immune system has receptors that actually respond to these chemicals. Supressing thoughts and emotions yields a depressed immune system. Expressing ones TRUE emotions and having happy, loving thoughts, yields an immune system boost.

Detoxification Reactions To Natural Healing or Cleansing:

- The bad that went in must come out.
- You may have flu-like symptoms, headaches, lack of energy – all temporary.
- Can be compared to stirring up sludge in the bottom of a lake. For example, place a jar with water and mud on a table to settle. After a while the water looks clean, but when agitated, it shows how bad it really is.

Class 2: Anatomy Made Simple -- Part I

The Digestion System

"I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well."

Psalms 139:14

The Digestive System – The Foundation to Good Health.

- All physiological, chemical, and anatomical processes in every cell and all organs in our bodies are completely dependent upon the digestive system. All nutrients are supplied by the blood, which is fed via the digestive system, while this same system is used to eliminate wastes and toxins.
- The digestive system can be viewed as one long "tube" from mouth to rectum. Nutrition is absorbed into the blood stream and wastes are removed from the body via this "tube."
- Material is moved through the digestive system by muscular contractions called peristalsis—rhythmic waves of involuntary muscular contractions, muscles contracting and relaxing to move food.
- The parts of the digestive system are listed below (follow along using handout):
 - **Brain**— Seeing, smelling, and thinking start digestive enzymes flowing.
 - **Mouth**— The start of digestion - Tasting, chewing, saliva, swallowing.
 - **Esophagus**— Channel which carries food from the mouth to the stomach
 - **The Stomach**— In the stomach, food is broken down by acids into particles that the body can use..
 - ◆ If food is not chewed properly, the stomach has to work harder – more muscle movement and acid.
 - ◆ If food is eaten with liquid it dilutes the stomach acid and more acid has to be produced.
 - ◆ If meals are eaten before the previous meal has been digested, the previous meal will stay in the stomach until the last meal is digested causing rotting instead of digestion.
 - **Liver**— Food absorbed from the digestive system into the blood goes through the liver where the energy from the food is regulated as needed by the body. The liver is responsible for creating bile (which helps break down and absorb fats). The liver also detoxifies the blood. It is one of the most important organs of our body.
 - **Gall Bladder**— Bile, created by the liver, is stored in the gall bladder and empties into the duodenum (region just below the stomach) to help digestion.
 - **Pancreas**— The pancreas secretes enzymes, which break down protein, starches, and

fats. Highly alkaline juices help neutralize stomach acid.

- **Small Intestine**— Nutrients are absorbed into blood stream. Vitamin B12 is only absorbed in the ileum (last segment of the small intestine).
- **Large intestine**— Water & more nutrients are absorbed into the bloodstream. The waste matter is then eliminated through the rectum and out the anus.
- **Appendix**— The appendix secretes immune cells important in the proper functioning of the immune system. This fluid is secreted as a means of defense against any waste materials that may contain toxins, germs, bacteria, parasites, etc... that are hazardous to the human body.

The Bowel

"And after all this the LORD smote him in his bowels with an incurable disease. And it came to pass, that in process of time, after the end of two years, his bowels fell out by reason of his sickness: so he died of sore disease..." 2 Chronicles 21:18-19.

- "Every tissue is fed by the blood, which is supplied by the bowel. When the bowel is dirty, the blood is dirty, and so on to the organs and tissues...it is the bowel that invariably has to be cared for first before any effective healing can take place." Dr. Bernard Jensen, Ph.D., N.D., D.C., M.H..
- The entire intestinal tract must be cleansed since it is responsible for supplying nutrition to the body. However, without proper elimination, the bowel re-assimilates wastes, toxins, and other products of elimination, which would normally be expelled. Further, a sluggish bowel slows the entire digestive process down and provides a breeding ground for parasites and bacteria.
- Dr. George C. Crile, head of the Crile Clinic in Cleveland and one of the world's greatest surgeons, said: "There is no natural death. All deaths that come from so-called natural causes are merely the end point of progressive acid saturation. Many people go so far as to consider that sickness and disease are just a 'cross' or an element which God gave them to bear here on this earth. However, if they would take care of their body and cleanse their colon and intestines, their problems would be pretty much eliminated and they could eliminate their 'cross' by proper diet, proper exercise, and in general, proper living."
- Dr. Harvey Kellogg, M.D., of the Kellogg Sanitarium said, "Of the 22,000 operations that I have personally performed, I have never found a single normal colon, and of the 100,000 that were performed under my jurisdiction, not over 6% were normal."
- The HEAL program ALWAYS begins by cleansing the bowel. This is accomplished first by using a product that contains cathartic herbs to help the bowel eliminate wastes. Secondly, we use herbal products that draw out and remove hardened old waste material from the walls of the colon and bowel pockets. Finally, we use herbs which help soften and remove mucoid plaque build up caused by an over-acid

digestive system.

Bowel Movement Frequency

- You should have a bowel movement for each meal eaten. The meal you are currently eating should start the peristaltic action to move the previous meal out of the large intestine.
- A bowel movement should take place 30 minutes to 1 hour after your last meal. If you are not having a bowel movement for each meal taken you are constipated. If you eat 3 meals a day you should have 3 bowel movements a day. What goes in must come out otherwise rotting and putrefaction will take place, causing toxins to be put into the bloodstream.
- Constipation can lead to: intestinal toxemia, allergies, asthma, cardiac arrhythmia, heart disease, high blood pressure, sinus trouble, epilepsy, eyestrain, appendicitis, infected tonsils, arthritis, rheumatism, colon-rectal cancer, and numerous other diseases.

Common Diseases of the Bowel:

- **Appendicitis**—Inflammation/infection of the appendix. (Caused by constipation and over-working of appendix.)
- **Cirrhosis**—End-stage degeneration of the liver which usually results from a long-standing injury to the liver as in chronic alcoholism or chronic hepatitis. The liver shrinks and becomes filled with scar tissue and fat, making it difficult for blood to pass through the liver. Symptoms are bleeding tendency, collection of fluid in the abdomen, jaundice, indigestion, constipation, diarrhea, and can lead to serious mental abnormalities.
- **Colon Cancer**—Malignant tumor of the large intestine
- **Crohn's Disease**—and inflammatory bowel disease marked by chronic inflammation, scarring, severe diarrhea, infection, and sometimes bleeding of the bowel.
- **Diverticulosis**—bowel pockets caused by weakening of the muscular walls of the colon, due to years of constipation. These bowel pockets fill with stagnant fecal matter and can become inflamed and infected.
- **Diverticulitis**—Inflammation/infection of the diverticula in a person who has diverticulosis.
- **Duodenal Ulcer**—Commonly called a stomach ulcer. A breakdown in the lining of the first part of the small intestine just past the stomach. Symptoms are indigestion, weakness, and pain in the stomach area.
- **Dyspepsia**—Difficult or painful digestion often described as indigestion, gaseousness, fullness or pain that is gnawing or burning felt in the upper abdomen or chest.
- **Gallstone**—Stone that forms in the gallbladder, most often made of cholesterol

covered by a calcium shell that causes pain when it passes out of the gallbladder and gets stuck in the bile duct. Caused by too much acid in the system.

- **GERD**—(Pronounced "gurd") short for Gastroesophageal reflux disease. The abnormal backward flow of the contents of the stomach into the esophagus causing symptoms of heartburn, fullness, nausea and vomiting.
- **Hepatocarcinoma**—Liver cancer.
- **Intestinal Toxemia**—Toxification of the body due to poisons being reabsorbed from the bowel.
- **Pancreatitis**—Inflammation of the pancreas
- **Spastic Colon**—The most frequently seen bowel disease marked by pain, abdominal cramping, and constipation alternating with diarrhea.

Bowel Cleansing

- The very first step in any Natural Healing program should be cleansing the bowel. The reasons for this are:
 - Many toxins and waste products are eliminated through the bowel—if it is plugged or sluggish, the toxins and waste are reabsorbed into the blood, causing toxemia.
 - Nutrition, which is essential to healing, cannot be assimilated as easily with the bowel clogged.
 - Most sick people, once their bowel is clean and functioning properly, find their symptoms are nearly gone.
 - Even if herbs or other natural treatments are effective, without the bowel being clean, the problems will return (often worse than before).
 - Any cleanse of the liver/gallbladder will force bile into the colon. If the colon is sluggish this bile can make you very sick.
 - Proper lymph drainage requires the bowels to be clear.
- Bowel cleansing is easy, and the results can be amazing. Several methods can be used such as herbal laxatives, colonics, and enemas.
- Bowel cleansing should be performed once each season (for healthy people). If you are sick, it should be much more often.
- Use Intestinal Corrective Formula (ICF) #1 to start the colon working. The herbs in ICF #1 work directly with the bowel to cause peristalsis—even if no nerves are present in the bowel. You can put these herbs on a colon removed from a person, and the colon will constrict—it's a direct chemical reaction.
- Once you are eliminating after each meal and have complete full bowel movements, you should start ICF #2. This removes toxic wastes from bowel pockets as well as removing poisons, chemicals, and heavy metals from the walls of the bowel.
- After the Chernobyl disaster, it was discovered that those contaminated people who had frequent bowel movements survived the radiation poisoning, and those with sluggish bowels died.

Acidity and the Bowel:

- All acid forming foods cause our body to produce mucous in an attempt to protect the organs from being burned by this acid. Over time, the mucous becomes thick and hardens to the walls of the digestive system. Removing this "mucoïd plaque" helps restore vitality to the entire body and permits better assimilation and elimination. However, if the diet is not changed to intake more alkaline forming foods (generally raw foods) the mucoïd plaque will simply return. A good balanced diet for the body is 80% alkaline forming foods and 20% acid forming foods. It is best to eat as many raw foods as possible. Avoid all animal products, and always work to increase the amount of raw vs. cooked foods eaten.
- We need certain acid forming foods, and all of them should not be completely eliminated. However, the Standard American Diet (SAD) is highly acid forming.
- **Acid forming foods:**

ALCOHOL BLACK PEPPER BREAD (WHEAT) CANNED/FROZEN FOOD CHOCOLATE CIGARETTES COFFEE	EGGS MEAT (INCLUDING FISH, BIRDS, SHELLFISH) PASTA PROCESSED CEREALS SALT AND SUGAR	SODA CRACKERS SOFT DRINKS DAIRY (BUTTER, CHEESE, ICE CREAM, MILK, ETC.) TOFU WHEAT PRODUCTS.
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- **Alkaline forming foods:**

ALL FRESH FRUITS ALL FRESH VEGETABLES ALL SALAD GREENS ALL SPROUTS APPLE CIDER VINEGAR—RAW UNFILTERED ORGANIC	DATES DRIED FIGS DULSE FRESH, RAW JUICE GRAPEFRUIT HONEY	MELONS MILLET MOLASSES LIMA BEANS POTATOES RAISINS
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2 Week Intestinal Detoxification Program

Day #1 Start with only one capsule of Intestinal Corrective Formula #1 during or just after dinner. This formula works best when mixed with food.

Day #2 This morning you should notice a increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior today or the difference wasn't dramatic, then tonight increase your dosage to two capsules. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. It has taken most of us years to created a sluggish bowel so lets be patient for a few days and increase by one capsule each day only.

By the end of the first week you should know what your dosage is. If not then remain on this formula alone for an additional week to get regulated before you go on to the next step.

Week #2 At the beginning of week two is when we begin to start the Intestinal Corrective Formula #2. We will take this formula 5 times each day beginning in the morning. One hour after your morning nutritional drink mix 1 heaping teaspoon of Intestinal Corrective #2 powder with 8 ounces of diluted juice. It mixes best if you shake it in a small jar. Do the same 1/2 hour before lunch, between lunch and dinner, 1/2 hour before dinner, and 1 hour before bed, so that you are consuming a total of 5 heaping teaspoons each day.

During or after dinner take your Intestinal Corrective Formula #1 as usual but increase the dosage you discovered the first week by 1 additional pill. If you feel a bit bound by the #2 formula you can increase your dosage of the #1 formula even more.

HELPFUL HINTS It is helpful to drink additional liquid after each dose of Intestinal Corrective Formula #2, at least 8 more ounces. Drink plenty of pure water, herb teas and diluted fruit and vegetable juices during this two week colon cleanse. A good amount is between 64 and 128 ounces of liquid each day. This makes the program more effective.

Intestinal Corrective Formula #1

INGREDIENTS:

Curacao and Cape Aloe leaf (Aloe spicata / ferox), Seena leaves and pods (Cassia officinalis), Cascara Sagrada aged bark (Rhamnus pushiana), Barberry rootbark (Berberis vulgaris), Ginger rhizome (Zingiber officinalis), Garlic bulb (Allium sativum) and African Bird Pepper (Capsicum africana).

THERAPEUTIC ACTION:

This stimulating tonic is both cleansing, healing and strengthening to the entire gastro-intestinal system. It stimulates your peristaltic action (the muscular movement of the colon)

and over time strengthens the muscles of the large intestine, halts putrefaction and disinfects, soothes and heals the mucous membrane lining of your entire digestive tract. This herbal tonic also improve digestion, relieves gas and cramps, increases the flow of bile which in turn cleans the gall bladder, bile ducts and liver,destroys Candida albicans overgrowth and promotes a healthy intestinal flora, destorys and expels intestinal parasites, increases gastro-intestinal circulation and is anti-bacterial, anti-viral and anti-fungal.

CONTRA-INDICATIONS:

Do not use during pregnancy without the guidance of a health care professional.

Intestinal Corrective Formula #2

INGREDIENTS:

Organic Flax seed (*Linum usitatissimum*), Apple Fruit Pectin, Pharmaceutical Grade Bentonite Clay, Psyllium seed and husk (*Plantago species*), WildCrafted Slippery Elm inner bark (*Ulmus fulva*), Organic Marshmallow root (*Althea officinalis*), Organic Fennel seed (*Foeniculum vulgare*) and Actived Willow charcoal (*Salix alba*).

THERAPEUTIC ACTION:

This cleansing and soothing formula is to be used periodically in conjunction with Intestinal Corrective Formula #1. This formula is a strong purifier and intestinal vacuum. This formula will draw old fecal matter off the walls of your colon and out of any bowel pockets. It will also draw out poisons, toxins, heavy metals such as mercury and lead and even more radioactive materiel such as strontium 90. This formula will also remove over 3,000 known drug residues. Its natural mucilaginous properties will soften old hardened fecal matter for easy removal and also make it an excellent remedy for any inflammation in the stomach and intestines.

Class 3: Anatomy Made Simple -- Part 2

Blood, Bones & Flesh

"So God created man in his own image, in the image of God created he him; male and female created he them." Genesis 1:27

The Digestive System – Review.

In the last class we learned about the digestive system and how important it is to care for the bowel first, before any effective healing can take place. We also learned that bowel movement frequency is important to good health—we should have one bowel movement for every meal we eat, otherwise we are constipated. Constipation can lead to all types of diseases.

The Cardiovascular System:

"For the life of the flesh is in the blood:" Leviticus 17:11

- Cardiovascular disease is the number one killer in America—2,500 Americans die from it each day. However, over 90% of these are caused by plaque build-up in the arteries and can be reduced or entirely eliminated by a proper diet. Cardiovascular disease is a "disease of the fork".
- We have approximately 5 quarts of blood and our heart pumps it through our entire body, making about 3,000 to 5,000 round trips each day. We have about 20,000,000,000 (20 billion) blood cells which carry nourishment to each cell in our body, and collect wastes to be removed by the body.
- Blood vessels leading from the heart are called "arteries", and those leading to the heart are called "veins." Arteries carry oxygenated blood from the heart to the rest of the body, and veins carry oxygen-poor blood from the body to the heart. Veins have thinner, less muscular walls than arteries and contain valves, which prevent blood from flowing backwards.
- After we eat high fat meals our blood is filled with fat which must be filtered out. The thickness of the blood increases as the amount of fat increases, making it harder for the heart to pump it.
- Our bodies regenerate all new blood every 120 days (4 months).
- Herbs that are good for the cardiovascular system (heart, blood, blood pressure, brain): Hawthorn berry, Red Clover Blossoms, Garlic, Cayenne Peppers, Chaparral herb and resin, Ginkgo Leaf, Rosemary Flowers, & Kola Nut.

The Skeletal System

Thus saith the Lord GOD unto these bones; Behold, I will cause breath to enter into you and ye shall live:" Ezekiel 37:5

- There are about 206 bones in the average adult. Bones store most of the calcium, phosphorus, and other minerals needed by the body.
- Our bodies contain about 2.5 lbs. of calcium and 99% is stored in the bones and teeth—the rest circulates in the blood.
- Bone tissue is as strong as steel but light as aluminum.
- Although bones look solid and static, they have blood flowing through them, and are constantly being "remodeled" (broken down and re-built). Our bodies create an entirely new skeleton every 3 months.
- When we eat high protein diets (such as animal flesh and dairy products) the protein is broken down into acids. Our bodies neutralize these acids using calcium, which is taken from our bones. This leads to osteoporosis (reduction in bone density). One can actually measure the amount of calcium leaching out in the urine of a person eating a high protein diet.
- We need calcium for nerve sheath, veins & artery walls, bones, teeth, etc.
- Things we can do to help our bones:
 - Exercise! It is proven that exercise increases bone mass.
 - DO NOT DRINK COW'S MILK! The calcium in cow's milk cannot be effectively stored in our bodies due to the excessive phosphates, fats and acids, which actually lead to calcium depletion!
 - Eat calcium rich plants such as broccoli, sesame seeds, and carob. Try to eat these raw.
 - Dr. Christopher's Calcium Herb Formula: 6 parts Horsetail Grass, 3 parts Oat Straw, 4 parts Comfrey Root, 1 part Lobelia.

The Nervous System:

"But that ye may know that the Son of man hath power on earth to forgive sins, (then saith he to the sick of the palsy,) Arise, take up thy bed, and go unto thine house." Matthew 9:6

- The body's nervous system is divided into the "central nervous system" and the "peripheral nervous system." The central nervous system consists of the brain and spinal chord. The peripheral nervous system is the communication pathway connecting the central nervous system with the various parts of the body (periphery).
- Peripheral nerves are the motor (movement), sensory (environment detecting), and involuntary (work without thinking).
- Peripheral nerves run in "bundles" like a collection of different sized cables. Pain sensing nerves have the largest "sheath", of protective, insulating layer. If you feel pain from a pinched nerve bundle, chances are that other nerves are more severely pinched or even damaged.
- Things you can do to help your nervous system:

- Get enough rest!
- Hot and cold hydrotherapy treatments to stimulate nerves.
- Relaxation and deep breathing to calm nerves.
-
- Eat foods that help build and restore the sheath around nerve cells (Superfood).
- Take nerve herbs such as Valerian Root, Lobelia, Hops, Black Cohosh Root, Blue Cohosh Root, Skullcap, Wild Yam Root, Oat Seed.

The Immune System:

"A merry heart doeth good like a medicine; but a broken spirit drieth the bones." Proverbs 17:22

- The immune system is comprised of many different types of organs, tissues, cells, and fluids. These parts are located all over the body. The major components are:
 - cells
 - the lymphatic system
 - bone marrow
 - lymphoid aggregations like tonsils, adenoids, Peyer's patches, and the appendix
 - the thymus
 - the spleen
- The immune system is responsible for protecting you from harmful alien invaders called antigens (anti-creation or life) and pathogens (disease-creation). These harmful invaders include bacteria, viruses, fungi, pollen, cancer cells, dead cells, and almost any substance that is not "you." If its not you, or if its worn out, it is killed!
- The immune system, which is supposed to destroy cells that get old or become mutated, can be overwhelmed by cells that reproduce rapidly (neoplasm). "Neo" means new, and plasm means "growth." Neoplasms can be benign or malignant. Malignant means that the growth invades surrounding tissues (spreads).
- The body has two types of defenses against infection, innate and adaptive. Innate includes mechanical barriers such as skin and chemical defenses such as antibacterial enzyme in tears. The adaptive system is based on specialized white blood cells called lymphocytes. Some of these cells are:
 - Macrophages (big eaters) which eat up all sorts of bad things
 - T-Cells—T-killers (cells that kill invaders on sight) and T-helpers (slow down the battle when it has been won).
 - B-Cells which create poisons to kill specific types of invaders (antibodies)
- Lymph is a clear, watery liquid that begins as fluid flowing between cells (interstitial fluid). It flows into the lymph capillaries located in the tissue spaces. From the lymph

capillaries, lymph flows into larger vessels called lymphatics, which are studded with filters called "nodes." Lymph is not pumped, but is moved when lymph vessels are compressed by surrounding muscles as they contract during movement.

- Lymph nodes are where the macrophages ingest bacteria and other foreign matter and debris. The lymph from most tissues and organs cross one or more lymph nodes to be filtered before draining into the venous bloodstream (i.e. veins).
- Since there is no pump on the lymph system, and physical activity is necessary for lymph fluid to move, exercise of any kind can help fight off infection and help you get well quicker if you do get sick. Bouncing (trampoline), deep breathing, and riding a horse are excellent lymph draining activities.
- Things that we should stay away from:
 - Foods and drugs that suppress the immune system (alcohol, sugar, caffeine, etc.)
 - Things that cause negative emotions (remember, the immune system "listens" to our emotions via neuropeptides)
 - Lifestyles which lend themselves to excessive exposure to disease (sexually transmitted diseases, late-night partying, intravenous drug use, etc.)
- Things that we can do to improve our immune system:
 - Exercise!
 - Good nutrition
 - Positive thoughts, love, happiness, friendships, expressing all of our TRUE emotions
 - Echinacea, garlic, olive leaf extract (anti viral, anti fungal, anti bacterial)
 - Cleansing (colon, liver/gallbladder, kidneys, skin, blood, etc.)
 - Deep breathing

The Respiratory System

“And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul.” Genesis 2:7

- The lungs are located on either side of our upper chest cavity. The right lung consists of an upper, middle, and lower lobe, but the left lung consists only of an upper and lower lobe—allowing room for the heart.
- The lungs exchange carbon dioxide for oxygen in the blood. Oxygen poor blood is carried to the lungs via the pulmonary arteries, where it is exchanged with oxygen in the tiny, sac-like, alveoli—nearly 600 million in number—and carried back to the heart via the pulmonary vein.
- The surface area involved in this gas exchange is about 40 times greater than the body’s outer surface
- If we smoke cigarettes the alveoli become plugged, reducing the amount of gas

exchange which can take place.

- Things that are good for the lungs:
 - Exercise!
 - Deep breathing
 - Lobelia for congestion—opens the bronchi and helps expel mucous, tar, and other matter from the lungs (expectorant).
 - Mullein flower and leaf— expectorant and demulcent (mucous remover)
 - Elecampane—expectorant and demulcent
 - Supertonic— Equal Parts: Horseradish root, garlic bulb, onion bulb, ginger root, and cayenne (Habernero) peppers blended in a base of raw unfiltered apple cider vinegar. (This is also VERY good for boosting the immune system.)

The Skin:

"Thou hast clothed me with skin and flesh, and hast fenced me with bones and sinews." Job 10:11

- The skin is our largest organ. It can eliminate several pounds of gasses, solids, and liquids each day. The skin can actually help relieve our kidneys if they get blocked due to disease.
- The skin appearance can alter with both emotional states, and general health, and therefore reveals signs of a wide range of disorders.
- Dr. John R. Christopher called the skin our "hermetic seal."
- Things we can do to help our skin:
 - Avoid unnecessary cuts, scrapes, and punctures and keep the skin clean.
 - Use common sense when exposed to sunlight.
 - Skin brush!
 - Wear natural fibers that breath (cotton, wool, silk, leather) and avoid petroleum and chemically derived fabrics (polyester, rayon, nylon)
 - Avoid tattoos and body paints—these can poison you and cut off the "breathing" of our skin; people have died by suffocation from being covered with paint.
 - Avoid chemical based skin creams and lotions—some of these contain nasty chemicals which can be absorbed directly into the blood, as well as toxify the skin tissue—make your own salves.
 - Use natural soaps which don't contain lard (lard is made from animal fat which can be absorbed through the skin)—maybe make your own soap.
 - Herbs good for the skin are Jojoba Oil, Tea Tree Oil, Aloe Vera, St. John's Wort, Arnica Flowers, and Olive Oil.

Muscles and Tendons:

"He hath shewed strength with his arm; he hath scattered the proud in the imagination of their hearts." Luke 1:51

- The muscles contract only (they cannot "push") and are arranged in opposition to each other to provide movement back and forth.
- Muscles are attached to bones by tendons.
- Things we can do to help our muscles and tendons:
 - Exercise!
 - Permit them to rest—don't over-exert or you can get muscle strain or tendinitis.
 - Good nutrition.
 - Hydrotherapy (hot and cold) when we do damage—also, deep tissue oil.

The Urinary System:

- The urinary system consists of the kidneys, the bladder, and the urinary tract.
- The kidneys are located near the top of the waistline. On top of the kidneys are the adrenal glands—endocrine glands that manufacture adrenaline and other hormones.
- Kidneys filter waste material from the blood and make urine, as well as help regulate blood pressure. Also, they regulate the concentration and acid-base level of body fluids.
- Some of the fluid filtered by the kidneys is reabsorbed such as glucose (sugar), so the passing of glucose in the urine is abnormal.
- Urine is stored in the bladder to avoid constant urination—since the kidneys are constantly producing urine.
- Diseases of the kidneys are often associated with high blood pressure because of disturbances in the mechanism they use to regulate blood pressure.
- Things that are good for the kidneys:
 - Drinking lots of pure water every day (about 2 quarts—more on hot days).
 - Avoid acid forming foods which cause the kidneys to work harder.
 - Herbs that help cleanse the kidneys are Juniper Berries, Corn Silk, Uva Ursi Leaves, Parsley Root, and Carrot Tops.

Miscellaneous Herbal Formulas by Dr. Schulze:

- **Female Formula**—helps restore the balance of female hormones
- **Female Balance**—helps restore the balance of female hormones (especially for PMS) along with herbal sedatives to relax women during periods of heightened sensitivity and diuretics to relieve fluid retention

- **Male Formula**—helps with prostate problems, infertility, and increases energy
- **Prostate Formula**—shrinks enlarged prostate gland and cleanses it (helps stop constant urination problems)
- **Brain Formula**—brings blood to the brain and removes congestion
- **Heart Formula**—protects the heart and helps lower blood pressure
- **Liver/Gallbladder Anti-Parasite Tonic**—cleanses the liver and gallbladder (should be taken during a L/GP-AP flush)
- **Kidney/Bladder Tonic**—cleanses the kidneys and bladder (should be taken during a K/B flush)
- **Deep Tissue Oil**—relieves pain, inflammation and stiffness in joints, tendons, and muscles

Class 4: The Healthy Lifestyle

The Foundation on Which We Build

"...I have set before you life and death, blessing and cursing: therefore choose life, that both thou and thy seed may live."—Deuteronomy 30:19

What Is a Healthy Lifestyle?

- Before we can begin to live a healthy lifestyle, we need to understand what a healthy lifestyle is. Put simply, a healthy lifestyle is living in conformity with what our body, mind, and spirit need in order to work to the best of their ability.
- A healthy lifestyle includes a healthy vegan food program; exercise & movement; positive emotional habits—love, laughter, and a healing spirit.
- Staying away from things that degrade our physical, emotional, and spiritual well being. This includes bad foods, destructive habits, negative emotions, and even negative people.
- We are not trying to "cheat death" by living a healthy lifestyle. We simply want to be at our best for all the years we do live. For what good would it do to live 100 years if we spent most of it feeling sick, tired, and angry?
- A healthy lifestyle should be rewarding, fun, simple, and contagious.
- Don't confuse a healthy lifestyle with a depriving lifestyle. Yes, we should stay away from things that cause disease, but we can have a rich, happy, full, satisfying life just the same.
- Don't confuse a healthy lifestyle with the "magic cure-all" programs. Choose a program that rings true to God's instructions and appeals to common sense. Your program should be in harmony with the Natural Laws of health.

How Do I Start Living a Healthy Lifestyle?

- All change starts in our mind. This means a change in attitude. We need to look at making healthy changes as an "adventure" not as punishment or deprivation.
- Make changes you can live with! We would think it absurd to start marathon training our first day of exercise. So it is with a healthy lifestyle—make "slow, wide turns."

- STOP doing the things that make you sick and START doing the things that make you well. Replace the bad habits with good ones. Always try to find healthy replacements that will transition you to better health.
- Get the facts! Don't believe what people tell you (even us). Look up the facts, statistics, and research for yourself.
- "Gotta Wanna'" is the motto for improving your life. If you don't want to make these changes we recommend that you don't!
- Find people who will support you and avoid those who condemn it. You don't need the extra stress and abuse. This is work, and it will be ten times harder with negative input from those around you. If you must be around people who don't believe in your new lifestyle, just try to avoid the subject—they will probably be glad to.
- Make plans: short term and long term. For example, in the short term, you might start by changing to a vegetarian diet or even significantly cut back on meat intake each week. In the long term, plan for a total health-building lifestyle including an optimum diet, exercise, a new job (if necessary), and more time with loved ones.
- Have goals—personal, family and job related. Write them down! Keep your personal goals personal. This is because you don't want anyone to inhibit your goals (either accidentally or intentionally). Also, if you keep them personal your family and friends can't be "blamed" if they do inhibit your goals. You will be responsible for achieving your own goals.
- Your plans and goals should complement each other as well as foster a positive lifestyle. Don't have conflicting plans and goals.
- Be prepared. Count the cost beforehand. Find out where to get organic produce, locate health food stores, budget the replacement of meats and dairy with more expensive organic produce, decide when the best time for a cleansing will be in your schedule, and avoid temptations when you begin such as the holiday season.

"For which of you, intending to build a tower, sitteth not down first, and counteth the cost, whether he have sufficient to finish it?" Luke 14:28
- Realize that no one can start for you! You will wait for a very long time for someone else to change your lifestyle—it simply won't happen.

How Do I Maintain a Healthy Lifestyle?

It is easy to start things without finishing them. How many times have you heard a smoker say: "Its easy to quit smoking, I've quit hundreds of times." Making positive changes that last your entire life requires planning and effort. Here are some tips that will help:

- Learn and understand why you're making changes in your lifestyle. If you understand what the changes are for and why you're doing them, it will be easier to make them

"An hypocrite with his mouth destroyeth his neighbor: but through knowledge shall the just be delivered." Proverbs 11:9.
- Constantly assess how you feel during these changes. Are you more active, have you lost weight, do you think more clearly, are you happier, do you feel closer to God?
- Don't be too hard on yourself if you "slip" a few times. This will cause unnecessary stress and can make you bitter towards a healthy lifestyle.
- Don't be discouraged by slow results or by other people's horror stories: "I thought vegetarians were skinny—how come you're still fat?" "Don't all vegetarians get gray hair." "You have to be careful about taking those herbs!" "How come you're so into health, and you're sick all the time? I almost never get sick." There are thousands of reasons why they don't want to change, but if you've made the decision, don't let them influence or discourage you!
- Be positive about the changes in your life. Even if you get detoxification reactions, know that this is "transitional." Laugh at yourself and make sure not to be too serious. If this isn't fun, you're not doing it right!

Steps to a Healthy Lifestyle

These are some suggested steps to take:

- ***CLEAN YOUR BOWELS USING INTESTINAL CORRECTIVE FORMULA (ICF) #1. PLAN AHEAD SO THAT YOU START ON A DAY WHEN YOU'LL BE HOME—THIS IS SO YOU CAN KNOW WHAT TO EXPECT. EVENTUALLY, IN A FEW WEEKS OR MONTHS, YOU CAN USE ICF #2 TO FURTHER CLEAN THE BOWEL***
- ***WEAN YOURSELF OFF OF MEAT AND DAIRY PRODUCTS. IF YOU ARE SICK DO IT QUICKLY, IF NOT, GRADUALLY REDUCE AND REPLACE MEAT WITH VEGETABLE PROTEINS AND DAIRY WITH SOY/RICE MILKS AND CHEESES.***

- **GRADUALLY REPLACE BAD FOOD ITEMS WITH HEALTHY ONES. IF YOU DON'T BUY IT, IT WON'T BE THERE TO SNACK ON!**
- **GET A JUICER AND USE IT EVERY DAY (AT LEAST ONCE).**
- **GET SOME EXERCISE. START BY DOING WHAT YOU CAN DO. WALK, RUN-WALK, LIFT LIGHT WEIGHTS, SWIM A FEW LAPS, DEEP BREATH, OR JUST STRETCH. DO MORE TODAY THAN YOU DID YESTERDAY—AT LEAST DO SOMETHING. DO NOT OVER DO IT! STAY AWAY FROM THE GYM IF YOU FEEL PRESSURE TO LOOK GOOD RIGHT FROM THE START. FORGET ABOUT THE "BEAUTIFUL PEOPLE" WITH "PERFECT BODIES." YOU'RE EMBARKING ON A JOURNEY, AND ITS YOUR BUSINESS HOW FAST YOU GET THERE, AND HOW FAR YOU GO.**
- **GET SOME SUPER NUTRITION (SUCH AS SUPERFOOD).**
- **DO A DETOXIFICATION PROGRAM (SUCH AS DR. SCHULZE'S 5 DAY CLEANSING & DETOXIFICATION PROGRAM). PERIODIC CLEANSING IS THE KEY TO A LONG, HEALTHY LIFE.**
- **LEARN 1,000 JOKES AND LAUGH**
- **STOP WATCHING TELEVISION—ESPECIALLY THE NEWS. ACCENTUATE THE POSITIVE AND MINIMIZE THE NEGATIVE INFLUENCES IN YOUR LIFE. AVOID NEGATIVE PEOPLE, BOOKS, VIDEOS, ETC. ESPECIALLY IF YOU'RE SICK!**
- **WEAR COTTON AND OTHER NATURAL FIBERS SO YOUR SKIN CAN BREATHE.**
- **EAT MORE RAW, FRESH FOODS AND COOK ONLY IN STAINLESS STEEL OR GLASS. WORK TOWARDS A FOOD PROGRAM CONSISTING OF 80% RAW FOODS AND 20% COOKED OR 80% AKALINE FORMING FOODS AND 20% ACID FORMING FOODS.**
- **DRINK PLENTY OF WATER—DISTILLED OR PURIFIED**
- **GROUND YOURSELF BY WALKING BAREFOOT.**
- **USE POSITIVE AFFIRMATIONS TO PROGRAM YOUR SUBCONSCIOUS MIND. TELL YOURSELF POSITIVE THINGS EACH DAY.**
- **HELP OTHER PEOPLE WHEN YOU CAN.**
- **THROW OUT 1/3 (OR MORE) OF EVERYTHING YOU OWN.**
- **TALK ABOUT POOP! CONSTIPATION AND TOXIC BOWELS ARE CONTRIBUTING TO THE EXCESSIVE AMOUNTS OF DISEASE IN AMERICA. WE NEED TO STOP BEING SO SENSITIVE AND START BEING SENSIBLE!**
- **MAKE POSITIVE CHANGES IN YOUR LIFE—OR AT LEAST HAVE PLANS TO MAKE THEM. DON'T BE A VICTIM. TAKE CONTROL OF YOUR LIFE TODAY. THESE CHANGES MAY HURT SOME PEOPLE'S FEELINGS, YOU MAY LOOSE SOME FRIENDS, YOU MAY EVEN LOOSE YOUR JOB, BUT GOD WILL BLESS EACH CHANGE YOU MAKE TO BETTER YOUR LIFE.**

A Few Famous Vegetarians

Not that these people should be an influencing factor in your health, but it is interesting to note how many people—from all walks of life—are (or were) vegetarians.

Christie Brinkley	Pythagorus
Chelsea Clinton	Socrates
Steven Jobs (Apple Computer founder)	Nikola Tesla (Inventor)
Ralph Waldo Emerson	Mahatma Gandhi
Henry David Thoreau	Plato
Leo Tolstoy	Henry Ford
Mark Twain	Susan B. Anthony
H.G. Wells	Martin Luther
Leonardo Da Vinci	Voltaire
Charles Darwin	Hank Aaron
Thomas Edison	Kathy Johnson (Gymnast)
Diogenes	Edwin Moses
Albert Schweitze	Martina Navratilova
Sir Isaac Newton	Robert Parish (nba)
Marv Levey (Buffalo Bills)	Anthony Peeler (NBA)
Dave Scott (five time Ironman Triathlon winner)	Jeff Beck
Bill Walton	Sinead O'Connor
Billie Jean King	Ozzy Osborne (? yes)
Killer Kowalski (wrestler)	Michael Bolton
Jack LaLanne (Fitness guru)	Leonard Nimoy (Spock)
Elvis Costello	David Duchovny (X-Files)
Dave Davies (Kinks)	Larry Hagman
Bob Dylan	Ricki Lake
Melissa Etheridge	Rosanna Arquette
Peter Gabriel	Drew Barrymore
Kim Basinger	Jennie Garth
Ted Danson	Grace Slick
Michael J. Fox	Joe Jackson
Brooke Shields	Billy Idol
Alicia Silverstone	Indigo Girls
Eric Stolz	Bryan Adams
Bob Barker (Price is Right)	The Captain & Tennille
Dennis Weaver	Annie Lennox
Mary Tyler Moore	"Weird" Al Yankovic
Jerry Seinfeld	Belinda Carlisle
Brigitte Bardot	Brad Pitt
Dustin Hoffman	Candice Bergen
Anthony Perkins	Marina Sirtis (Star Trek)

Woody Harrelson
Richard Gere
Rhea Perlman

Meredith Baxter
Vanessa Williams
Voltaire

Dr. Benjamin Spock: Yes, in his later years, after having his own health problems and then going meat free, he updated the seventh edition of *Baby and Child Care* to recommend avoiding meat and dairy for babies.

Jeff Giuliano: The former Ronald McDonald got tired of putting a happy face on animal suffering and poor nutrition.

Famous Quotes on Vegetarianism

"I have from an early age abjured the use of meat, and the time will come when men such as I look upon the murder of animals as they now look upon the murder of men."—Leonardo da Vinci

"Nothing will benefit human health and increase chances for survival of life on earth as much as the evolution to a vegetarian diet."—Albert Einstein

"While we ourselves are the living graves of murdered beasts, how can we ever expect ideal conditions on earth." — George Bernard Shaw

"You put a baby in a crib with an apple and a rabbit. If it eats the rabbit and plays with the apple, I'll buy you a new car."—Harvey Diamond

"Think of the fierce energy concentrated in an acorn! You bury it in the ground, and it explodes into an oak! Bury a sheep, and nothing happens but decay."—George Bernard Shaw

"For as long as men massacre animals, they will kill each other. Indeed, he who sows the seed of murder and pain cannot reap joy and love."—Pythagoras

"I will not eat anything that walks, runs, skips, hops or crawls. God knows that I've crawled on occasion, and I'm glad that no one ate me."—Alex Poulos

Class 5: Detoxification Programs

Out with the Old in with the New.

"Therefore the redeemed of the LORD shall return, and come with singing unto Zion; and everlasting joy [shall be] upon their head: they shall obtain gladness and joy; [and] sorrow and mourning shall flee away." -- Isa. 51:11

What is a Detoxification Program?

- A detoxification program is a natural way to remove and cleanse waste material, unwanted toxins and mucus from your body while rebuilding a healthy environment that will destroy and eliminate foreign invaders.
- Waste material can include old fecal matter, dead blood & body cells, cancers, and old lymph.
- Toxins can include man-made chemicals or by-products. Toxins are also produced by your own body when you do not efficiently eliminate waste material.
- Excess mucus is caused by too much acid in the system. The mucus is produced to protect your body and keep the acid from burning your tissues. This mucus can coat all different areas in your body including your whole digestive system, nerve sheathing and your brain. This mucus stops you from absorbing proper nutrients to different parts of your body and having proper nerve and brain functions.

Detoxification Programs:

All of the following programs are based on one program leading to the next. The Foundation Program will be one that you continuously work on throughout your life and should be the program that drives all the others.

- The Foundation Program
- The Liver/Gall Bladder – Anti-parasite Detoxification Program
- The Kidney/Bladder Detoxification Program

Note: You do not need to do the Liver/Gall Bladder – Anti-parasite Detoxification Program and the Kidney/Bladder Detoxification Program in that order. Choose the order that best suits your needs

THE FOUNDATION PROGRAM.

CHANGE OF LIFESTYLE

If you just start doing good things to your mind and body and stop doing bad things, you will start to cleanse and rebuild.

START:

- Empowering yourself by becoming educated in natural healing.
- Being responsible by taking control of your life and your health
- Having fun at being healthy or wanting to be healthy.
- Eating vegan foods -- more raw fruits, vegetables, sprouts, nuts, seeds, and grains – goal 80% raw or alkaline ash producing foods (most raw fruits and vegetables) and 20% cooked or acidic ash producing foods (most nuts, seeds, grains, and cooked foods).
- Drinking fresh juices.
- Exercising.
- Getting fresh air and sunshine.
- Drinking lots of distilled or pure water.
- Taking a break from the world and resting.
Wearing cotton clothing and skin brushing so that your skin can breathe and eliminate toxins
- Thinking positive and happy thoughts.
- Laughing.
- Hanging around people you like who are positive and like-minded
- Looking for the good in the world.

STOP:

- Putting anything that is toxic into your mind or body; negative - thoughts, people, books, videos, TV, radio shows, or jobs; life destroying foods & habits - meats, dairy, processed sugar, caffeine (coffee, tea, sodas, chocolate), white flour, highly processed foods, drugs, alcohol, or tobacco.

SUPERFOOD

Start taking 2 heaping tablespoons of Dr. Schulze's Superfood daily in a mix of 16oz of fresh juice w/water. This will provide you with super nutrition (extra vitamins, minerals, and enzymes), from organic herbs and foods that are nutritionally potent, concentrated and complete. Being from whole food sources, Superfood replaces synthetic vitamin and mineral supplements with nutrients that your body can easily assimilate and use to rebuild your blood. This can be the extra boost you need to help you feel better. If you are very ill, or just need an afternoon boost, you can take an extra 2 heaping tablespoons of Superfood a day in a mix of 16oz of fresh juice w/water.

You can also make your own Superfood out of organic herbs and whole foods that are rich in vitamins, minerals, and enzymes –Spirulina Blue-Green Algae, Barley, Nutritional yeast, Rose Hips, Orange peels, Grapefruit peels, Lemon peels, Alfalfa, Purple Dulse Seaweed, Beet root, Spinach leaf, etc...

COLON CLEANSING

This is the most important step in detoxifying the body. Most waste and many toxins are stored in the colon and this is where the majority of disease and illness begins. Everyone needs to cleanse their bowels.

There are 3 ways to cleanse the bowels:

- 1) Cathartic & cleansing herbs & juices
- 2) High Enemas
- 3) Colonics

1) Herbs:

When using herbs you should use herbs that are cleansing, healing, and strengthening to the entire gastro-intestinal tract. They should stimulate peristaltic action and over time strengthen the muscles of the large intestine.

Dr. Schulze's Intestinal Corrective Formula #1 – ICF#1

This Formula does many things for cleansing, healing, and strengthening the gastro-intestinal tract. It stimulates your peristaltic action to move waste quickly through your intestines and out of your body. This Formula is for about 97% of the population; those who have sluggish bowels - do not have a bowel movement for every meal, have hard or sinking stools, have missed bowel movements in their life. The only people that this Formula is not for are those whose bowels are irritated, hot or working too frequently. They should skip to Intestinal Corrective Formula #2.

Start with only one capsule of this formula during or just after dinner. This Formula works best when taken with food. The next morning you should notice an increase in your bowel action and in the amount of fecal matter that you eliminate. The consistency should also be softer. If you do not notice any difference in your bowel behavior today or the difference wasn't dramatic, then tonight increase your dosage to two capsules. You can continue to increase your dosage every evening by one capsule until you notice a dramatic difference in the way your bowel works. There is no limit. Most people need only 2-3 capsules but a few have needed over 30 capsules. It has taken most of us years to create a sluggish bowel, so let us be patient for a few days and increase by one capsule each day only.

This formula can be taken for a week, a month or the rest of your life. Continue to use this formula until you are having one bowel movement each day for every meal you eat, between 2 and 4 bowel movements a day are normal. Considering all the disease and death we have because of retained fecal matter, I wouldn't worry about taking too much of this formula.

Intestinal Corrective Formula #2 – ICF#2

This cleansing and soothing formula is to be used periodically in conjunction with Intestinal Corrective Formula #1. This formula is a strong purifier and intestinal vacuum. This formula will draw old fecal matter off the walls of your colon and out of any bowel pockets. It will also draw out poisons, toxins, heavy metals such as mercury and lead, and even remove radioactive material such as strontium 90. This formula will also remove over 3,000 known drug residues. Its natural mucilaginous properties will soften old hardened fecal matter for easy removal and also makes it an excellent remedy for any inflammation in the stomach and intestines.

Take this formula 5 times each day beginning in the morning for 5-6 days, consuming a total of 8 ounces of the powdered formula during this period. One hour after your morning nutritional drink mix 1 heaping teaspoon of Intestinal Formula #2 powder with 8 ounces of diluted juice. It mixes best if you shake it in a small jar. Do the same ½ hour before lunch, between lunch and dinner, ½ hour before dinner and 1 hour before bed, so that you are consuming a total of 5 heaping teaspoons each day. During or after dinner, take your Intestinal Formula #1 as usual but increase your regular dosage by 1 additional pill, or more if necessary to have sufficient bowel movements. It is helpful to drink additional liquid after each dose of Intestinal Corrective Formula #2, at least 8 ounces.

You want this formula in your colon at all times, and not sporadically. Then you will notice parasites being removed, casing of old fecal matter coming out, and mucus. If you take the number two formula erratically or once or twice a day, this will not happen.

(Do not take ICF#2 without taking ICF#1 unless you have bowels that are irritated, hot or working too frequently. ICF#2 has no power to move the bowels and can be constipating when used alone.)

Intestinal Corrective Formula #3 – ICF#3

This formula is a mild, great tasting liquid laxative for the whole family. It is designed primarily for children.

Kids love the taste, a sweet fig-tangerine flavor. And they don't have to worry about swallowing a capsule. It's gentle, not gripping, and even powerful enough for many adults.

This formula increases the normal muscular contractions of the gastro-intestinal tract, especially the colon. It promotes soft easy bowel movements. It will help strengthen the colon for better future elimination.

This formula increases the normal muscular contractions of the gastro-intestinal tract, especially the colon. It promotes soft easy bowel movements. It will help strengthen the colon for better future elimination.

Weight	Dosage
10 to 25 pounds	1/8 to 1/4 teaspoon
25 to 50 pounds	1/4 to ½ teaspoon
50 to 75 pounds	½ to 3/4 teaspoon
75 to 100 pounds	3/4 to 1 teaspoon
100 to 150 pounds	1 to 1 ½ teaspoons

For adults, if you need over 2 teaspoons than use Intestinal Corrective Formula #1.

With children, always start out with the lower dosages and work your way up to whatever dosage is needed. You may exceed the dosages recommended above - whatever it takes to get the bowels working regularly.

1) The Prune Juice Flush

If you feel toxic or clogged, like things aren't moving fast enough. If you have the need to get your bowels moving rapidly to flush them and get bodily toxins out, the Prune Juice

Flush is for you. Warning: Do not leave home on the day(s) you do this. Stay very near a toilet. The prune juice will empty the bowels and draw toxins from all parts of the body into the bowel. This will open up the flood gates allowing your liver to dump out its excess bile, your body to eliminate mucus, and the draining of your lymph system, all relieving many toxins. (This will come out in a dark brown, orange, or greenish liquid preceded by a lot of peristaltic action, a.k.a – Liver dump or cecal flush.)

First thing in a.m. drink 8-16oz of warm distilled water.

15-30 minutes later drink 16oz of prune juice. (Sunsweet brand seems to work best.)

30 minutes later drink 8oz of warm distilled water.

30 minutes later, if you are not on the toilet eliminating, drink 8oz more of the prune juice.

30 minutes later, if you are not on the toilet eliminating, drink 8oz of warm distilled water.

This should have you going by now. If not, be patient, it will.

For the rest of the day drink 8oz of fresh apple juice alternated with 8oz distilled water every 30 minutes. The apple juice will replace the removed toxic liquids (bile & lymph) and re-alkalinize your system. (Note: Sip all juices, swishing in mouth before swallowing. This will mix saliva with the juice for better digestion.)

It is a good idea to take 1-2 tablespoons of Olive Oil 3 times a day when doing the flush. This will help to lubricate and protect the bile and liver ducts.

You can do this flush for up to three consecutive days getting a good cleansing of your system, flushing out up to 3 gallons of toxic lymph.

If you want to eat, wait until evening and eat raw fruits or vegetables. If you want something cooked, eat a baked potato.

You can do the Prune juice Flush once a month or whenever your bowels, liver, or lymph feel backed-up and need some extra propulsion. The above amounts are guidelines. Use your best judgment for your specific case.

(See "School of Natural Healing" by Dr. John R. Christopher, pages 568-570.)

2) High Enemas:

A high enema is when you use an enema bag or bucket to insert pure water in through the rectum into the descending colon then across the transverse colon into the ascending colon to the cecum. This will soften, loosen, and draw out old fecal matter, cleansing the whole large intestine. A high enema takes practice. Have patience. You may use herbal tea in your enema water to increase the healing benefits. Everyone should do a high enema at least once every two weeks. If you have a minor illness you should do a high enema at least once or

twice a week. If you are seriously ill you should do a high enema at least every two days. High enemas are very beneficial in conjunction with ICF#1 and ICF#2. (See "There Are No Incurable Diseases" pages 56-60 for complete instructions or watch tape #10 of the "Sam Biser Save Your Life Video Collection.")

3) Colonics:

Colonics are like high enemas in that they cleanse the large intestine. Colonics are administered by a professional. While laying on a table you are hooked to a machine that allows pure water in through one tube and waste water out another tube. Many gallons of water can go through the large intestine giving you a very thorough cleanse. Colonics are great while you are doing any cleanse. Consult with a professional for further information.

IMMUNE BOOSTING

While you are cleansing it is a very good idea to boost your immune system. You will be stirring up a lot of toxins and dumping them into your blood, lymph, and bowel. This can weaken or over-work the immune system making you more susceptible to bugs that are going around. By boosting your immune system you will help it to be able to handle the extra workload.

Echinacea is one of the strongest immune simulators and enhancers known. It can double and triple the amount of T-cells and Macrophages in your bloodstream with in a few days. It can also increase the amount of Interferon, Interleukin, Immunoglobulin and other important natural immune chemicals present in your blood. This is how Echinacea works, by boosting the number of immune cells and the amount of natural immune chemicals, then stimulating them into more activity. The benefit of immune stimulation is a shorter duration of existing colds and flu and/or prevention of future infections. It also initiates and speeds up recovery from chronic and long-term immune-related depression illnesses, diseases and degeneration.

Cayenne is the best herb to stimulate circulation and makes these already powerful immune herbs many times more effective. Garlic is the best, most effective broad spectrum antibiotic, anti-viral, anti-fungal herb known. Echinacea and Garlic are the Herbal Dynamic Duo.

For general protection and immune stimulation, especially when you are not ill:

The best dosage for this scenario is two dropperfuls, three times daily, until you use up two fluid ounces. This dosage will take about twelve days.

Feeling out of sorts:

If you are feeling a bit off, but it's nothing you can really put your finger on, this may mean that you are about to get sick. It also may mean that your body is fighting something off but in either case it is a good time to give it some help. Take two dropperfuls six times daily until you consume two fluid

ounces. This will take approximately six days.

I know I am sick:

This is when you actually have some observable, clinical symptoms. Sore throat, fever, nasal or lung congestion, toxic bite or sting, wound or trauma. Anytime there is anything wrong with you, your immune system must go to work. An initial blast of 1 dropperful every waking hour or about 16 dropperfuls in a day, until you consume a total of two fluid ounces. This will take approximately four days.

I am REALLY sick:

This is when you are suddenly sweating, have the chills, a cold, food poisoning, cancer, whatever, but you are really ill. There is not time to waste fooling around and immediate aggressive herbal treatment can save you days of agony. In this case I suggest drinking an entire fluid ounce of Echinacea tincture immediately. For those who might have a hard time doing this, it can be diluted in juice or drunk ½ an ounce one hour and the other ½ ounce the next. Remember that this is 1 ounce of alcohol so keep that in mind and don't drive. Then consume an additional two droppersfuls every waking hours until you finish two fluid ounces. Continue taking Echinacea tincture at this rate and consume an additional two fluid ounces totaling four fluid ounces. This will take two to four days

Doing a detoxification Program:.

You should consume one 2oz bottle during a one week period. Then take one week off. Then consume another 2oz bottle during a one week period. This should be alternating with the week you are taking the D-Tox Formula.

REMEMBER, all of the above suggested dosages can be doubled, meaning you can consume more than two fluid ounces.

LIVER/GALL BLADDER – ANTI-PARASITE DETOXIFICATION PROGRAM

This program should be done only if the bowels are moving well, otherwise toxins will be dumped into the colon and re-circulated into the body making you feel ill. Make sure you do this program in conjunction with the Foundation Program.

You will want to prepare and set aside a minimum of 5 days to do this program thoroughly. This

program consists of:

- The Foundation Program
- The Liver/Gall Bladder Flush Drink
- The Liver/Gall Bladder & Anti-Parasite Formula
- The Detoxification Herb Tea
- The D-Tox Formula
- Potassium Broth
- Eating raw foods and drinking fresh juices

Liver/Gall Bladder Flush Drink

Mix the following in a blender:

During Spring or Summer, mix 8oz of fresh orange juice or citrus juice combination (1 lemon or 1 lime and enough orange, grapefruit or tangerine juice to make 8 oz) or

During Fall or Winter, mix 8oz of fresh apple and/or grape juice with 8 ounces of distilled or purified water

1-5 cloves of garlic (start with one and increase daily)

1-5 tablespoons of organic virgin cold-pressed olive oil (start with one and increase daily)

1 piece of Ginger root (about 1 inch long)

Liver/Gall Bladder & Anti-Parasite Formula

The herbs in this formulae are famous for their ability to stimulate, cleanse and protect the liver and gall bladder and rid the body of parasites.

Milk Thistle has certain chemicals not only bind to and coat liver cells. These phyto-chemicals not only heal previous liver damage but also protect the liver from future damage. Oregon Grape root bark, Gentian root, Wormwood leaves and Dandelion root are all classic bitter liver tonic herbs. These herbs not only stimulate digestion but also stimulate the liver to excrete more bile which in turn cleans both the liver and gall bladder. If you have been exposed to any toxic substances, had constipation, eaten large amounts of animal food or drunk alcohol or other harmful beverages this formula is for you. It is also beneficial if you have had high cholesterol, blood fats or any family history of liver or gall bladder problems. Many believe that anyone who has cancer or any immune dysfunction had a weak congested liver to begin with. Even if a person has had their gall bladder removed these herbs will still be effective to clean the liver and bile ducts. The Black Walnut hulls, Wormwood and Garlic are strong ANTI-PARASITICAL plants. Parasite infestation is a fact of life. One cubic inch of beef can have over 1,000 living parasites larvae waiting to hatch in your body. Over 65% of fresh fish tested has toxic levels of bacteria and parasites. Chicken is even worse. It works best if used in conjunction with both Intestinal Formula #1 and #2. Use if parasites are suspected, or if there has been a history of bowel problems, constipation, eating of animal products,

prolonged illness, disease or degeneration.

D-Tox Formula

This is a very powerful blood and lymph cleansing formula. This formula is based on the famous Hoxey Formula, Dr. Christopher's Red Clover Tonic formula and many similar formulae from around the world.

These herbs are famous for scrubbing the accumulated toxins and poisons out of the body's blood, fat and cells. When using this formula make sure to consume a gallon of water, juice and herbal tea each day.

After one of the late Dr. John Christopher's arrests he was instructed to never use the word cancer again. In a private conversation with Dr. Schulze, regarding Red Clover Blossoms, he said "I just can't help myself, Red Clover is the antidote for cancer."

Chaparral is one of nature's most powerful anti-oxidants and has proven to break-up, destroy and dissolve all types of tumors.

Dosage: 2 dropperfuls (35 to 70 drops) 3 to 5 times daily. Best results are obtained if used during 5 day cleanse program. Can be put in a few ounces of grape juice to make it go down easier.

Detoxification Herb Tea

This tea has numerous health benefits. First, it is based on an ancient East Indian digestive tea formula. It is a stimulant to the entire digestive process, especially the stomach during the first stages of digestion.

This tea also mildly cleanses the blood, skin, liver, and gall bladder and is the perfect tea to use after the liver flush. It flushes out the bile and fats that the liver flush purged from your liver and gall bladder. It is also a mild diuretic and disinfectant to the kidneys and bladder and will cause you to urinate a little more within an hour after ingestion.

This tea is also an excellent coffee replacement. It is a hot beverage, dark in color and tastes good. It's even better when a little pure maple syrup is added to the final brew. It also increases your circulation but has no caffeine. It is a good tea to help people get off the coffee habit.

Dosage: Drink 2 cups of the tea 15 minutes after doing your Liver/Gall Bladder Flush. During the 5 day program drink 2 cups 2 more times daily. It can also be drunk at any other time during the day, as many cups as desired.

Brewing Instructions: Put 1 tablespoon (medium) or 2 tablespoons (strong) of this tea into 20 ounces

of distilled water. Be sure to use only stainless steel or glass cookware. Let the tea sit in the water overnight. In the morning heat up to a boil, reduce heat and let simmer for 15 minutes. Strain the herbs, do not discard them, let cool a bit but use hot. Put the used herbs back into the pot, add 1 tablespoon of fresh herbs and 20 ounces of pure water. Let sit overnight and repeat whole process again. Keep adding new herbs to old ones for three days, then discard all herbs and start over.

Liver/Gall Bladder – Anti-parasite Detoxification Program Instruction Guidelines 5 days

- Start when you get up in the morning.
- Drink 8-16 oz distilled water.
- 30 minutes later drink the Liver/Gall Bladder Flush Drink (sip).
- 15 minutes later drink 2 cups of Detoxification Herb Tea and take 2 droppersful of Liver/Gall Bladder – Anti-parasite Formula and 2 droppersful of D-Tox Formula.
- 1 hour later drink your fresh squeezed juice with Superfood. (Add fresh fruit in blender if desired.)
- Repeat the Detoxification Tea and the Liver/Gall Bladder – Anti-parasite Formula 2 more times during the day.
- Repeat the D-Tox Formula 3 to 5 more times during the day. (Try to consume 1 bottle in 1 week.)
- Drink at least 2 more fresh juices during the day. (Add Superfood if desired.)
- Drink plenty of pure or distilled water. You want your liquid intake to be at least a gallon a day during this cleanse.
- Remember to continue to take your ICF#1 and ICF#2.
- If you must eat, eat only raw fruits and vegetables and only at lunch and/or dinner.
- When you are done with the 5 days you can go on to the Kidney/Bladder Detoxification Program or take a short break. SEE SAMPLE SCHEDULE

For more explicit details on this cleanse see "Dr. Richard Schulze's Patient Handbook" or Dr. Schulze's "There Are No Incurable Diseases."

Kidney/Bladder Detoxification Program

Make sure you do this program in conjunction with the Foundation Program. This program can be done prior to the Liver Detoxification Program, especially if the bowels are still a little sluggish.

You will want to set aside a minimum of 5 days to do this program thoroughly. This program consists of:

- The Foundation Program
- The Kidney Flush Drink
- The Kidney/Bladder Formula
- The Kidney Bladder Tea

- The Immune Boosting Formula (Echinacea – See Foundation Program)
- Potassium Broth
- Eating raw foods and drinking fresh juices

Kidney Flush Drink

Mix the following in a blender:

Juice of 1 lemon and 1 lime

16-32oz of distilled or purified water

A pinch of Cayenne Powder or 5-20 drops of Cayenne tincture

Optional: A small amount of maple syrup to taste

Kidney/Bladder Formula

This tonic is both diuretic (increases the flow of urine) and disinfectant to the kidneys, bladder and urinary system. According to medical reports the herbs in this formula destroy the bacteria that cause kidney and bladder infections.

Dosage: 1 to 2 dropperfuls (35 to 70 drops) 3 to 4 times daily. This tonic formula works best if used along with the Kidney/Bladder Tea and the Kidney/Bladder Flush as in the 5 day cleanse.

Kidney/Bladder Tea

Same powerful effect as the Kidney/Bladder Formula above. This tea is most effective if used along with the K/B Formula during a 5 day cleanse. This formula also completely dissolves stubborn kidney stones and calculi.

Dosage: 2 cups 3 times daily.

Brewing Instructions: 2 Tablespoons of herbs to 20oz of distilled water. Let soak overnight and simmer in morning for one minute.

Kidney/Bladder Detoxification Program Instruction Guidelines 5 days

- Start when you get up in the morning.
- Drink 8-16 oz distilled water.
- 30 minutes later drink the Kidney Flush Drink (sip).
- 15 minutes later drink 2 cups of Kidney/Bladder Tea and take 2 dropperful of Kidney/Bladder and 2 dropperful of Immune Booster Formula.
- 1 hour later drink your fresh squeezed juice with Superfood. (Add fresh fruit in blender if desired.)
- Repeat the Kidney/Bladder Tea and the Kidney/Bladder Formula 2 more times during the day.

- Repeat the Immune Booster Formula 3 to 5 more times during the day. (Try to consume 1 bottle in 1 week.)
- Drink at least 2 more fresh juices during the day. (Add Superfood if desired.)
- Drink plenty of pure or distilled water. You want your liquid intake to be at least a gallon a day during this cleanse.
- Remember to continue to take your ICF#1 and ICF#2.
- If you must eat, eat only raw fruits and vegetables and only at lunch and/or dinner.
- When you are done with the 5 days you can go on to the Liver/Gall Bladder – Anti-parasite Detoxification Program or take a short break.

SEE SAMPLE SCHEDULE

Detoxification Program Notes:

The Programs presented are a BASIC OUTLINE of what you can do. Remember it took years for your body to become ill and it is going to take a while for it to get better. Keep working on the Programs, even if you have to do them over and over again. You can be as creative as you want in using these Programs. You can rotate the Liver Program with the Kidney Program daily. You can do the Liver Program for a month. There is no limitation to what you can do. Just make sure your bowels are moving good at all times.

TO REMOVE ALCOHOL FROM TINCTURES:

Place desired dosage of tincture(s) into a cup. Pour boiling water over tincture. Stir for 20-30 seconds. Let sit for 5 minutes or until cool. This will evaporate the majority of the alcohol from the tincture with no effect to the herbs.

Other Detoxification Notes:

Mucous Removal: For a deeper cleanse, you can use herbs to pull out excess mucus build-up from the body. You would do this after completing the other programs. Please contact H.E.A.L. for further instructions.

General:

If you continue to have problems after doing a lot of detoxification and you have Mercury Amalgom fillings or root canals, it might be worth your while to check with a Naturopathic Dentist to see if these are toxifying your body.

Remember that your environment is very important to your health. If you do not feel like you are seeing the results that you wanted from your cleanse, look for other problem areas. (This is if you have done the cleanses with intensity and commitment.) Check your house for cleanliness, foul odors, etc. Are there strange molds growing in damp areas? Do you have too much junk? Have you done a cleansing of your house by getting rid of 1/3 of what you own? Are you living with someone that is toxic to you? Is your life or job still stressing you out? These all have an effect on your

immune system.

To speed your healing along you may want to contact a Chiropractor that understands natural healing. They can align your spine and bones to make sure that there is no blockage of nerve flow.

We **HIGHLY RECOMMEND** before starting the Detoxification Programs that you read "*Dr. Schulze's Patient Handbook*" or Dr. Schulze's "*There Are No Incurable Diseases.*" Both of these books **THOROUGHLY** cover the programs. SEE Dr. Schulze's 5 Day Cleanse and Detox Program and The New Incurables Program.

All product descriptions and dosages were copied from "*Dr. Schulze's Patient Handbook*" with minor changes.

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). **Note:** *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.

High Enemas

High Enemas: - a regular enema washes out fecal matter from the area near the rectum, a high enema cleans out most of the colon.

How to do a High Enema - Normally just distilled water is used. If you know your bowel to be irritated or spastic, a little catnip or lobelia can be added to the water to calm the bowel.

Lie back and have another person introduce the water solution. The water should be between room temperature and body temperature. The first time or two put the water in slowly. After a while a point will be reached where you feel like you can't take any more without losing control. Stop here and try to hold it for at least 5 minutes, better yet 10 or 15 minutes. If unable to hold a "fill-up" for up to 15 minutes, evacuate when needed and try again after relaxing for a time. Keep trying the same day or in successive days and you will come to a time when you can take in a full load of water and hold it while on your back for 15 minutes or more with relative ease.

Now you can go one step further and roll over on your right side a few minutes after "filling up" and have the left side of your abdomen just below your ribcage massaged in an upward fashion.

This massaging motion is an effort to get the enema higher by moving it into the transverse (going across) colon to the ascending colon on the right side of the abdomen. As you work on this and succeed, you will notice that the capacity for water intake will increase and, of course, how much later comes out.

This enema procedure becomes easier and more beneficial to your feeling of well-being as you progress along with the raw foods, juicing and cleanse programs at the same time.

After each enema for the day, finish with a retaining implant. This can consist of 8 ounces of Aloe Vera gel (best from fresh leaf rather than store-bought) and 8 ounces of distilled water. Another implant recipe would consist of 2 ounces of wheat grass juice and 14 ounces of water. You should also use your own judgment here: for instance, if there are tumors in the body, especially in the colon, 16 ounces of a mild chaparral tea is indicated, or red clover; for the heart, Hawthorne berry tea; for the liver, milk thistle tea; Echinacea root tea for general immune enhancement, etc.

Poultice:

HERE IS A SIMPLE POULTICE FOR INFECTION:

Charcoal & Flax Seed Poultice

You can apply this over the ear for earaches, over the jaw for tooth infection, over any infected area for overnight relief of the red swollen infected areas. It is also great for swollen or infected lymph nodes in the neck or in the arm pits.

This is a very simple poultice but very effective none the less. The charcoal and flaxseed are powerful agents to pull the infection out of the body. Do not reuse or reheat this poultice.

You will need:

- 1 cup water
- 4 tablespoonfuls charcoal powder
- 4 tablespoonfuls flaxseed [freshly ground]

- 1) Add all ingredients to small pan on stove, mix with a whisk to blend. Heat to a boil. It should thicken to a black mix of gloppy goop.
- 2) Remove from heat and spread still hot mixture on piece of cotton material. Fold material over black goop and secure closed with a piece of tape or safety pin.
- 3) Allow to cool just enough so as not to cause discomfort when placed on the body. Place over infected area while still quite warm. Secure with ace bandage or other material.. Leave on at least 4 hours or overnight. The heat will enable to pores to open and the infection be drawn out.

Black Drawing Cancer Poultice

THIS CANCER POULTICE HAS BEEN USED BY THOUSANDS ON ALL TYPES OF CANCERS WITH GREAT RESULTS.

POULTICES OF THIS TYPE HAVE BEEN USED FOR HUNDREDS OF YEARS ON CANCERS AND HAVE PROVEN VERY EFFECTIVE. THE ONE DR. SCHULZE SUGGESTS IS A VERY STRONG GENERAL PURPOSE POULTICE FOR ALL TYPES OF CANCER, INCLUDING SKIN CANCERS AND BREAST TUMORS.

THE TUMOR MAY BE DRAWN TO THE SURFACE, OR BREAK-UP AND BE PASSED THROUGH THE BOWELS. DR. SCHULZE HAS USED THIS POULTICE, ALONG WITH MY OTHER PROGRAMS, TO KILL TUMORS OF QUITE FRIGHTENING SIZE, INCLUDES ONES WITH TENTACLES WHICH CAME TO THE SURFACE OF THE BREAST.

HERE IS THE FORMULA FOR THE BLACK DRAWING POULTICE

<i>1 CUP RED CLOVER BLOSSOMS 12 LG. PEELED GARLIC CLOVES 1/3 CUP DRIED PWD POKE ROOT 2 TABLESPOONS GOLDENSEAL ROOT PWD 2 TABLESPOONS ACTIVATED CHARCOAL</i>	<i>1 TSP. TEA TREE OIL 1 CUP BENTONITE CLAY 1 CUP SLIPPERY ELM INNER BARK RAW APPLE CIDER VINEGAR 1 OZ BLOOD ROOT TINCTURE PER 8 OZ OF LIQUID</i>
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PUT THIS ALL IN A BLENDER AND ADD ENOUGH 50/50 SOLUTION OF DISTILLED WATER AND RAW APPLE CIDER VINEGAR TO MAKE A PASTE, ADD AT LEAST 1 OUNCE BLOOD ROOT TINCTURE PER 8 OUNCES OF LIQUID, BLEND WELL AND APPLY.

Cold Sheet Treatment

Contrast baths and other hydrotherapy treatments for health have been used for a number of centuries in the past. Most recently, Dr. John R. Christopher added herbs to make the process into a large tea for the entire body.

In addition to greatly stimulating the circulation in the body, the Cold Sheet Treatment primarily creates an artificial fever - Dr. Christopher called it an "incubation." This is beneficial because when the temperature of the body increases, the white blood cells move faster and faster through the body and engulf more and more bad stuff for elimination. If you could only do one thing within a very few hours to show a very sick person that natural healing is very powerfully beneficial for them, you would always win doing a proper "Cold Sheet" on them.

Note: You don't want to use municipal water containing chlorine, etc. If this is the water normally available for you at home, an inexpensive charcoal filter can be obtained from Home Depot type stores for about \$30.00, which fits in place of your shower head.

<input type="checkbox"/> 1 pair of large rubber gloves	<input type="checkbox"/> 6 large plastic bags (30 gallon size)
<input type="checkbox"/> 4 ounces ginger powder	<input type="checkbox"/> 3 extra sheets that can be stained
<input type="checkbox"/> 4 ounces Cayenne Pepper Powder	<input type="checkbox"/> 2 extra very warm blankets
<input type="checkbox"/> 4 ounces mustard powder	<input type="checkbox"/> 1 old, white sock
<input type="checkbox"/> 1 bulb fresh garlic	<input type="checkbox"/> a bucket
<input type="checkbox"/> 1 bottle Cayenne Extract	<input type="checkbox"/> small bottle of apple cider vinegar
<input type="checkbox"/> 1 bottle Lobelia Extract	<input type="checkbox"/> gallon distilled water
<input type="checkbox"/> 4 ounces Peppermint tea leaves	<input type="checkbox"/> rectal bulb syringe
<input type="checkbox"/> 4 ounces fresh ginger root for tea	<input type="checkbox"/> large jar of Vaseline
<input type="checkbox"/> 1 20 lb. bag of ice cubes	<input type="checkbox"/> 2nd person to help with these instructions

This description of the steps of the Cold Sheet Treatment is told as if you were the helper, assisting someone else to do the treatment, a man in this case so we can use the word "he" instead of "he/she." When you are undergoing this treatment, the person helping you would do as per this description of steps.

Take the 4 ounces of peppermint and 4 ounces of fresh ginger root (chopped up) and make two to three quarts of tea. Do not let the tea boil, but rather simmer for 15 minutes or so.

Prepare a bed by stripping off all of the bedding and covering the mattress entirely with spread out, large plastic bags. The idea is to protect the mattress from staining fluids. Next make the bed with one sheet down and a second as a cover between the body and the first blanket. Lay out two blankets so that the person doing the Cold Sheet Treatment only needs to pop into bed.

Prepare a garlic enema injection by putting one large, fresh clove of garlic in a blender, add 2 ounces of apple cider vinegar and 2 ounces of distilled water and blend thoroughly. Put the mixture in the rectal bulb syringe.

Note: the person receiving the Cold Sheet Treatment should not have eaten any solid food for at least six hours beforehand.

Have a bucket with a sheet in the bottom of it filled with ice and water and placed near the tub.

Put the cayenne, mustard and ginger powder in the white sock, tie up the open end and put near the tub. Place the rubber gloves nearby.

Have the bottle of Cayenne Concentrate and Lobelia Concentrate in the bathroom near the tub. Should the person in the tub experience any kind of cramping, then a dropperful or two of lobelia directly into the mouth will relieve that development. The cayenne concentrate gets squirted into the mouth should the person feel woozy (lightheaded). These conditions rarely come up but if they do, the solutions are right at hand instead of interrupting the treatment.

Now that everything is ready, have the person lie down briefly on his side in the bathroom, take the rectal bulb syringe full of preparation and gently insert the tapered end well into the person's rectum. This should be made easier by the presence of lots of Vaseline previously applied. Squeeze the contents of the bulb into the person's rectum. Without much ceremony, the person will want to go directly to the toilet within a few moments.

While the person is relieving himself, the helper gets a large jar of the peppermint ginger tea. Use a 16-32 ounce jar and fill 3/4 with tea. Fill the rest of the way with unheated distilled water so as to bring the temperature down to the point where a person can drink it quickly, gulp after gulp.

Bring the tea to the bathroom and have the person start drinking it.

Next, when the person is done relieving themselves of the garlic injection, they prepare the genital, anal and any other possibly sensitive spots (women will want to cover their nipples), with very generous gobs of Vaseline (petroleum jelly). Afterwards the helper starts filling the tub with water. At the same time or immediately after, the person gets into the tub and sits down. There should not be very much water in the tub at this point. As it fills the tub, adjust the hot water so as to make it as hot as can be tolerated by the person. Once the tub is about halfway filled, the helper puts on the rubber gloves, takes the sock full of cayenne, ginger and mustard and pushes it into the water. You, as the helper, squeeze the sock repeatedly under the water while getting water the temperature as hot as tolerable. Clouds will billow from the sock as you squeeze it. Keep doing this until the tub is completely full. Leave the sock in the water, but go back to it occasionally to squeeze it more.

Get the person to drink the tea continuously while in the tub until they have consumed at least 8 cups. If he they can drink more, then have them do so - the more the person drinks the better.

With the combination of the tea, the herbal sock and the water temperature stoked up as high as possible, the person's forehead and face should be sweating profusely. Keep the water hot, hot, hot, the sock squeezed and the tea being drunk. When the person reaches the point where it cannot be tolerated any longer, (Somewhere between 15 & 30 Minutes), have them stand and take the sheet out of the bucket of ice cubes and wrap it around their body from the neck down. The Sheet will feel very cooling to the person at this point. Have them immediately shuffle off to the prepared bed. Cover them up under the blankets (don't remove the wet sheet) with all parts of the body under the covers except the head. Within five minutes they should begin to sweat. **Very important: the covers are not to be removed until the sweating has stopped.** If they have to void, it is done in the bed (the bed has been prepared for this beforehand with plastic bags). Understand that half the Cold Sheet Treatment is done in the bathroom and the other half is under the covers in bed. The part under the covers is not considered complete until the body stops sweating. For the first hour or more it will feel like a sauna under the covers, then it will feel warm but not hot and the sweat will no longer be pouring down the sides of their body. If at all possible do this at bedtime and remain in the bed through the night. If this is not possible remain covered until all sweating has stopped, this can be up to 4 hours or longer. In the morning or when the sweating has stopped get back in the shower and rinse off with apple cider vinegar. Start with a cold rinse and then proceed with your shower.

Leaving the covers before the sweating has stopped will halt the treatment short of being complete. One can't get back under the covers and resume things - it doesn't work - it's over. So they must stay still under the covers and sweat away.

People doing the Incurables Program should do the Cold Sheet Treatment once a week.

SAMPLE SCHEDULE 1

7:00 AM	Take ICF#2 then Drink 8-16oz warm distilled or purified water.
7:10 AM	Skin Brush, then take hot & cold shower – 7 repetitions.
7:45 AM	Drink Liver Flush or Kidney Flush Drink.
8:00 AM	Drink 2 cups of D-Tox tea and take 2 dropperfuls of L/G-AP Formula or Drink 2 cups of Kidney/Bladder Tea and take 2 dropperfuls of K/B Formula.
8:15 AM	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster.
9:00AM	Morning Juice with Superfood – optional; fresh fruit blended in drink
9:30 AM	Morning walk.
10:30 AM	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster. Drink 8-16oz of distilled or purified water.
11:30 AM	Take ICF#2 then Drink 8-16oz warm distilled or purified water.
12:00 PM	Lunch: fresh juice or salad or fruit.
1:30 PM	Drink 2 cups of D-Tox tea and take 2 dropperfuls of L/G-AP Formula or Drink 2 cups of Kidney/Bladder Tea and take 2 dropperfuls of K/B Formula.
2:00 PM	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster.
3:00 PM	Take ICF#2 then Drink 8-16oz warm distilled or purified water.
4:00 PM	Fresh juice with Superfood.
4:30 PM	Drink 2 cups of D-Tox tea and take 2 dropperfuls of L/G-AP Formula or Drink 2 cups of Kidney/Bladder Tea and take 2 dropperfuls of K/B Formula.
4:45 PM	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster.
5:30 PM	Take ICF#2 then Drink 8-16oz warm distilled or purified water.
6:00 PM	Dinner: fresh juice or salad or fruit. Take ICF#1.
7:00 PM	Take 2 dropperfuls of D-Tox Formula or 2 dropperfuls of Immune Booster.
8:30 PM	Take ICF#2.

This is just a sample program. Feel free to change it to fit your needs. You will want to add potassium broth, enemas, massage, garlic, poultices and more hydrotherapy. Yes, this is a full time job for a while, but the pay is worth the effort.

